



## Frugal Recipes

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### SMELLY JELLY

Fill a measuring cup with 6 oz. of distilled water.

Add 1 teaspoon of Water Crystals.

Stir in 1 - 2 teaspoons fragrance oil.

Add a few drops of liquid Bath & Body dye for desired color.

Mix all ingredients and allow to sit for approx. an hour or so. The crystals will soak up the water and expand into little gel-like pieces. Makes enough to fill an 8 oz. Jelly Jar.

Jelly Jars look cute with net, lace, or thin material in the lids (using only the rim and leaving out the middle piece)! This helps keep dust off your smelly jellies. Pick a material that goes with your product theme, such as country. Or you could pick a material to match the scents, like fruits, flowers, etc!

You can also use smelly jellies in potpourri warmers for an even stronger scent!

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### COOL TIES

How to Make a Cool Ties or Bandanas There are several ways to make Cool Ties. Cotton fabric will work best, as it has superior wicking properties. Let your imagination be your guide. One method is to take an ordinary bandana and make a Cool Tie by simply folding over the wide edge about an inch or an inch and a half and stitching the "hem" down to create a tube. Complete the bandanas as with the following instructions for the ties:

Materials Needed: Scissors Tape measure Serger/sewing machine 4" strip of fabric 45" long (actual length will depend on personal preference) Two teaspoons of medium Rainsavers Aqua Crystals

Directions to make this project:

1. Cut one strip of fabric 4" wide from a fabric that is at least 45" wide. If you want to have a bow to tie use a 60" wide fabric.

Fold the fabric strip in half lengthwise (the piece should be 4" by 22 1/2"). Mark the fold. This is the center back of the neck band. Open up the fabric and measure and mark 7" on each side of the center back.

2. Fold the fabric right sides together the width of the strip (the piece should now be 2" by 45"). Using a 5/8" seam, stitch between the marks. (There should be 14" stitched--7" on either side of center back.)

3. The tail ends may be rounded or slanted to give a more finished look. Finish the

edges and ends of the rest of the band by serging or turning and stitching. Press.

4. Turn tube right side out and press. At one end of the tube, stitch to close, then double stitch for strength. At this point you should have one end of the tube open.

5. Carefully pour the polymer granules into the tube (about two teaspoons). Stitch the tube closed. Reinforce with another row of stitching.

To use the cool neck band, soak in water for a 15-20 minutes (hot water speeds the hydration process). As the polymer granules soak up the water "mush" them around so the polymer spreads out equally along the tube. Tie around your neck for a "Cool Band."

TIPS--

The polymer granules are used in gardening soil for water retention. (Use Rainsavers Medium 1 tablespoon)

The cool band can be refrigerated so it is more refreshing on a hot day.

It can be soaked in cold water and used over and over.

If too many polymer granules are used in the tube, the polymer will ooze through the fabric tube. Two teaspoons is all that is needed.

Store in a zip lock bag in the refrigerator, or hang dry. The polymer will rehydrate again using instructions in step 6.

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#### COOL MATS:

Lay out the size mat you think you'll want, appropriate for the size of your dog. Cut two pieces of fabric (top and bottom). I used my serger for the outside edges of both the mats and the ties because once you've stitched the tubes there's no way to finish the fourth edge conveniently. A serged edge looks decorative and takes care of that problem. So....wrong sides together, serge around three sides of your mat. Then, using your sewing machine, sew parallel tubes about 1-1/2 inches wide running from one finished edge to the unfinished edge. Put about 1 teaspoon of the granules (see below) per 12 inches of length of each tube. Close the fourth edge using your serger. If your mat is going to be large and your tubes will therefore be very long, you might find it necessary to stitch across the tubes in the center of the mat, making two tubes out of each one.

You can make dog beds using a standard pillowcase for the casing. When soaked, it's just a little smaller than a 400 sized crate. Divide into 8 vertical channels and then divide each channel into 4 sections. Use about 1 tsp. of crystals in each section.

The commercial mats have a laminated fabric covering which is closed with velcro. This covering is not necessary for a dog. If the pillowcase you use is light colored you may

want to slip a second one over the bed so that you can wash the cover. The outer pillowcase will still get and stay damp from the inner one containing the crystals.

If you want to do the covers, most fabric stores sell either the laminated fabric (for chair seat covers) or a plastic sheeting that can be fused to any regular fabric by ironing.

When soaked in water, about 30 minutes will give you 2% absorption, 60-90 minutes should give 100% saturation. If you find it's too full or not full enough, let it dry out completely for several days and add or take out granules as you see the need.

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POOPS:

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Snowman Poop

Use mini white marshmallows, popcorn, or white Tic-Tac mints

I hear you've been naughty,

So listen, here's the scoop...

I'm running short on coal this year,

So you get Snowman Poop.

Love, Santa

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## Reindeer Poop

Use chocolate covered raisins or similar looking candy.

I woke up with such a scare when I heard Santa call...

"Now dash away, dash away, dash away all!"

I ran to the lawn, and in the snowy white drifts,

Those nasty reindeer had left "little gifts".

I got an old shovel and started to scoop

Neat little piles of "reindeer poop".

But to throw them away seemed such a waste,

So I saved them, thinking you might like a taste!

As I finished my task, which took quite awhile,

Old Santa passed by and he sheepishly smiled.

And I heard him exclaim as he rose in the sky ~

"Well, they're not potty trained, but at least they can fly!"

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## Turkey Poop

You invited me to dinner

with your family and your friends.

You didn't say I was the main dish.

For me it was "THE END!"

You frightened me so badly

I knew I had been duped!

So I left you with my calling card:

This bag of Turkey Poop!

Place a handful of coffee beans or chocolate-covered coffee beans in a small baggie and add the poem.

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Moo Poo

From all of us cows to all of you,

A reminder is now way overdue.

You seem to forget when Christmas draws near,

That we're every bit as important as Santa's reindeer.

Why, if it weren't for us you'd have no dream,

Of butter, milk, or even ice cream!

So consider this, we have good reason  
We cows, too celebrate the Christmas season.  
So here's a fitting gift , from all of us to you,  
All you're getting this year is a bunch of moo poo!  
Mooey Christmas from The Cows

take some beans and paint them black and white

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Elf Poop

The elves were so sick they couldn't make toys  
And Santa had to fill all those stockings.  
He gathered the only thing the elves could make -  
And added all the Elves droppings.  
Place red and green M&Ms in a baggie

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Bag of Coal for you.

Santa checked is list once,



Then he checked his list twice,  
And he found out you were naughty, not nice..  
So if you're good next year  
And nice as can be,  
You'll find presents, not coal, under your tree!!

put some pieces of chunked up black licorice in a baggie and tie with red & green ribbon

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Lotion bars are particularly nice in the winter time when we all suffer with skin that takes a real beating by drying out. In the summer they're wonderful for rehydrating skin that's been over exposed to the sun. To use, hold the bar between your hands just until it begins to soften to the touch. Then rub over the body. Enjoy!

1 tablespoon Beeswax Beads (measured as beads)

1 tablespoon Cocoa Butter (measured melted)

1 tablespoon Palm Oil (measured melted)

1 teaspoon Jojoba Oil

2 to 3 drops from a vitamin E capsule

10 drops of essential oil or perfume fragrance oil

Melt the first four ingredients together. Remove from heat. Add vitamin E and fragrance. Pour into your mold and allow to set up. If it won't remove from the mold easily, place it in the freezer for about 1/2 hour. Hold your hand over the back of the mold to remove the bar. Makes 1 1/2 oz.

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### Lotion Bar Recipe #2

1 tablespoon Beeswax Beads (measured as beads)

1 tablespoon Cocoa Butter (measured melted)

1 tablespoon Shea Butter (measured melted)

2 to 3 drops from a vitamin E capsule

10 drops of essential oil or perfume fragrance oil

Melt the first four ingredients together. Remove from heat. Add vitamin E and fragrance. Pour into your mold and allow to set up. If it won't remove from the mold easily, place it in the freezer for about 1/2 hour. Hold your hand over the back of the mold to remove the bar. Makes 1 1/2 oz.

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### Easy Lotion Bar

2 oz beeswax

1 oz almond oil

1 oz cocoa butter

Fragrance (by the drop, until it is the scent you want)

Melt the beeswax and cocoa butter in a glass container in the microwave, or a clean pot on the stove.

When it is completely melted remove from heat and add the almond oil. Then add your fragrance and/or coloring. Pour into your deodorant tube and let set up completely.

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### Extra Rich Lotion Bar

3 oz beeswax

2 oz mango butter

1 oz almond oil

1 oz jojoba oil

1 oz hemp oil

Fragrance

Melt beeswax on low heat. When melted add the mango butter. Remove from heat when mango is almost melted.

Add the other oils, and mix together. Add your fragrance, and/or coloring.

You can pour into small muffin tins to get a "massage melt". You can use any of the recipes for this. You can use the little muffin size for a hand held massage butter.

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Herbal Bug Repellent:

First off, it should be heartening to know that most herbs are bug repelling, including chamomile, geranium, lavender, artemisia, pennyroyal, and many more. To make an herbal bug repellent, we use essential oils which are highly concentrated.

This herbal mixture relies on two stronger repellents: eucalyptus and citronella, to which you can add other essential oils as you wish. Since both citronella and eucalyptus are on the smelly side, you may want to add lavender, geranium, or other essential oils to improve the fragrance.

You will need a tight-closing glass container to store your bug repellent.

For a base: 2 oz. of vodka (a food quality alcohol) or 2 oz. of an oil such as grapeseed or almond oil

Add:

1/4 tsp. citronella

1/4 tsp. eucalyptus

1/8 tsp. each of up to three additional oils, such as pennyroyal, geranium, lavender, or cedar

Shake the mixture thoroughly, and store the container in a cool, dark place. To use, just saturate a cotton ball and apply to exposed skin. I often put a saturated cotton ball of the

stuff into a plastic sandwich bag, to carry on walks in the woods or to outdoor events, in case I need it.

The oils can be pricey, but both citronella and eucalyptus are in the \$3-5 range for a small bottle. You should be able to make enough bug repellent to last the summer from one purchase of essential oils as a little goes a long way.

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#### Mosquito Bite Relief:

If you do get bit by a mosquito, try rubbing witch hazel on your bite to relieve swelling and itching.

To improve on this simple remedy, I've taken a page from Pliny the Elder, who swears that basil takes the itch out of bug bites and stings. Just add fresh chopped basil to 2 oz. of witch hazel, and let steep in an air-tight, glass container. After a week or so, strain off the basil, and you will have a cheap and effective mosquito bite remedy. Adding basil does seem to enhance the itch-relieving properties.

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#### Poison Ivy Lotion:

The supreme herb for poison ivy is jewelweed, which grows in moist areas much loved by poison ivy itself. If you know you have poison ivy around, and you can find jewelweed, this is the lotion to have on hand.

Jewelweed can prevent poison ivy, if applied within 4 hours of exposure to the plant. Or you can rub it on affected areas to relieve the symptoms after you already have poison ivy.

To make the lotion, get a bunch of jewelweed and put in a pot. Add water to cover, and simmer for about 30 minutes. Since jewelweed doesn't keep very well, you'll want to strain off the herb, pour the jewelweed decoction into ice cube trays, and freeze. Store jewelweed cubes in freezer bags in your freezer, and use as needed either as a preventative or treatment.

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### Body and Room Mists, Linen Sprays or Body Splashes

Body and Room Mists, Linen Sprays or Body Splashes can be made and used right away. But the very best way to make it is taking time to allow the different components to marry. When this is done it become a wonderful aromatic product that will last much longer than any that is made and used right away. Patience is the key when making this as with making anything that will last and work well.

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### Body or Room Mist or Splash

32 oz. Distilled water

1 to 3 tsp. of scenting oils (this is according to how strong you might want it)

Approx. 1/4 to 1/2 cup Denatured Alcohol or Golden Grain or Ever Clear

NOTE: I have used Rubbing Alcohol and it also works just fine

AND/OR

Approx. 1/2 cup White Vinegar or White Wine Vinegar but the alcohol works best

1 or 2 tsp of Vegetable Glycerin to help hold and disperse the scent

Approx. 2 tsp. oil (this can be any single oil or combo of liquid oil like, Sweet Almond, Fractionate Coconut, Apricot Kernel, Avocado, Jojoba, Meadowfoam, etc).

The oil can be used or not, you decide. I like using them in my Body Mists because they help the scent stay longer, but I also use the oil in the ones that I make that can be used for anything, Linen Sprays, Body Sprays, Room Sprays, etc. And I have not had any oil stains, etc. on any of my sheets, etc. Just a bit goes a long way, so one does not have to saturate to get a nice aroma because even with commercial products, saturation can leave a stain.

1 tsp. of Liquid Silk if you like (optional) wonderful in Body Sprays

2 tsp. Polysorbate may help emulsify (optional) have found it still has to be shaken up even with using this to emulsify so have choose not to work with it

I have also found that a 1/2 tsp. or so of either Liquid Homemade soap or a detergent will help to emulsify the mix a bit. This should be placed in the water and stirred in well, then the Alcohol or Vinegar added and then the scent and shaken well.

This formula can be split in half if you don't want to make this size batch.

There are 2 ways to do this, one will make a strong scent right way but will get better in about 2 weeks. The other is really making an unscented base that you can add the scent to as you need to make it. This one will take about 3 to 4 weeks to become a strong scent. So be aware that as time goes on with either process the scent will become richer. So if you use say 1 1/2 tsp of scent and think that it is weak and think you might want to add more, be careful this can become stronger than one might want. Light scents in the concentrated form will need to be used at a higher rate, but the stronger scents can be used a bit lighter.

This process will take a few times to know the scent you are working with and how it will do when using it and mostly because every ones sense of aroma are different so it will take time to know how you like your on mixture. And as is said, if you like it others will too.

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#### Body or Room Mist or Splash Process #1

This will make a strong scent right away but will get better in about 2 weeks.

In a sterile glass quart jar blend together the Alcohol and scent you wish to use and the light oil if you choose to use it. Allow it to set for a few days in the jar and shake a couple times a day and loosen the lid to allow the pressure that might build up to escape a bit. When ready to process warm the water to about 100° or so and add the Polysorbate if you choose to use it. Blend it together well. If you choose not to use the Polysorbate just use the water at room temp. Then add the scented mixture and blend with a stick blender or wire whisk. Bottle and in between pours make sure to mix it well to keep everything incorporated. Add a "Shake Well before use" label to the bottle. I make tiny labels that I cut and stick on the bottles at the top so it is very visible.

I think this is my favorite process because it makes such a strong solution quickly.



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## Body or Room Mist or Splash Process #2

This is to make a perfuming base to have on hand so you can make the scent as you need it in small amounts. This one will take about 3 to 4 weeks to become a strong scent.

In a glass quart jar warm the water to about 100° or so then add the Polysorbate if you choose to use it. Blend well using a stick blender or wire whisk for a bit. Or just use the distilled water at room temp. Then in a small glass jar add the light oil if you choose to use it to the Alcohol first and let it set for a bit, then add the Vinegar, Liquid Silk and blend together well. Add this mixture to the water and allow it to set and cool to room temp if you used the Polysorbate and warmed water, with a lid propped on but not on tightly. You can then store this and then add the scent to each bottle as you make it, shaking well and add a "Shake Well before use" label to the bottle. I make tiny labels that I cut and stick on the bottles at the top so it is very visible.

### A few Tips:

The purpose of the bit of oil added is to help make the fragrance stay with the skin longer and to keep the alcohol, even at this small amount, from being drying to the skin.

I do find that some scenting oils whether they are Fragrance Oils or Essential Oils have a tendency to change the color of the mixture. But this is just a natural reaction of the oils. Using the smaller amount will give you a nice mild aroma like a light Cologne. The larger amount will give you more of a Perfume type mist.

You can use a bottle with mister or a bottle with a press open cap for a splash. Glass is great to use, but you can use any HDPE bottle that is made for holding lotions if you like.

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## BABY WIPES RECIPE #1

### Step One

Strong paper towels work the best.

Cut one roll of paper towels in half.

Take out the core so wipes pull out of the center.

### Step Two

Make solution.

2 cups water

1/2 cup of baby oil

1/2 cup baby magic baby bath

### Step Three

Place 1/2 roll of paper towels in container.

Pour solution over towels.

Store in container. Makes 2 1/2 rolls.

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## BABY WIPES RECIPE #2

### Step One

Strong paper towels work the best.

Cut one roll of paper towels in half.

Take out the core so wipes pull out of the center.

### Step Two

Make solution.

1 Cup Boiling Water

1 Tablespoon Baby Lotion

1 Tablespoon Baby soap

1 Tablespoon Baby Oil

### Step Three

Place 1/2 roll of paper towels in container.

Pour solution over towels.

Store in container. Makes 1/2 roll.

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### Carpet Freshener Blend

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1/2 cup baking soda

50 drops lime

30 drops tangerine

20 drops patchouli

Mix and set aside for 24 hours.

Sprinkle on carpeting and let sit at least 15 minutes, then vacuum.

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## Easy Homemade Heating Pad

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Fill a clean tube sock with rice then stitch up the open end. Put it in the microwave for 2 minutes and have a great heating pad that conforms to any part of the body.

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## Mildew and Mold Killer

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1 cup peroxide

1 cup white vinegar

2 Tablespoons baking soda

Mix ingredients and store in spray bottle.

Be careful when pouring into bottle, as it will foam up.

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## Lip Balm Recipes

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2 Teaspoons Olive Oil

1/2 Teaspoon Grated Beeswax or Beeswax Pellets

1/2 Teaspoon Shea Butter or Cocoa Butter

1/2 Teaspoon Honey

Any Flavored Oil To Taste

1 Vitamin E Capsule as a preservative.

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## Recipe 2

3 oz. Almond Oil

2 Teaspoons Honey

1/2 oz. Beeswax or Beeswax Pellets

1 Vitamin E Capsule (as a preservative)

1-4 Drops Essential Oil (peppermint or tea tree or sweet orange, etc.)

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Directions: melt all carrier oils, honey, beeswax and butters over low heat. Allow the mixture to cool slightly, then add the flavored oils, essential oils, vitamin E, etc. Stir until all ingredients are blended well and pour into containers. You may have to "play around" with these by adding a tiny bit more or less of the beeswax pellets. As with any of these recipes, if it comes out too soft, add a few more beeswax pellets; if it's too hard, add a little more almond oil (or other oil). They're really hard to mess up, so enjoy yourself and have fun.

Note: You can get a bar of beeswax from the health food store and grate it up to make the lip balm. I often just put it in a glass container in the microwave and keep an eye on it stirring it often till all the beeswax is melted in to the mixture. while it is cooling stir it some more until it is still liquid but thickens slightly and pour in to lip balm pots.

You may also add pigment to it or mica for a nice color or shimmer.

The key here is to use 1/2 soft oil (i.e. olive oil)

and the other half hard oil (i.e. palm oil, coconut oil, shea butter, mango butter, or if you are really cheap crisco or something)

I use peppermint oil, orange oil, any kind of essential oil and add to taste. You can use tea tree oil for a great antiseptic balm.

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Silver Cleaner

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Here is a recipe for cleaning silver that is just like the 'plates' that are for sale, but it is much cheaper!

Combine the following in a clean container or sink (no specific amounts of any of the ingredients mentioned):

Aluminum foil

Baking soda

Salt

Very hot water

Soak silver in this solution till tarnish is removed.

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Porcelain Cleaner

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Use Cream of Tartar. To clean porcelain surfaces, rub with cream of tartar sprinkled on a damp cloth. Works well on light stains.

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Natural Antibacterial Cleaner

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Vinegar is a mainstay of the old folk recipes for cleaning, and with good reason. The vim of the vinegar is that it kills bacteria, mold, and germs.



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### Brass Cleaner

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Use something you probably already have in your kitchen:

Ketchup, vinegar, tabasco, lemon or lime juice.

The acid in these products removes tarnish with soaking or light scrubbing.

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### Heavy-Duty Disinfectant Cleaner

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1/4 c. powdered laundry detergent

1 Tbsp. borax

3/4 c. hot water

1/4 c. pine oil or pine-based cleaner

Slowly stir the detergent and borax into the water to dissolve.

Add the pine oil and mix well. For bathroom cleaning, use the mixture full strength. In the kitchen, dilute with water.

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### Make Your Own Oven Cleaner

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2 Tbsp. dishwashing liquid

2 Tbsp. borax

1/4 c. ammonia

1 1/2 c. warm water

Mix together, apply to oven spills and allow to sit 20-30 minutes. Scrub with an abrasive nylon-backed sponge and rinse well.

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### All-Purpose Household Cleaner

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1 cup ammonia

1 cup washing soda

14 cups warm water

Pour ammonia, washing soda and 2 cups of water into a gallon size jug. Shake to mix. Add remainder of water. Cleans tiles, countertops, appliances, etc. Just about anything.

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### Make your own Furniture Polish

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2 ounces beeswax

1/2 pint turpentine

About 1/4 ounce Essential Oil - more or less to your personal taste

Grate or slice the beeswax, put the wax and turpentine into a pan and melt slowly. The turpentine is flammable so it's best to use a double-pan or put the mixture into a boil and heat it over a pan of hot water. Let it cool and before it goes completely hard add any Essential Oil you like - I use lavender. Mix it well as it hardens and it turns into a thick cream. It takes a fair bit of effort to get a shine and it tends to feel slightly sticky for several days after you apply it. The smell of turpentine goes within a few hours of using it.

To produce a softer cream polish that is easier to use:

add 1/4 pint hot water and a tablespoon of soap to the mixture above (dissolve the soap in the hot water and beat that into the wax and turpentine mix).

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### Make your own "NADS" Hair Remover

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This is the basic recipe:

Juice of 1/2 a lemon

1 cup sugar

1/4 cup honey

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### Simple Homemade Pancake Batter

1 cup Flour

1 Tbsp Sugar

1 Tbsp Baking powder

1/2 tsp Baking soda

Dash of salt

1 cup Buttermilk

1 Egg

3 Tbsp Melted butter

In a large mixing bowl, stir together the flour, sugar, baking powder, baking soda and salt. Using a whisk or large fork, mix in the buttermilk and egg until well combined and smooth. Stir in the melted butter.

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## PANCAKE ON A STICK

### SAUSAGE LINKS

skewers - popsicle sticks work fine

### PANCAKE BATTER (ABOVE)

oil for deep fat frying

### SYRUP

### CINNAMON

### POWDERED SUGAR

Skewer the sausage of

your choice (popsicle sticks work fine). Dip in the pancake mix and

deep fry. You can adjust the cling of the batter to the sausage with more or

less flour. Place on paper towel to soak up the oil. Top with syrup, cinnamon, or powdered sugar.

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## DIAPER CAKE

Once you understand the basic technique, this project goes quickly and easily.

Items Needed to complete a 2-Layer Cake

- \* 1 pkg. Newborn diapers
- \* 1 or 2 Spools of ribbon
- \* Scissors
- \* Empty paper towel roll
- \* Assorted baby items to accessorize, ie. pacifier, bottle, stick balloon, booties, spoons, etc.

### BOTTOM LAYER

Take 2/3's of diapers from the package. Imagine that your paper towel holder was cut in half. Attach your ribbon, securely, to the middle of one of the halves of your paper towel roll. Place first diaper on the end of the ribbon, bottom (folded part)first. Place another diaper inside first about halfway down facing the same way as the first. Begin tightly rolling the bottom of the first diaper around the paper towel holder, making sure the ribbon wraps around the outside to secure the diapers. When you begin rolling the second diaper add a third in the middle and continue tightly rolling until all of the remaining 2/3's are used. Make sure the diapers stay neatly on one half of the towel roll. Wrap ribbon completely around bottom layer, pull tight, then knot it to itself. Trim off the extra ribbon.

### TOP LAYER

Take remaining third of diapers from the package. Attach your ribbon, securely, to the middle of the uncovered half of your paper towel roll. Repeat the same procedure as with the first layer until all the diapers are used. Wrap ribbon completely around top layer, pull tight, then knot it to itself. Trim off the extra ribbon.

### DECORATE

Using whatever baby accessories you have, decorate the cake. Attach items to the sides of the cake by tying items to the outside ribbon used to secure the diapers. Or use additional ribbon and make patterns around the cake or bows. Attach items to the top by slipping them part-way in between the layers of diapers. I have seen people use a baby bottle or a stick balloon as a cake topper by pushing it into the towel holder. Decorated or colored cellophane tied at the top, is a nice finishing touch that also helps hold it all together in case something falls off.

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sugar scrub

## Sugar Scrub

### Ingredients

50 percent white cane sugar (note that organic sucanat, while the best choice for food, doesn't work as well for this recipe)

50 percent vegetable glycerin to moisten the sugar (I used avocado oil since I was out of vegetable glycerin --as is my health food store-- and it proved to be a successful substitute)

small amounts of aloe vera gel, vitamin C crystals, or anything healing that dissolves in water

1 or two drops of essential oil if desired (Larry recommends combining orange and lavender)

enough ground hibiscus powder for pink color (if desired)

Combine the ingredients in a bowl. Scoop some of the scrub onto your hand and massage gently onto your skin for a minute (the scrub will actually tighten onto your skin like a masque). Leave on for 3 to 4 minutes before rinsing.

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sunburn soother

cool vinegar bath with 1-2 cups of vinegar and then you slather noxema all over the effected area.