

THE BEAUTY REMIX

Glow up with DIY recipes for your face, hair, & body!

**Dry Shampoo - Toothpaste
Deodorant - Nail Serum
Facial Toner - Pore Strips
Body Butter - Sugar Scrubs
& more!**



Ashlee Mayer
thecrunchymoose.com

MEDICAL DISCLAIMER:

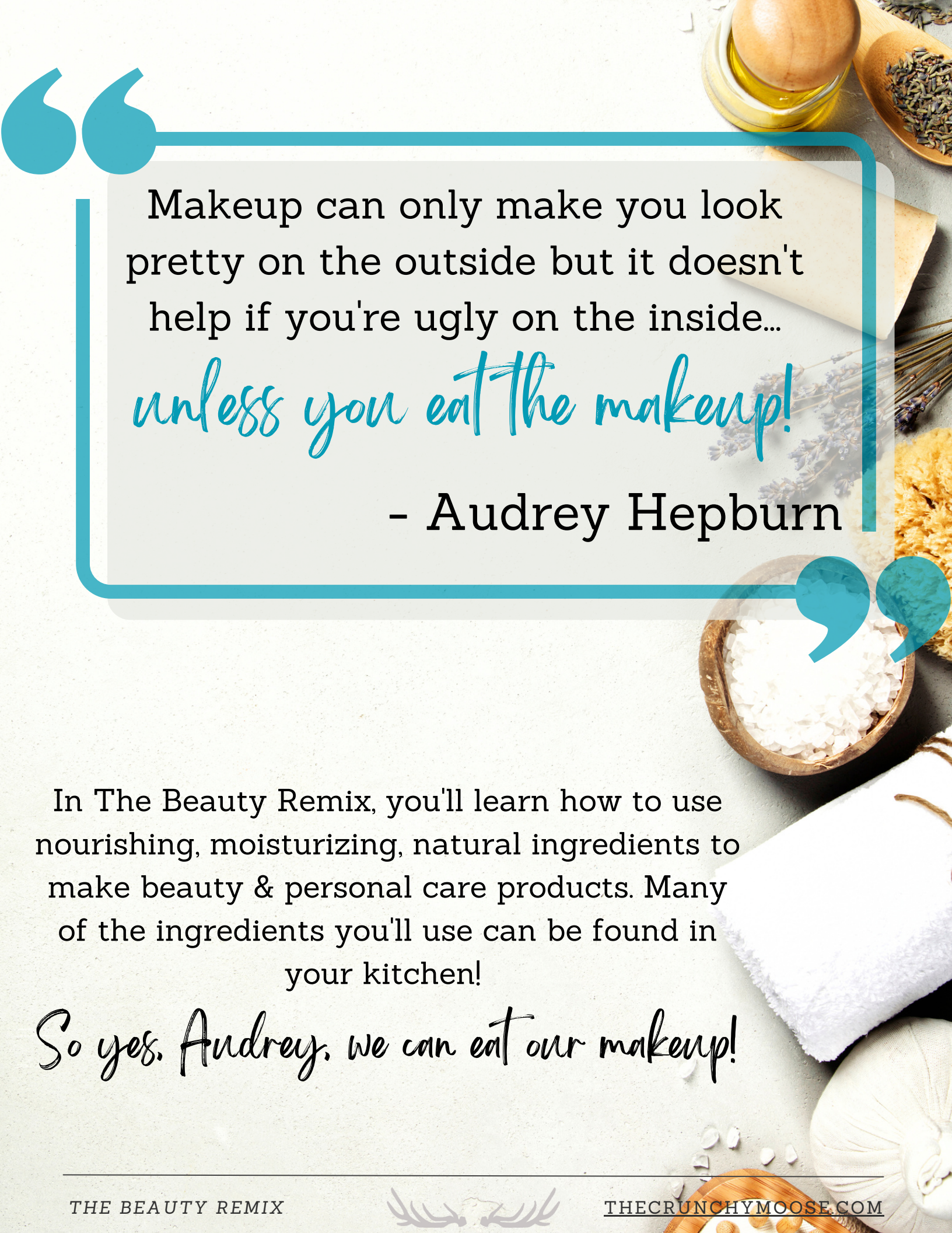
The content in this document is for informational purposes only. It is not intended to diagnose, treat, cure or prevent any medical condition or replace the advise and guidance of your healthcare professional. If you suspect that you have a medical condition, I strongly suggest that you seek medical attention immediately.

AFFILIATE DISCLAIMER:

Some of the links in this ebook are free and some are affiliate links for products that I wholeheartedly believe in, support, and buy myself. If you purchase through these links, the price will be the same but I will earn a small commission and you will have my sincere thanks! I have personal experience with these products (which is why I recommend them), but please only purchase the products you feel would be useful to your own wellness journey

See The Crunchy Moose's full disclosure here:
<https://thecrunchymoose.com/page/full-disclaimer>





“ Makeup can only make you look pretty on the outside but it doesn't help if you're ugly on the inside..

unless you eat the makeup!

- Audrey Hepburn ”

In The Beauty Remix, you'll learn how to use nourishing, moisturizing, natural ingredients to make beauty & personal care products. Many of the ingredients you'll use can be found in your kitchen!

So yes, Audrey, we can eat our makeup!



Table of Contents

<u>Introduction</u>	<u>5</u>
<u>Resources & Shop</u>	<u>6</u>
<u>Dry Shampoo</u>	<u>7</u>
<u>Deep Conditioner</u>	<u>8</u>
<u>Hair & Face Serum</u>	<u>9</u>
<u>Hair & Face Clay Mask</u>	<u>10</u>
<u>Facial Toner</u>	<u>11</u>
<u>Pore Strips</u>	<u>12</u>
<u>Body Scrubs</u>	<u>13</u>
<u>Melt & Pour Soap</u>	<u>14</u>
<u>Upgrade Your Bath</u>	<u>15</u>
<u>Stretch Mark Belly Butter</u>	<u>16</u>
<u>Varicose Vein Attacking Body Butter</u>	<u>18</u>
<u>Nail Serum</u>	<u>19</u>
<u>Toothpaste</u>	<u>20</u>
<u>Deodorant</u>	<u>21</u>





Howdy! I'm glad you are here!

I'm a Texas mom of 2 and wife to an amazing guy, Ryan. I love tap dancing, pickles, sour gummy candy, fermenting things, hot Texas summers, camping, and essential oils.

The Crunchy Moose blog started in 2012. I was recovering from 3 years of spine surgeries and Ryan & I had just adopted our oldest son, Morrison. Mo was born with health problems, reflux, and severe allergies. I started looking at alternative and holistic healing methods for Mo and myself. I learned that there were ingredients & chemicals in products I used everyday that were harmful and were hindering our healing.

So I started to make my own products full of healthy, healing ingredients!

Mo is now 11 years old, super healthy, and no allergies! I'm healthier & stronger than my surgeon said I would ever be! I even had a beautiful pregnancy with my daughter, something my doctors said would never be able to happen because of my spine history.

The Crunchy Moose Blog and The Beauty Remix ebook is a collection of my favorite recipes and tips for healthy, holistic, and happy living. Enjoy!



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Ashlee

Learn more about Ashlee & The Crunchy Moose here:
<https://thecrunchymoos.com/page/about-ashlee>



Resources & Shop

These are all things I use, love, and recommend from companies I trust that make products that are safe & effective for my family. I use these products in the recipes on The Crunchy Moose blog. Thank you for supporting The Crunchy Moose & using these links!

www.TheCrunchyMoose.com/shop



Get links to all my favorite products here. I list my favorite containers, kitchen gadgets, brands, and more.

Let's go shopping!

Check out my favorite things and shop my store.

Thank you for supporting The Crunchy Moose!



Load up your toolbox!



My mommy skills are almost invincible when have these tools handy!

www.TheCrunchyMoose.com/basics



Learn about the things I use most often to keep my family healthy. My mommy skills are almost invincible when I have these tools handy.

www.TheCrunchyMoose.com/nopoo



I went 4 years without shampoo & then went viral! Learn how I did it here.



THE NO POO METHOD

I went 4 years without shampoo & then went viral!

[Learn More!](#)

Let's chat about essential oils!



- Got questions?
- Just looking?
- Wanna get started?

I gotcha!
Get your questions answered & get my most used tips here.

I'd be honored to be your oil backup!

www.TheCrunchyMoose.com/oils



I use essential oils in just about everything I make! Get my top tips here and learn how to get the best bargains. here. Get all the essential oils listed in this book here.



DIY Dry Shampoo For All Hair Colors



INGREDIENTS

- 3/4 cup Arrowroot
- 1/4 cup Cocoa Powder
- 10 drops of Lavender Essential Oil
- 10 drops of Purification Essential Oil
- Shaker or Jar with Makeup Brush

OPTIONAL TINT

- Red Clay



DIRECTIONS

- Mix the arrowroot, cocoa powder, and essential oils.
- Adjust the color. If you need it lighter, add more arrowroot. If you need it darker, add more cocoa powder. If you need a red tint, add red clay. The above ratio works well for my Brunette hair.
- Store in a shaker jar to shake on your hair. Or store in a jar and apply with a makeup brush.
- Brush through your hair. The dry shampoo will absorb oils in your hair and add volume. Use as often as desired.



Go to the full blog post here: thecrunchymoose.com/dryshampoo



DIY DEEP CONDITIONER

*Customize a
deep conditioner
for your hair needs*



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INGREDIENTS

You can customize your deep conditioner! Here are my favorite deep conditioning ingredients:

- [Coconut](#), [Argan](#), [Jojoba](#), [Olive](#) Oils
- [Aloe Vera Gel](#)
- Yogurt or Kefir ([learn how to make kefir here](#))
- Kombucha ([learn how to make kombucha here](#))
- [Epsom Salt](#)
- [Bentonite Clay](#)
- [Apple Cider Vinegar](#)
- Banana
- Avocado
- [Essential Oils](#)
- Eggs
- [Coconut Milk](#)
- [Organic Mayonnaise](#)

DIRECTIONS

- Mix & match the ingredients. Have fun finding combos your hair loves!
- Leave in your hair for 15-30 minutes. Deep condition 1-4 times per month.
- If your conditioner is difficult to rinse out, use an egg rinse.
- Go to the [blog post](#) to get more tips and recipes.

- 1 tablespoon [coconut oil](#)
- 5 drops [Purification Essential Oil](#)

- 1 egg, whisked
- 1 tablespoon [filtered water](#)
- 1 tablespoon [olive oil](#)

- 1 rip banana, smashed
- 1 tablespoon [coconut milk](#)
- 1 tablespoon [honey](#)

- 1 teaspoon [Epsom salt](#)
- 2 tablespoons [aloe vera gel](#)
- 1 tablespoon [filtered water](#)

- 1/2 an avocado, smashed
- 1/4 cup [organic mayonnaise](#)
- 5 drops [Lavender Essential Oil](#)

- 1/2 cup kefir
- 1 tablespoon [honey](#)
- 1 tablespoon [apple cider vinegar](#)
- 5 drops [Cedarwood Essential Oil](#)



Go to the full blog post here: thecrunchymoose.com/deepconditioner



THE AMAZING BENEFITS OF

Argan Oil



FOR SKIN
& HAIR

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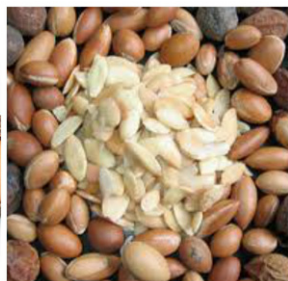


INGREDIENTS

- For Hair & Face Serum:
 - 2 oz bottle of Argan Oil
 - 30 drops of Essential Oils. My favorite for skin & hair include:
 - Frankincense
 - Lavender
 - Gentle Baby
 - Purification
 - Valor
 - Patchouli
 - Sandalwood

DIRECTIONS

- Add your essential oils of choice to your Argan Oil bottle and mix it up.
- For your hair, put about 5-10 drops in your palm and rub through the ends of your hair.
- For your face, use 1-2 drops and apply like a moisturizer.
- Can be used as often as desired.



Argan Oil is nicknamed "the gold of Morocco" because of its amazing cosmetic benefits. The argan fruit grows on tress and Moroccan goats climb the trees to eat the fruit.



Go to the full blog post here: thecrunchymoose.com/arganoil





the many
magical uses for
**BENTONITE
CLAY**

GLOWING SKIN - ORAL HEALTH
DIGESTIVE HEALTH

THECRUNCHYMOOSE.COM

INGREDIENTS

- Hair & Face Mask:
 - 1/4 cup Bentonite Clay
 - 1/4 cup Apple Cider Vinegar
 - 3 drops each of Lavender and Frankincense Essential Oils



DIRECTIONS

- Mix the bentonite clay, apple cider vinegar, and essential oils.
- Apply generously to your face, neck, and hair.
- Let sit for 20 minutes.
- It will harden and be tingly.
- Rinse off to reveal soft hair and glowing skin.
- Note: don't use a metal bowl or utensils with bentonite clay because of the naturally occurring electronic charge.

Bentonite clay comes from volcanic ash that has naturally occurring minerals and an electric charge. This electric charge attracts and draws out toxins, metals, & other impurities, resulting in an effective, gentle, & healing detox.



Go to the full blog post here: thecrunchymoose.com/bentoniteclay



THE BEST

1 ingredient

FACIAL TONER

- even skin tone
- reduce acne
- balance pH levels

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INGREDIENTS

- Apple Cider Vinegar
- Filtered Water
- 10 drops Frankincense, Lavender, or Purification
- Squeeze or Spray Bottle



DIRECTIONS

- To make:
 - Mix 1 part vinegar with 2 parts water (you can eyeball it -- fill your bottle 1/3 of the way with vinegar then fill with water)
 - Add 10 drops of Frankincense, Lavender, or Purification
 - Store in a squeeze or spray bottle
- To use:
 - You can use your toner in the morning and/or night
 - Wash & dry your face & neck
 - Apply the toner with a cotton rounds (disposable or reusable)
 - Avoid your eyes
 - Allow to dry for a few minutes
 - Apply moisturizer and/or makeup as usual

Apple cider vinegar can help even skin tone, tighten skin, reduce pore size, balance, pH levels, & reduce acne!



Go to the full blog post here: the crunchymoose.com/toner



2 ingredient diy Pore Strips



thecrunchymoose.com

INGREDIENTS

- 1 tablespoon Yogurt or Kefir ([learn how to make kefir here](#))
- 1 tablespoon [Gelatin](#)
- 3-5 drops [Purification](#) or [Lavender](#) Essential Oils



DIRECTIONS

- Heat the kefir or yogurt and gelatin in a pot on low heat until the [gelatin](#) dissolves. Don't let it boil. Remove from heat as soon as the [gelatin](#) dissolves.
- Add the [Purification](#) or [Lavender](#) Essential Oils.
- Allow to cool enough to apply to your skin but don't allow it to cool enough for the gelatin to gel.
- Apply a thin layer to your chin, forehead, and nose. Add more kefir or [gelatin](#) if it is too thick. Reheat if it starts to gel.
- Let it sit on your face for 10-15 minutes.
- Peel the strips off your skin.
- Wash, dry, and moisturize your face as you normally do.

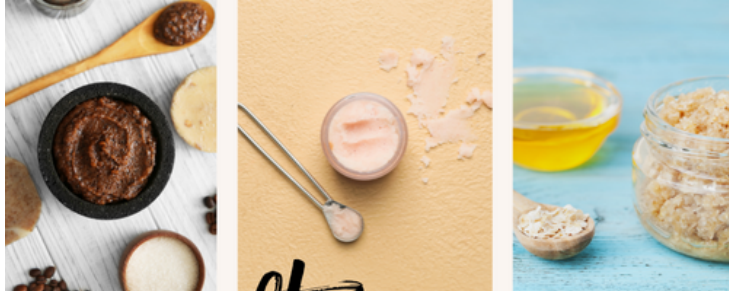
✓Yogurt & kefir contain probiotics that prevent acne causing bacteria and lactic acid that soothes & nourishes.

✓[Gelatin](#) contains collagen that promotes skin elasticity.



Go to the full blog post here: thecrunchymoose.com/porestrips





INGREDIENTS

You can customize your salt & sugar scrubs! Here are my favorite body scrub ingredients:

- Coconut, Almond, Olive Oils
- Raw Honey
- Organic Cane or Brown Sugar
- Organic Coffee Grounds
- Sea Salt or Epsom Salt
- Ground Oats
- Activated Charcoal
- Turmeric
- Cocoa Powder
- Vitamin E Oil

7 salt & sugar BODY SCRUBS

& tips to create your own!



DIRECTIONS

- Gather your ingredients. Mix in a medium bowl.
- Adjust to desired consistency by adding more carrier oil or dry ingredients.
- Use 1-3 times per week in the bath or shower. Use coarser scrubs for your body & feet and finer, smoother scrubs for your face.

Pink Lemonade Scrub

1/2 c cane sugar, 1/2 c pink Himalayan salt, 1/4 c carrier oil, 1 T raw honey, 20 drops lemon essential oil, 10 drops Vitamin E

Mint Chocolate Scrub

1/2 c brown sugar, 1/2 c cane sugar, 2 T cocoa powder, 1/4 c carrier oil, 10 drops peppermint essential oil, 10 drops Vitamin E

Activated Charcoal Sugar Scrub

1/2 c cane sugar, 1/4 c carrier oil, 1 t activated charcoal, 15 drops Stress Away essential oil, 10 drops Vitamin E

Oatmeal & Brown Sugar Scrub

1/2 c ground oats, 1/2 c cane sugar, 2 T raw honey, 1/4 c carrier oil, 15 drops orange essential oil, 10 drops Vitamin E

Go to the blog post to get more tips and all 7 recipes.



Go to the full blog post here: thecrunchymoose.com/bodyscrubs



Salt & Sugar Body Scrubs



Get all the recipes here:

thecrunchymoos.com/bodyscrubs



Turmeric &
Brown Sugar
BODY SCRUB



SUGAR & COFFEE
BODY SCRUB



PINK
LEMONADE
Sugar Scrub



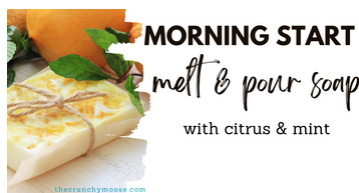
Mint Chocolate
SUGAR SCRUB

Melt & Pour Soaps



Go to the full blog post here:

thecrunchymoos.com/soap



12 SUPER EASY



melt & pour

SOAP RECIPES

thecrunchymoose.com

INGREDIENTS

- Melt & Pour Soap Base
- Essential Oils
- Soap Molds
- Small spray bottle with rubbing alcohol
- Double Boiler or Large Pot
- Optional add ins:
 - Dried Herbs & Flowers
 - Cosmetic Mica
 - Ground Coffee
 - Ground Oats
 - Baking Soda
 - Activated Charcoal
 - Honey
 - Bentonite Clay

DIRECTIONS

- Cut 1 lb soap base into cubes Melt in the double boiler or pot over medium low. Don't allow it to come to a boil. Remove from heat when melted.
- Add your chosen add ins.
- Spray your mold with rubbing alcohol.
- Pour soap into the molds. Spray with rubbing alcohol again to remove bubbles.
- Let cool to room temperature. Remove from mold.

Vanilla Latte

1 lb cocoa butter soap base, 3 T ground coffee, 10 drops cinnamon essential oil,
15 drops vanilla essential oil

Purify & Cleanse

1 lb castile soap base, 2 T dried lemongrass, 3 T activated charcoal, 30
drops Purification essential oil

Lavender Oatmeal

1 lb oatmeal soap base, 3 T ground oats,
30 drops lavender essential oil, 1 t
purple cosmetic mica

Soothing Honey

1 lb honey soap base, 3 T honey, 30
drops lavender essential oil

Go to the blog post to get
more tips and all 12 recipes.



Go to the full blog post here: thecrunchymoose.com/soap



UPGRADE YOUR BATH



Muscle Calming
Deep Breathing
Immune Boosting
Skin Glowing

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INGREDIENTS

All of these ingredients can be used to upgrade your bath. You can mix & match them to fit your needs & personal preferences. Here are my favorite bath add ins:

- Epsom Salt
- Apple Cider Vinegar
- Baking Soda
- Bentonite Clay
- Sea Salt
- Trace Minerals
- Essential Oils. My favorites for bath are:
 - Lavender
 - Dragon Time
 - Stress Away
 - Joy

DIRECTIONS

- Mix & match the ingredients. Have fun finding combos you love.
- Add your ingredients into a hot bath. Soak for for at least 15 minutes to as long as you want. Stay hydrated & drink plenty of water. Upgrade your bath up to 3 times per week.

Tried & True

- 1 cup Epsom salt
- 1/4 cup baking soda
- 8 drops Lavender Essential Oil

Mineral Boost

- 1/2 cup Apple Cider Vinegar
- 1/4 cup sea salt
- 1/4 Epsom Salt
- 3 droppers of Trace Minerals
- 8 drops Purification

Go to the blog post for
more recipes and tips.



Go to the full blog post here: thecrunchymoose.com/detoxbath



STRETCH MARK

belly butter

with bonus tips!



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INGREDIENTS

- 1/2 cup Shea Butter
- 1/4 cup Coconut Oil
- 1/4 Jojoba Oil
- 2 tablespoons Beeswax
- 1 tablespoon Aloe Vera Gel
- 2 teaspoons Vitamin E Oil
- 2 teaspoons Rosehip Oil
- 10 drops Frankincense Essential Oil
- 20 drops Gentle Baby Essential Oil
- 2 - 8 oz jars

DIRECTIONS

- Heat Shea Butter, Coconut Oil, Jojoba Oil, Beeswax, and Aloe Vera Gel in a double boiler over medium-low heat. Stir until all of the ingredients have melted.
- Remove from heat.
- Add the Vitamin E Oil, Rosehip Oil, Frankincense Essential Oil, and Gentle Baby Essential Oil.
- Stir to combine.
- Put in the fridge for a couple hours to completely cool.
- Mix with a hand mixer to make a whipped belly butter.
- Pour into glass jars. (You will need two 8 oz jars.)
- Store at room temperature for up to 1 year.
- Apply 2-3 times per day focusing on your stomach, hips, thighs, & breasts (where stretch marks most commonly occur).

get bonus tips here →



Go to the full blog post here: thecrunchymoose.com/bellybutter



Varicose Vein Attacking Body Butter

SUPPORT HEALTHY VEINS &
CIRCULATION NATURALLY



thecrunchymoose.com

INGREDIENTS

- 1/2 cup Shea Butter
- 1/4 cup Coconut Oil
- 1/4 cup Jojoba Oil
- 1 tablespoon Vitamin E Oil
- 30-50 drops of essential oils. My favorite combo is:
 - 30 drops of Aroma Life.
 - 10 drops of Lemon
 - 10 drops of Geranium

DIRECTIONS

- Heat shea butter and coconut oil in a double boiler on medium low. Stir until it melts. Remove from heat.
- Add the jojoba oil, vitamin E oil, and essential oils.
- Refrigerate for about an hour or 2 until chilled. You want it to be almost solid.
- Mix with a hand mixer for about 10 minutes until you have soft white peaks (like whip cream).
- Store in a glass container.
- Massage this towards your heart to encourage blood flow (i.e. start at your ankles and work up your legs; start at your wrists and work up towards your shoulders).

Note: This circulation boosting body butter will get your blood flow all worked up and can be stimulating! It can disrupt restful sleep so don't use at night.



Go to the full blog post here: thecrunchymoose.com/varicoseveins



NAIL STRENGTHENING SERUM

with bonus tips



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INGREDIENTS

- Flaxseed Oil
- 15 drops Gratitude Essential Oil
- 15 drops Purification Essential Oil
- 10 ml Roller Bottle



DIRECTIONS

- In a 10 ml roller bottle, add:
 - 15 drops Gratitude Essential Oil
 - 15 drops Purification Essential Oil
 - Fill with Flaxseed Oil
 - Shake
- Roll on your nails and cuticles several times a week. Can be used daily. Massage into your nails and cuticles for a few minutes.

Flaxseed Oil has omega-3 fatty acids that are great for your skin & nails. When you use it topically, it may improve skin elasticity, repair cells, and improve hydration.

Gratitude Essential Oil has Myrrh, Frankincense, & Geranium -- all of these oils make fingernails happy! Purification is my favorite essential oil & contains Tea Tree.



Go to the full blog post here: thecrunchymoose.com/nailserum



Say goodbye to
sensitive teeth with

DIY TOOTHPASTE



thecrunchymoose.com

INGREDIENTS

- 4 Tablespoons Coconut Oil
- 3 Tablespoons Baking Soda
- 3 Tablespoons Bentonite Clay
- 1 Teaspoon Xylitol
- 1 Teaspoon filtered water
- 30 drop of Essential Oils. Use any of the following & mix them as desired.
 - Orange & Lemon: Whitening power & fresh breath
 - Clove: Has been used for oral health for centuries
 - Thieves: Great for oral health & fresh breath & has Clove in it
 - Peppermint: Freshens breath
- 10 drops Mineral Essence Minerals or other Trace Minerals

DIRECTIONS

- Mix all ingredients. Slightly heat the coconut oil to melt it if needed.
- Store in a 8 oz jar at room temperature.
- Use as you would any other toothpaste.

Why it Works

- Coconut oil is anti-fungal and gets rid of bacteria.
- Baking soda disinfects and whitens.
- Bentonite clay is volcanic ash with an electric charge that pulls toxins out of your body.
- Xylitol decreases bacteria and remineralizes teeth.
- Mineral Essence contains ionic minerals that your body can quickly and fully absorb along with Peppermint, Lemon, & Cinnamon Essential Oils.



Go to the full blog post here: thecrunchymoose.com/toothpaste



deodorant

THAT REALLY
WORKS!
thecrunchymoose.com

INGREDIENTS

- 1/2 cup Coconut Oil
- 1.5 teaspoons Arrowroot
- 1.5 teaspoons Cornstarch
- 1.5 teaspoons Baking Soda
- 15 drops each of Purification and Lavender Essential Oils
- 8 oz Jar

DIRECTIONS

- Mix all the ingredients in a small bowl. If needed, slightly melt the coconut oil.
- Adjust the consistency as desired by adding more coconut oil or dry ingredients.
- Store in an 8 oz jar at room temperature.
- To apply, dip your fingers in the jar, grab a small amount of deodorant, and apply to your armpits.

Bonus Hack!

This homemade recipe is mostly coconut oil, baking soda, and essential oils. So is Thieves Toothpaste! One day I used Thieves Toothpaste as my deodorant and it worked! I've been using the Thieves Toothpaste hack for 5+ years and it's my favorite deodorant ever! Plus it saves room in my travel bag on trips. One product for two uses!



Go to the full blog post here: thecrunchymoose.com/deodorant





A smile is the best
makeup a girl can wear.

- Marilyn Monroe

Thank you for hanging out with me in *The Beauty Remix*! I hope you learned some new tips and recipes. Have fun upgrading your products & get creative with the process! I invite you to take these recipes, get crafty, and make them your own!

Wishing you happiness and health!

Ashlee

Also check out:

The **NO POO** Method



Download your
eBook now!

7 Chapters

85 Pages

20 Recipes

thecrunchymoose.com/book



Have fun glowing!!