

# 10 DIY Beauty Recipes for Summer



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# Letter from the Editor

Hey DIY Fans,

Summer is here! If you're someone who loves summer and is looking to create your own beauty products, then this is the perfect eBook for you. From beach waves for your hair to homemade sunblock, there is a project for everyone in this summer collection. The fun projects we've gathered here will show you just how much variety there can be for making your own beauty products for summer. We've put together a list of DIY sugar scrubs, DIY face masks, and more to get you ready for the summer season.

Want to make your own chemical-free sunblock? There's a project for that! Already have a sunburn and need relief? We've got a DIY tutorial to help you! Or maybe you're looking for an anti-aging mask to do during summer break. We got a project for that as well! With DIY ideas from *10 DIY Beauty Recipes for Summer*, you'll be prepared for the warm weather season. Whether you're looking for DIY hair tutorials, homemade sugar scrubs, or a DIY cheek stain, we've got you covered here with budget-friendly, DIY beauty tutorials!

You can find more tutorials, tips, and DIY project ideas at [DIY Idea Center](#). Our eBooks, like all of our DIY tutorials, are absolutely FREE to members of our DIY project making community. Please feel free to share with family and friends and ask them to [sign up at our website for our free e-mail newsletter](#).

Happy DIY-ing!

**Editors of DIYideaCenter**

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# Homemade Moisturizing Sunblock

By: Carly from [modernhippiehousewife.com](http://modernhippiehousewife.com)

Protection from the sun's rays is definitely a priority; but, it can be difficult to do so without exposing your skin to harmful chemicals. This Homemade Moisturizing Sunblock gives you a recipe for natural sunblock.



## Time to Complete

In an evening

## Skill Level

Intermediate

## Materials

¼ cup Coconut Oil

¼ cup Shea Butter

½ cup of Avocado Oil (or other oil with SPF, like Carrot Seed Oil)

2-3 Tbsp Beeswax

10-15 Drops Essential Oils (optional)

2 Tbsp of Zinc Oxide

## Instructions

1. Gather your ingredients.
2. Melt coconut oil, shea butter and beeswax in a double boiler. To do this, I put the ingredients in a jar, and then put the jar in a simmering pan of water. Remove from heat as soon as they have melted.

## Instructions (cont.)

3. Stir in the  $\frac{1}{2}$  cup of oil (eg. avocado oil)
4. Wearing a mask, stir in the zinc oxide. To prevent it from clumping up in the lotion, try sifting it first.
5. Thoroughly incorporate the zinc, stirring every few minutes until it cools.
6. Once it reaches room temperature, stir in the essential oils if using.
7. Store in an airtight container in a cool place or the fridge.
8. Use within 6 months.

**Special notes:** SPF levels in oils are not exact.

Remember to re-apply after swimming.

For babies and young children, the main form of UV protection should be to keep them covered up and in the shade.



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# Cooling and Soothing DIY Sunburn Relief

By: Allison Murray from  
[dreamalittlebigger.com](http://dreamalittlebigger.com)

This natural remedy will cool and hydrate your skin. To ease the pain from the sun, check out this Cooling and Soothing DIY Sunburn Relief.



Time to Complete

Under an hour

Skill Level

Beginner

## Materials

Aloe Vera (alcohol free)

Vitamin E Oil

Lavender Essential Oil

Peppermint Essential Oil

## Instructions

1. Gather all of your materials

Tip from the designer: **Use lavender because it's soothing, vitamin E oil helps keep skin hydrated, and peppermint is cooling.**

Instructions continued on next page



## Instructions (cont.)

2. Mix together 1/2 ounce of vitamin E oil and 1/3 cup of aloe .



3. Mix in approximately 30 drops of lavender and 10-30 drops of peppermint (Depending on how cooling you want it. Note: At a certain point it does become irritating!)



4. Pour mixture into bottle (best if the bottle is easy to squeeze).



Instructions continued on next page



## Instructions (cont.)

5. Apply to skin by squeezing the mixture onto your hand.



6. Pro-tip: Be sure to test on a small portion of skin first to make sure you've found your best oil ratio.



# DIY Anti-Aging Face Mask with Avocado

By: **Maggie Connelly** for [diyideacenter.com](http://diyideacenter.com)

This DIY Anti-Aging Face Mask with Avocado is an excellent way for you to know exactly what you're putting on your skin. This super easy homemade face mask only requires three ingredients to make, all of which are great for your skin.



## Estimated Cost

Under \$10

## Time to Complete

Under an hour

## Materials

1/4 of an avocado

2 Tbsp of juiced pomegranate seeds (approximately 1/2 pomegranate)

2 Tbsp of coconut oil

Strainer

Blender and a spoon

1 small and 1 medium bowl

## Instructions

Special Note from the Designer:

This recipe is for a one-use basis. Do not make a large supply because the avocado in the mask will not permit you to keep it for more than 24 hours.

**Instructions continued on next page**

## Instructions (cont.)

### How to Make an Anti-Aging Face Mask

1. Begin by blending the pomegranate seeds in a blender. Then, scoop up your blended seeds and put through a small strainer over a small bowl (this should not be the bowl you are using to mix your face mask in).
2. Using the back of a spoon push the blended pomegranate seeds to help the juice leak into the small bowl. Throw away the rest of the seeds left in the strainer.
3. Cut your avocado from it's peel. Mash this up in the larger bowl until it is smooth.
4. Add the coconut oil and pomegranate juice to the mashed avocado and thoroughly mix them all together.

### How to Apply the Anti-Aging Face Mask (Use 2-3 times per week)

1. Wash your face and pat completely dry.
2. Scoop the mask up with your fingers or apply it using a face mask brush. Generously spread this across your entire face working it into your skin in circular motions.
3. Leave this on for 15-20 minutes, and then rinse off with warm water.
4. Pat your face dry and continue with your normal moisture routine.

# Brightening Lemon DIY Face Mask

By: **Maggie Connelly** for [diyideacenter.com](http://diyideacenter.com)

It can be difficult to brighten up your using all natural ingredients. However, this Brightening Lemon DIY Face Mask is the perfect at-home face mask to really give your skin a radiant boost. Lemon juice can help to fight redness, acne scars, and brighten your skin; it's a 3 for 1!



## Estimated Cost

Under \$10

## Time to Complete

Under an hour

## Materials

1 Tbsp. lemon juice  
2 Tbsp. aloe vera gel  
2 tsp. water  
Mixing bowl  
Spoon

## Instructions

Special Note from the Designer:

This mask can be refrigerated for approximately one week. If you would like to make a bigger portion to use for the week you can double the recipe.

**Instructions continued on the next page**



## Instructions (cont.)

### How to Make Your Brightening DIY Face Mask

1. Dilute the lemon juice with water in a bowl.

**Note:** If you have sensitive skin you may want to add a little extra water to dilute your lemon juice. This way you will not cause skin irritation from the natural citric acid in the lemon.

2. Mix the aloe vera gel in with your lemon juice mixture, and stir until it is well mixed together.

### How to Apply Your Brightening DIY Face Mask

You can use this face mask up to 2 time a week.

1. Wash and clean your face, and then pat your face dry.
2. Using your fingers or a face mask brush, smooth this mask all over your. Apply a generous coat so that your entire face is thickly coated.
3. Leave this brightening face mask on for approximately 15-20 minutes. Lemon juice can sting your skin so if you feel an intense stinging due to sensitive skin remove the mask within 5 to 10 minutes of putting it on.
4. Wash the face mask off of your face and continue with your normal night time routine.

# Raspberry Lemonade Sugar Scrub

By: **Mandi Welbaum** from [momentswithmandi.com](http://momentswithmandi.com)

Give your DIY sugar scrub a fun summer swirl with this Raspberry Lemonade Sugar Scrub Recipe. The pink and yellow colors are so fun and vibrant. It uses lemon essential oils, which adds to the delightful, fruity smell.



## Estimated Cost

Under \$10

## Time to Complete

Under an hour

## Materials

Coconut oil, about 1 cup softened

Sugar (this varies, but approximately 1 cup of sugar to 1 cup of coconut oil)

Raspberry extract

Lemon essential oil

1-2 drops of food coloring (a little goes a long way)

## Instructions

1. Place coconut oil (softened, but not liquid) in bowl with sugar and stir to combine. If making both the raspberry and lemonade, split into two bowls.
2. Add just a splash of raspberry extract into one bowl, and lemon into the other. If using essential oil, you only need a couple of drops.
3. Stir and store in an air-tight jar!

# Tropical Mango DIY Body Scrub Recipe

By: **Stephanie Gerber** from [hellowglow.co](http://hellowglow.co)

For an easy, yummy exfoliator, try this Tropical Mango DIY Body Scrub Recipe. Exfoliating your skin will keep it smooth and bright. Plus, there's no harsh ingredients in this DIY skincare product!



## Estimated Cost

Under \$10

## Time to Complete

Under an hour

## Materials

- ½ cup raw sugar
- 2 Tbsp of coconut oil
- ¼ cup chopped raw mango
- 3-4 drops of orange essential oil (optional)

## Instructions

1. Gather all materials.
2. Combine sugar with coconut oil (heat in the microwave if it's solid).

**Instructions continued on the next page**

## Instructions (cont.)

Note: The coconut oil in this recipe will hydrate your skin, while the sugar and mango will help slough off dead skin cells.



3. Then mash everything together
4. Add more sugar or oil until you get a thick, goopy consistency that's not too runny.
5. Hop in the shower and use your hands to apply.

### How to Use:

6. Scrubbing in a circular motion, start at your feet and work your way up.





# Eucalyptus Grapefruit DIY Sugar Scrub

By: **Mandi Welbaum** from [momentswithmandi.com](http://momentswithmandi.com)

Make a Eucalyptus Grapefruit DIY Sugar Scrub and get the congestion relief effects from eucalyptus and the skin moisturizing effects from coconut oil.



Estimated Cost

Under \$10

Time to Complete

Under an hour

## Materials

- 1 cup of soft coconut oil
- 1 cup of sugar
- 10 drops of eucalyptus oil
- The zest of one red grapefruit

## Instructions

1. Gather all ingredients.
2. Combine thoroughly.
3. Store in an air-tight container.
4. Give it to friends and family as gifts and share the joy of homemade sugar scrubs.



# Pomegranate DIY Cheek Stain

By: **Maggie Connelly** for [diyideacenter.com](http://diyideacenter.com)

Making your own DIY beauty recipes can be wonderful for your skin. This Pomegranate DIY Cheek Stain is a great way to add a natural and beautiful flush to your cheeks.



**Estimated Cost**

Under \$10

**Time to Complete**

Under an hour

## Materials

Start with 2 Tbsp of pomegranate powder

Start with 1 Tbsp of cocoa powder

Coconut oil

Shea butter

Air tight container

## Instructions

1. Mix together the pomegranate powder and the cocoa powder.

**Note:** if you would like a really berry-colored cheek stain use more or only pomegranate powder. To create a more subdued berry cheek stain color mix in some cocoa powder until you reach the color you desire.

**Instructions continued on next page**

## Instructions (cont.)

2. Mix the coconut oil and the shea butter together.
3. Combine the powder the coconut oil and shea butter in a bowl and mix together thoroughly.
4. Place your mixture into an air tight container.

### How to Use DIY Cheek Stain

1. Your cheek stain should be a creamy mixture. Dab a little bit of the mixture on your cheek.
2. Dot your cheek stain on your cheek starting at the apple of your cheek and evenly dotting back toward your hairline.
3. Using your finger, a beauty sponge, or a dense brush buff your cheek stain into your skin.



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# How to Get Beach Waves

By: **Natalie from doodlecraftblog.com**

Spending a day at the beach can add a lot of fun texture and waves to your hair that you don't normally have. Learn How to Get Beach Waves right at home with this easy hair tutorial.



Estimated Cost

Under \$10

Time to Complete

Under an hour

## Materials

1 cup hot-ish water

2 Tbsps. of honey

1 Tbsp. of sea salt

Measuring cup

Spray bottle

## Instructions

**Make a sweet and salty beach waves texture spray!**

1. Gather your supplies.

**Instructions continued on next page**





## Instructions (cont.)

2. Add two spoonfuls of honey to 1 cup of hot water.



3. Add 1 spoonful of sea salt.



3. Stir ingredients.



5. Pour into a spray bottle.



**Instructions continued on next page**

## Instructions (cont.)

### How to Use the DIY Spray

1. Pull up sections of hair and spritz some texture spray near the roots (about 10 mists of spray total).
2. Scrunch it up with your fingers a bit while it dries.
3. Now to style. There are dozens of great ways to add waves. This tutorial uses a 3 barrel and a flat iron.
4. Gently pull up most of the hair from the ear lines around.



**Instructions continued on next page**

## Instructions (cont.)

5. Section it off and use the 3 barrel to add waves.
6. After finishing the sectioned off hair, remove clip and section off the next row, repeat until all hair has been waved.
7. To finish it off, I used my flat iron to add some loose curls over the top.
8. Remember to shake bottle before each use.



**Instructions continued on next page**



# DIY Bronzing Lotion

By: **Maggie Connelly** for [diyideacenter.com](http://diyideacenter.com)

Get ready to glow this summer with this DIY Bronzing Lotion recipe. This homemade bronzing lotion is the perfect way to add a glowing bronze to your natural summer tan.



Estimated Cost

Under \$10

Time to Complete

Under an hour

## Materials

Coconut oil - cream form

Cocoa powder

Ground cinnamon

Nutmeg

2 small bowls

Storage container

**Optional:** shea butter

**Optional:** makeup highlighter

## Instructions

### Homemade Bronzing Lotion Instructions

1. You want to make sure you have all the ingredients you need before you get started, so raid your kitchen really quick and grab what you need.

Instructions continued on next page





## Instructions (cont.)

2. Starting with the cocoa powder, put about 2-3 tablespoons of cocoa powder into the small bowl.



3. Depending on your skin tone you will then want to add cinnamon, nutmeg, or both. **Pro Tip:** If you have a deeper skintone naturally you will want to lean toward adding a bit more nutmeg to your mixture, and if you have a lighter skin tone you can add cinnamon to lighten up the cocoa powder color.



4. Mix your different powders together. You will want to add the cinnamon, nutmeg, or both about 1 teaspoon at a time and stir until you get to a color that you find matches your skin tone.



5. Add 4-5 tablespoons of coconut oil to a separate bowl. **Optional:** If you want to make more of a whipped lotion consistency you can add Shea butter to your coconut oil. Add about 1/2 c. Shea butter for every 8 tablespoons of coconut oil.



**Instructions continued on next page**

## Instructions (cont.)

6. Add your powder mixture to your coconut oil. Make sure to only add about one tablespoon of powder at a time.



7. Mix the coconut oil and powder mixture thoroughly. **Optional:** You can also take an old makeup highlighter and a pair of scissors or a knife to scrape the top layer of your highlighter into the mixture. This can really help to add an extra glow to your skin when you apply this bronzer.



8. Test out the color on your skin, and see if you need to add more of the powder mixture if it is not coming out very opaque.



9. When applying this lotion, let it dry before putting on clothes because it can transfer a bit. It will wash off when you shower. Store in an airtight container at room temperature. If you only use the coconut oil, you can store it in the fridge to keep it from becoming too liquidy.



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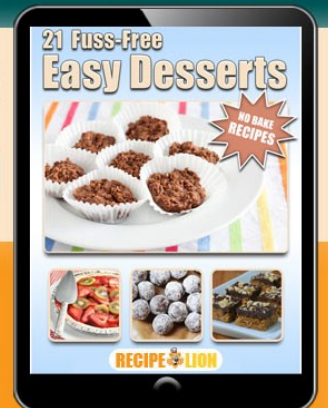
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[Carly from Modern Hippy Housewife](#)

[Allison Murray from Dream a Little Bigger](#)

[Mandi Welbaum from Moments with Mandi](#)

[Natalie from Doodlecraft](#)

[Stephanie Gerber from Hello Glow](#)

[Maggie Connelly from DIYideaCenter](#)