



# **5 Simple Beauty Hacks From Your Pantry**

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**#1**

# **Avocado Banana Crème Hair Conditioning Mask**

**A gorgeously nourishing hair strengthening mask to promote strong hair growth, make hair shiny and smooth and soothe frizzled ends.**

**Use once a fortnight**

**Method:**

**Mix one organic banana and one avocado with 2 tbsp. hempseed oil and puree/blend until smooth and creamy.**

**Feel free to add in some essential oils to added oomph such as: rosemary, basil, frankincense or even lavender.**

**Massage into your scalp and comb through your hair, pop on a shower cap or a warmed damp towel and leave on for at least 30 minutes.**

**Rinse out, then wash with a gentle shampoo.**

**#2**

## **Softening Sugar Scrub**

**Forget expensive shop bought body sugar scrubs – you can make your own at home at a fraction of the cost – even with organic ingredients!**

**For gloriously soft, silky skin, look no further than this delightful body scrub. You can use it on your feet also.**

**I recommend Palo Santo essential oil because it is settling, calming and grounding thus making it a great ally for maintaining emotional equanimity, as well as a superb oil for spiritual upliftment.**

**Palo Santo is said to have an emotionally uplifting and balancing effect. Often used for shamanic ritual, it is a valuable tool for meditation, enhancing creativity, and for tasks requiring sustained concentration.**

**1/2 cup organic granulated brown sugar**

**3 tbsp castor oil (hexane free, organic)**

**1 tbsp either avocado or kukui nut oil or if you can't get these readily, try hempseed oil**

**5 drops palo santo essential oil**

**Gently rub onto and all over wet body. Wash as normal**

**#3**

## **Luscious Nail Serum**

**For long, strong and healthy nails, look no further than this super simple, yet highly effective nail serum.**

**I love the simplicity of this serum. The essential oils double as a wonderful aromatherapy session so you can have a spa at home all the time!**

**10 drops lavender essential oil ( I highly recommend Young Living Oil)**

**10 drops French Cypress essential oil**

**6 drops Rosemary essential oil**

**5 drops frankincense essential oil**

**3 drops palo santo essential oil**

**50mls hempseed oil**

**50ml borage seed or carrot seed oil**

**Place in a glass jar, shake and use a few drops every night after a bath/shower**

# #4

## Lavender Bath Bombs

For the ultimate in bathing luxury, make yourself a tray or two of these extravagant lavender bath bombs. Your skin will feel silky soft and you'll feel like you just came out of a day spa session

- 1 cup baking soda
- 1/3 cup cream of tartar
- 1/3 cup non gm corn starch
  - 1/3 cup epsom salts
  - 3/4 teaspoon filtered water
- 20-30 drops of lavender essential oil (or your favorite essential oil scent)
  - 20 drops Palo Santo essential oil
    - 2 teaspoons coconut oil
  - Dried organic lavender flowers
    - A mini muffin pan

### Method:

1. In a large mixing bowl, combine all dry ingredients (epsom salts, baking soda, corn starch and cream of tartar)
2. In another small mixing bowl, combine the water and oil
3. Next, combine the wet and dry ingredients.
4. Your mixture should resemble wet sand at this stage in the process. If you're using a natural food coloring, you should be able to tell when it's well mixed once the coloring is even. Also, it should hold together when you squeeze some in your fist. If it doesn't hold together, add a few drops of water at a time until you reach the desired consistency.
5. Once it's the right consistency, tightly pack it down into your mold (the mini muffin pan).
6. Allow the bath bombs to dry for 24 hours
7. If you remove the bath bombs from the muffin tray before they're dry, they're likely to fall apart. Try to allow the full 24 hours to dry.

Add 1 per bath, unless you're lucky to have a large bath, then feel free to add 2

# #5

## **Hair Growth Oil for Long, Shiny Hair**

1. Coconut oil 60 ml
2. Castor Oil 50 ml
3. Lavender 6 drops
4. Rosemary Oil 8 drops
5. Basil Oil 5 drops
6. White grapefruit oil 5 drops
7. Clary Sage oil 3 drops
8. Vitamin E capsules (5-6 capsules) (OPTIONAL)

Apply to the roots of your hair at least once a week. This oil treatment works best if you are able to leave in your hair overnight, though at the very least, leave in for one hour.

Massage gently into the scalp to ensure the oil has spread all over the scalp.

Wash out with a gentle shampoo and condition as normal.

You will start to see results within 4 weeks if you use this treatment at least once a week as recommended.



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