



Middle Path Natural Health  
*helping you heal - naturally*

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## BODY CARE FOR WOMEN AND MEN

### Anti-Wrinkle Remedy Formula F for Face & Body

The anti-wrinkle remedy is great for people who have dry skin or premature wrinkles or just to use as a preventative or skin moisturiser.

This remedy lasts for years and is great to bottle up and give as a gift to others. A small amount goes a long way.

- 1-500ml bottle virgin olive oil
- 1-500ml bottle apricot oil
- 1-500ml bottle grape seed oil
- Break open 50 vitamin E capsules and mix in with other oil
- 1 bottle of essential oil - use a scent of your choice. There is a large choice of essential oils to choose from. I prefer Amber when I can get it as it is suitable for both men and woman and smells great.

This remedy makes your skin feel great and you only need the smallest amount for around the eyes, face, neck and arms.

Once a week you can use it for an all over lotion for the whole body.

This is so luxurious.

### FACIAL

Put Black-strap Molasses all over your face and neck. Leave on for 1 hour and shower off.

Leaves your skin like silk and you will glow. Do this whenever you want to feel special or going somewhere where you want to shine.

## SHAMPOO & CONDITIONER

Use Sunlight Laundry soap (Buy in the Laundry section of the Supermarket).

### DEODORANT RECIPE – HAPPY ARMPITS

#### Natural Recipe for home-made Deodorant with Coconut Oil

The recipe is simple and has no nasty chemicals or aluminium....

Ingredients:

1/4 cup melted unrefined extra virgin coconut oil which corresponds to 4 tablespoons of

solid coconut oil

1/4 cup bi carbonate soda

1/4 cup corn flour

5 drops of essential oils ( Lavender Peppermint, Tea tree or Amber)

Glass jar with lid

Steps:

Place all the dry ingredients into your favourite bowl (you should love your utensils!)

Add the melted coconut oil and essential oils and stir well.

You'll end up with a fragrant paste which should be poured into a jar before it solidifies. Remember, coconut oil's natural state is solid.

Leave it to cool naturally before placing it in the fridge for extra solidification. I like to keep it at room temperature for easier application, but you can also keep it in your fridge.

Use your finger and spread a small amount in your armpit.

The Final Word

Oh, and in case you wondered how these ingredients have been proven to work... baking soda absorbs odours, corn flour absorbs wetness and any itch and coconut oil is an anti-oxidant and a moisturiser with anti-fungal/anti-bacterial properties. The essential oils will add their own properties. When you add lavender oil it is an antiseptic and tea tree & peppermint oil is antibacterial, anti-fungal and antiseptic qualities.

And that's how you can create happy armpits!

## SUNSCREEN AND SUNBURN

Use only Coconut oil or Aloe Vera for sunscreen and sun bake before 10am and after 2pm. It is essential to spend time in the sun for Vitamin D.

Use Aloe Vera if ever you get sun burnt.

Remember Tanning and commercial sunscreens are toxic and may cause cancer.

For other Body and Bath Care recipes buy our

Natural Bath & Beauty Recipe e-book at this link

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