



VITAL MIND RESET

DIY PERSONAL CARE RECIPES



LOTION

Combine $\frac{1}{2}$ cup to 1 cup cocoa or shea butter with a few TBS of the food-grade oil of your choice (coconut, olive, almond are all great). Add essential oils like lavender and rosemary for a soothing blend, or tea tree oil and citrus or mint for an upbeat feeling.

SHAMPOO & BODY WASH

Fill a bottle with two parts water to one part your favorite liquid castile soap. While this soap comes scented, I urge you to buy unscented and add your own via essential oils. You can even include aloe vera gel (if you tend to be oily), honey or shea butter (if you tend to be dry) and tailor this blend to what you need in the moment.

DEODORANT

Combine a few teaspoons of baking soda with water, in a small, sealable container. You want a thick, smooth paste. Add a few drops of a favorite essential oil. Apply a small amount under the arms. Refresh with water & oil as needed.

TOOTHPASTE & WHITENER

Combine equal parts baking soda and powdered, activated charcoal. Wet your toothbrush and dip into the powdery mix (it's ok to reuse the powder, just seal with a lid). Brush for about 2 mins and rinse well. The charcoal removes bacteria and is an exceptional whitener! (Just take care not to stain your sink.)

MOUTHWASH

Combine 1 cup water with $\frac{1}{2}$ cup hydrogen peroxide in a Mason jar with lid. Add a couple of drops of spearmint essential oil and shake. Do not retain any leftover.
Alternate: Combine 1 cup water and 2-3 TBS apple cider vinegar in a Mason jar with lid. Shake & swish! You can retain the leftovers by sealing the jar.

