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Making Makeup: a Recipe Book for All-Natural Cosmetics

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Making Makeup: A Recipe Book for All-Natural Cosmetics

by

Jessica Arlich

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2017

making makeup

A Recipe Book for All-Natural Cosmetics



By Jessica Arlich

Are you a makeup enthusiast? Do you ever find yourself concerned that you can't pronounce anything in the ingredient list? If you're like millions of Americans, you're increasingly aware of what you're putting on and in your body. What better way to know than to do it yourself!

Inside, you will find a ton of great information on how to create your own cosmetics, fun recipes, and good resources to turn to.

Have fun!

Jessica

Making Makeup: A Recipe Book for All-Natural Cosmetics

By Jessica Arlich

I would like to dedicate this book to my best friend, Amber Althuisius.

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about this book

There is a revolution happening in our midst. There has been increasing demand for organic and all-natural consumables in the United States every year. We not only see this in counterculture anymore. More and more, mainstream culture is questioning the safety of the things they use, demanding more organic options. We've seen an increasing amount of people shopping at places like Whole Foods or local markets. The usda reports that between 2014 and 2015, "the number of domestic certified organic operations increased by almost 12 percent." That's "an increase of nearly 300 percent since the count began in 2002." Clearly, people are becoming concerned about what they're putting into their body.

The easiest way to ensure you know what how safe your products are, besides lots of careful research, is to prepare things for yourself. This holds true not only for food, but for cosmetics as well. The Internet makes it possible for like-minded individuals to share what they've learned so that everyone can benefit and make safe products.

YouTube hosts a multitude of popular channels where "beauty gurus" post vlogs about skincare routines, product reviews, creating certain looks, techniques, and how to apply cosmetics for your face shape. Other social media outlets, such as Instagram or Snapchat have more compressed versions of any of these. Places like Pinterest and natural-wellness blogs provide free resources to creating your own makeup, with lots of pictures and step-by-step instructions.

Making your own products is not only safer, but it can be a lot of fun too! If you can follow a recipe, you can make your own stuff!

what you will need

Creating cosmetics from scratch is actually somewhat simple. It takes relatively few ingredients and effort. The only sensitive part of the process is using the correct ratios to achieve the colors, consistency, and amount of fragrance you want. Many of the ingredients are easily located in a grocery store. Others might be slightly more difficult to find, being available in specialty health-food stores such as Whole Foods. More uncommon things, like specific pigments are easily ordered online or very small co-op stores if one is willing to call around. Many of these ingredients are available at a relatively low cost too.

What follows is a fairly comprehensive list of things you will need not only in terms of ingredients, but also of items that are helpful for the creation process, like utensils. However, this list is an ever-evolving work in progress. You may find items that expedite your process or make things simpler and easier.

equipment & containers

Mortar and Pestle/Coffee grinder/Food Processor

While you can certainly go the old-fashioned route and use a mortar and pestle to grind your ingredients, it's much quicker and easier to use a coffee grinder or food processor. You get a more even grind as well.

Grater

You might need this to break ingredients into smaller pieces so that they melt quicker.

Double Boiler Saucepans

In the event that you use a stovetop to create your product, a double boiler is often helpful in order to not overheat the ingredients.

Cooking Utensils

These are helpful for stirring and mixing.

Measuring Spoons

A multitude of small spoons will help maintain an accurate ratio of ingredients.

Stove or Microwave

This will be used to melt your ingredients.

Glass measuring cup

This helps not only in measuring out ingredients, but can also be used as a vessel to heat ingredients in a microwave.

Bowls

When pre-measuring or measuring ingredients, it's good to have lots of bowls to hold them in.

Containers

When finished, products will need to be housed in some sort of container.

Funnels

These are helpful for getting warm, liquid product into their containers.

Latex Gloves/Face Mask

When working with ingredients, especially over heat, it's a good idea to use protection.

Tamper

A tamper with a diameter equal to your container's will flatten and set products flat. You can cheat and skip the expensive tools by using wooden dowels.

Eyedropper

Droppers will help when using very small amounts of liquids, like essential oils.

Glass/Plastic/Metal Tubs

These are good for holding things like balms, foundations, and eyeshadows. Of these three materials, glass is the best.

Lipstick Tubes

These can be easily purchased online in bulk and come in different colors and materials.

Mascara Wand Tube

Wands come in a variety of shapes and sizes. Some prefer a thick wand while others like sparse and curved wands.

Hollow Pencils

These can be filled with eyeliner, brow filler, or even lip liner!

Vials with Brushes

Vials with brush caps can be used for things like liquid eyeliner or lip gloss.



ingredients



This is nowhere near close to being a complete list of things you can use when making your cosmetics. However, it's a list of more common and popular items to get you started. The Internet is a great resource to find other things you can use. It's best to try things and see what works best for you!

Be aware of the ingredients you use! Many of these are derived from nuts and may cause a reaction to those with an allergy!

Butters

Butters are less hard than waxes. They come from plants and provide different advantages.

Shea Butter

popularly used, low melting point

Cocoa Butter

fragrant and stable, also popular

Kokum Butter

won't clog pores

Mango Butter

harder, but moisturizes

Waxes

These are what provide stability and thickness to your products. They help hold everything together. Waxes are usually pretty hard and will need to be melted down for use. For quicker melting, it's best to buy waxes in pastilles, or pellets. Of these waxes, beeswax is the easiest to work with. You may have to use significantly less of the other waxes due to how hard they are.

Beeswax

resilient, available and inexpensive

Candelilla Wax

vegan, higher melting point

Carnauba Wax

vegan, hardest wax

Emulsifying Wax

vegan

Remember: less is more. Try to limit the amount of ingredients that you use.

Clays

These are most used in foundations. Some are better for oily skin and some are better for dry skin. Make sure you pick the right one for your skin so that you don't unnecessarily dry out your skin!

Bentonite Clay

light-grey, exfoliates and dries

French Green Clay

tones, heals, absorbant

Kaolin Clay

white or colors, nourishes

Morrocan Red Clay

cleans and dries

Morrocan Rhassoul Clay

nourishes, tones



Dried Hibiscus Flowers

Powders

You probably will use powders in the majority of your cosmetics, mostly for color. You can even make your own powders by taking things like dried fruits or herbs and grinding them in a food processor.

POSSIBLY IN YOUR PANTRY

Cocoa Powder *(brown)*
good for scent, darken mixture

Ground Spirulina *(green)*
heals, color correction

Ground Clove *(red-brown)*
darkens mixture, scent

Ground Hibiscus *(purple)*
good for scent

Ground Dried Berries *(pink-purple)*
provides flavor and color

Turmeric *(orange)*
healing, color correction

Beet Root Powder *(red)*
provides color

Alkanet *(magenta)*
lightens

Arrowroot *(white)*
deodorizes, heals, lightens

Cinnamon *(gold-brown)*
darkens

Ginger *(yellow)*
color correction, scent

Pumpkin *(peach)*
color correction

Nutmeg *(brown)*
darkens, scent

Charcoal *(black)*
darkens

FIND ONLINE

Zinc Oxide
This will make foundations matte and provide even coverage. It will also provide a little bit of sunscreen.

Micas
These powders are made from naturally occurring minerals and will provide color to your cosmetics. You can find these in any multitude of colors online for relatively cheap, available in shimmer or matte. Be aware, this can stain your work area.

Carrier Oils

Also known as base oils, these oils are derived from the fat in plants. They are used to dilute essential oils and carry the scent into the skin to be absorbed. In general, they do not have a strong scent of their own. Because of their thickness, carrier oils are used for locking in moisture and lubrication.

LIGHT

Coconut Oil
good for scent, moisturizes

Grapeseed Oil
heals, won't clog pores

MEDIUM

Jojoba Oil
softens and hydrates

Sweet Almond Oil
softens and protects

Apricot Kernel Oil
for sensitive skin, protects

HEAVY

Olive Oil
inexpensive, sensitive skin

Avocado Oil
moisturizes and protects

Castor Oil
used for gloss

Vegetable Glycerin
This syrup is derived from plant oils. It helps the skin to maintain moisture.



enticing eyes

When it comes to making eyeshadows, the possibilites are limited only by your own imagination. There are a huge range of micas available for purchase online, and those can be used to make any color you'd like!

With liners and mascaras, make sure to work quickly to get your product into containers before it starts to solidify!

Since these products are going near your eyes, make sure you're careful about what you're putting in them.



mascara

½ TSP coconut oil
½ TSP shea butter
¾ TSP beeswax
1 TSP jojoba oil
¾ TSP black mica
¼ TSP moroccan red clay

- 1 Mix powders thoroughly and set aside.
- 2 Melt the butters and wax over low heat. Take care not to overheat the butter.
- 3 While these are melting, carefully add the oils to the mixture.
- 4 When the mixture is completely melted, remove from heat and stir in powders.
- 5 Carefully pour your product into containers of your choice.
- 6 Let the product cool uncovered and completely before use.

eyeliner

¼ TSP beeswax
½ TSP coconut oil
½ TSP activated charcoal

- 1 Melt the wax over low heat.
- 2 While this is melting, carefully add the oils.
- 3 When the mixture is completely melted, remove from heat and stir in charcoal.
- 4 Carefully pour your product into containers of your choice and tamp.
- 5 Let the product cool uncovered and completely before use.





eye shadow

EYESHADOW

1 TBSP colorants

¼ TSP arrowroot powder

¼ TSP vegetable glycerin

¼ TSP sweet almond oil

- 1 Mix powders thoroughly.
- 2 Add oil and glycerin and cream together.
- 3 Carefully put your product into containers of your choice and tamp.

Luscious Lips

In general, the base recipes stand as a good rule of thumb to follow. However, different materials have different properties and viscosities and may need to be tweaked a little bit. With recipes, you can use multiple ingredients to make up each part. For example, you could mix 1 tsp jojoba oil and 2 tsp coconut oil to equal out to the three parts of carrier oil you would need for the recipe.

When making these products, make sure they never come to a boil. It helps to cut the wax into pieces or to use beeswax pastilles (pellets). The mixture should quickly be put into a container of your choice before it solidifies. Do not close the container before the balm has cooled and set.



lip balm

1 part butter
1 part wax
3 parts carrier oil
essential oil (optional)
colorant (optional)

For lip stick, instead use 1 part oil.

For lip gloss, instead use 4 parts oil.

- 1 Melt the butters and wax over low heat. Take care not to overheat the butter.
- 2 While these are melting, carefully add the oils to the mixture.
- 3 When the mixture is completely melted, remove from heat and stir.
- 4 Quickly add the essential oils and stir until everything has mixed together completely.
- 5 Carefully pour your product into containers of your choice.
- 6 Let the product cool uncovered and completely before use.

Castor oil will make your lip product shiny, while clay will make it matte.



PEPPERMINT PATTY BALM

- 1 TSP cocoa butter
- 1 TSP beeswax
- 3 TSP sweet almond oil
- 2 drop mint essential oil
- 1 TSP cocoa powder

BLUEBERRY LEMONADE BALM (Pictured)

- 1 TSP shea butter
- 1 TSP beeswax
- 2 TSP vitamin E oil
- 1 TSP jojoba oil
- 2 drops lemon essential oil
- 1 TSP powdered dried blueberries

ROSE COCONUT BALM

- 1 TSP shea butter
- 1 TSP beeswax
- 3 TSP coconut oil
- 2 drops wild rose essential oil
- Dash of pink mica
- rose petals

PEAR RASPBERRY BALM

- 1 TSP shea butter
- 1 TSP beeswax
- 2 TSP sweet almond oil
- 1 TSP jojoba oil
- 2 drops pear essential oil
- 1 TSP powdered dried raspberries

COCONUT LIME BALM

- 1 TSP shea butter
- 1 TSP beeswax
- 3 TSP coconut oil
- 2 drop lime essential oil

Is your balm not the consistency you'd like? Remelt it and tweak it! More oil will soften it and additional wax will make it harder.





STRAWBERRY KIWI LIP GLOSS

- 1 TSP shea butter
- 1 TSP beeswax
- 3 TSP castor oil
- 1 TSP powdered dried blueberries
- 1 TSP powdered dried kiwi

HONEY VANILLA CHAPSTICK

- 1 ½ TSP shea butter
- 1 TSP beeswax
- 2 TSP sweet almond oil
- 1 TSP honey
- 2 drops vanilla extract

(Pictured) **ORANGE CREAMSICLE LIP BALM**

- 1 TSP mango butter
- 1 TSP beeswax
- 2 TSP apricot kernal oil
- 1 TSP jojoba oil
- 2 drops orange essential oil
- 1 drop vanilla extract
- Dash of shimmery orange mica

RED BOMBSHELL LIPSTICK

- 1 TSP shea butter
- 1 TSP beeswax
- 1 TSP avocado oil
- 1 TSP red matte mica

fabulous face

Knowing what shades work best on your skin as well as contouring your face is the key to good foundation! It's also helpful to know your skin tone if you want to do any color correction. When applying the makeup, you can avoid blotching by using a moisturizer first.

This can have as many or few ingredients as you'd like. Use arrowroot powder as a base and a clay for texture and coverage. Add herbs or micas to achieve proper color. Keep adjusting until you find the right mixture to match your skin tone.



face powders

base powder
colorants
oil (optional, for pressed powders)

For liquid foundation, simply mix your powder with either your favorite moisturizer or extra oil.

- 1 Mix all powders thoroughly.
- 2 Slowly add in oils, breaking up any clumps that form.
- 3 Place mixture into container and tamp.

color correcting toner guide

Color correction can take your makeup look to a whole new level. Using simple color theory, you can easily hide blemishes and dark spots to draw more attention to the areas you want to show off!

You can make a color corrector by adding different colored micas or ground herbs to your product.



Use on deep skin tones.
Corrects green undertones.
Use clove, beet root, clays, or mica.



Use on fair and medium skin tones.
Use under eyes. Corrects blue undertones and brightens.
Use pumpkin, clays, or mica.



Use on deep skin tones with warm tones.
Use under eyes. Corrects dark spots.
Use turmeric, clays, or mica.



Use on all skin, especially olive or tan skin. Good for aging skin.
Corrects purple and red undertones.
Use ginger, clays, or mica.



Use on all skin tones, especially acne-prone.
Corrects red undertones.
Use spirulina, clays, or mica.



Use on fair skin with cool tones.
Corrects yellow undertones and hyperpigmentation.
Use berries, clays, or mica.



Use on medium skin with cool tones, especially dull skin.
Corrects yellow undertones.
Use berries, alkanet, clays, or mica.



Use on all skin tones.
Highlights and brightens.
Use arrowroot, clays, or mica.



PEACH BELLINI BLUSH

- 1 TBSP arrowroot powder
- 1 TSP cosmetic clay
- ¼ TSP beet root powder
- ¼ TSP ground dried pumpkin
- ⅛ TSP ground ginger
- ⅛ TSP tangerine essential oil

BRONZER (Pictured)

- 1 TSP cocoa powder
- ½ TSP cosmetic clay
- ½ TSP ground cinnamon
- ½ TSP ground ginger
- ½ TSP ground nutmeg
- ¼ TSP arrowroot powder
- ⅛ TSP cinnamon essential oil

MAHOGANY SPICE BLUSH

- 1 TBSP arrowroot powder
- 1 TSP morrocan red clay
- 1 TSP cocoa powder
- ¼ TSP beet root powder
- ¼ TSP ground cinnamon
- ⅛ TSP ground clove
- ⅛ TSP frankincense essential oil

HAUTE PINK BLUSH

- 1 TBSP arrowroot powder
- 1 TSP cosmetic clay
- ¼ TSP beet root powder
- ¼ TSP ground dried strawberries
- ⅛ TSP jasmine essential oil

WINE BLUSH

- 1 TBSP arrowroot powder
- 1 TSP morrocan red clay
- 1 TSP cocoa powder
- 1 TSP beet root powder
- ½ TSP ground alkanet powder
- ⅛ TSP ground clove
- ⅛ TSP clove essential oil
- ⅛ TSP rose essential oil





HIGHLIGHTER

- 1 TBSP arrowroot powder
- 1 TSP cosmetic clay
- ¼ TSP ground dried pumpkin
- ⅛ TSP rose essential oil

(Pictured) **FOUNDATION FOR DEEP SKIN**

- 1 TBSP moroccan red clay
- 2 TSP cocoa powder
- 1 TSP arrowroot powder
- ¼ TSP ground ginger
- ⅛ TSP jojoba oil

FOUNDATION FOR FAIR SKIN

- 1 TBSP arrowroot powder
- 2 TSP cocoa powder
- 1 TSP cosmetic clay
- ¼ TSP ground cinnamon
- ⅛ TSP ground spirulina
- ⅛ TSP rose essential oil

SPECIAL THANKS TO
Lis Charman
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ABOUT THE AUTHOR
Jessica Arlich is a designer living in the Portland metropolitan area with her two cats. She's got quite the addiction to La Croix and chocolate. She places high value on her carefully-sculpted brows.

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"Surprisingly simple and fun!" – PORTLAND MERCURY

If you're like millions of Americans, you're growing increasingly aware of what you're putting into your body. What better way to know what ingredients are in your products than to make them yourself?

Creating your own cosmetics is actually really fun and easy!

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