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Eco cosmetics – good for you and the world

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The use of saunas to improve health and well-being has a long tradition in Latvia - already in the middle of the 19th century, every homestead had a sauna

- The ritual of going to the sauna also includes beating with sauna brooms. The most popular are birch, oak, linden and juniper branch brooms.
- Bathing with sauna brooms is a massage and aromatherapy at the same time, and helps to get rid of dead skin particles. Beauty treatments can also be done in the sauna, such as scrubbing with salt scrubs or applying clay and honey masks.
- Today I will introduce different scrubs that can be prepared at home.



Coffee and honey scrub

- Ingredients: ground coffee, salt (preferably sea), honey and oil (e.g. coconut or olive)
- Mix the coffee with salt, honey and oil in a homogeneous mass
- Apply it with circular movements on the face and neck, or on the whole body
- Keep it on for 5-10 minutes, then wash off with lukewarm water



Coffee and green tea mask

- To prepare this mask, first prepare green tea by boiling it in water
- Let it cool and then add ground coffee to a small amount of tea
- Now apply it on your face and leave it for 15 minutes
- Wash your face with warm water



Face scrub or mask - coffee, sugar, olive oil

- Mix ground coffee (or instant coffee) with brown sugar and olive oil
- Mix well, massage it on your face in circular motions
- Wash off with warm water after 15 minutes



Coffee and lemon juice mask

- To make a mask, use finely ground coffee, mix it and lemon juice in equal amounts and then apply it on the skin
- Leave the mask on for 15 minutes and then wash off with water



Coffee and cucumber juice mask

- Take ground coffee and mix it with cucumber juice
- Make sure the consistency of the mask is thick, so use more coffee
- Apply it on your face using a cotton pad
- Allow it to dry before washing it off with warm water
- This mask can be used twice a week



Scrub from oatmeal and sour milk or dairy products

- Mix a handful of ground oatmeal with a handful of coarse salt and 150-200 ml of sweet cream - can be used all over the body
- On the other hand, the following gentle scrub will work for the face and décolleté: mix 2 tablespoons of ground oatmeal with a quarter of a glass of fat, warm milk
- Both types of scrub can be mixed with ground cinnamon, nutmeg, or even cardamom if You like their scent



For gourmets: Strawberry scrub and strawberry hair mask

Scrub:

- Blend 8 strawberries and 2 teaspoons of olive oil
- Pour the mass into a bowl, add 2 teaspoons of sugar and mix
- A gentle scrub will appear on the face and décolleté area, it can also be applied to the whole body
- Hold for 10-15 minutes and rinse with warm water

Hair mask:

- Blend 8 large strawberries with 2 teaspoons of honey and 2 teaspoons of coconut oil
- The mixture is applied to the entire length of the hair and kept in the hair for at least 15 minutes. Then rinse in warm water
- The remaining hair mask can be stored in the refrigerator for about 5 - 7 days. To achieve a great result, it is recommended to use this mask once a week



Ecological impact of homemade cosmetics on nature

You reduce your "ecological footprint"

You save various resources that would be consumed by scrubbing industrially

You always have a fresh product, in the right quantity and with the ingredients that suit your taste!



Thank you for Your attention!

**HEALTHY
BODY
HEALTHY
MIND!**

