

## MAKE YOUR OWN COSMETICS

# ORGANIC HONEY & HERB FACE WASH

Makes 175ml approx



### INGREDIENTS

- 120ml boiled water  
(cooled to room temperature)
- 30ml liquid organic castile soap
- 3 teaspoons organic jojoba oil
- 1 tablespoon organic raw honey
- 1/2 teaspoon organic tea tree oil
- 5 drops organic lavender essential oil
- 5 drops organic rosemary essential oil

### INSTRUCTIONS

Add the ingredients to a mixing bowl in the order listed. Stir the mixture gently, mixing everything together. The mixture should look cloudy. Pour into a pump soap dispenser and your face wash is complete!

### USE

Shake well before each use! Use once or twice daily. Use within one month of making.

## #DitchTheJunk



**Some cosmetics can contain certain synthetic chemicals that have been linked to an increased risk of breast cancer. One of the ways that you can reduce your exposure to these chemicals is to make your own cosmetics using natural and organic ingredients.**



For more information about safer cosmetics and toiletries, the links between hormone-disrupting chemicals and breast cancer, and how you can support our campaign, visit our website at:



[www.breastcanceruk.org.uk/ditchthejunk](http://www.breastcanceruk.org.uk/ditchthejunk)

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### DISCLAIMER

This recipe card is for information purposes only and is intended to help demonstrate that there are alternatives to the expensive, heavily fragrant and chemically laden cosmetics on the supermarket shelves.

We have to be honest, we at Breast Cancer UK are not beauty experts and we cannot claim that these homemade recipes will cure you of wrinkles or blemishes – but they are fun to make, use very few ingredients, won't harm the environment and above all, are free from the synthetic chemicals that have been linked to breast cancer.

Breast Cancer UK accepts no responsibility for any allergies, incidents or mishaps that may occur as a result of making or using this recipe. So if you do have sensitive skin, have known allergies to essential oils or honey pollen, are pregnant or under a physician's care, please seek medical advice before trying these out.

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**Breast Cancer UK works to tackle the environmental and chemical causes of breast cancer.**

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