

Beauty Kitchen Baby: Two tips to Save Money on popular Baby Products

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By Heather Marianna

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I recently spent some time with my dear friend Candice in California. She is a brand new mom to a gorgeous four month old daughter Athena James. Candice is a vegan, a yoga instructor and creator of the Divas Dish. As I spent a few days with her and her newborn baby we were discussing all things baby, and I realized that

most new mothers like Candice love to use all natural and organic products on their babies.

So with Candice and my honorary niece Athena as my inspiration I have decided to start a new video series and blog posts called Beauty Kitchen baby.

Here are a few tips from the new series Beauty Kitchen Baby that you can use share and create.

Vitamin Rich Baby Oil

Regular baby oil is petroleum based and packed with artificial fragrances, and is definitely not organic or natural in any way.

This is how you can make your own Beauty Kitchen Baby Oil.

You will need:

1 cup of organic apricot kernel oil, apricot oil is great for sensitive skin and perfectly safe for babies.

2 tablespoons calendula flowers

2 tablespoons chamomile flowers

Here is how you can make this wonderful oil:

Place the calendula and chamomile in a glass jar and pour the oil over it. Put a tight-fitting lid on. Keep in a cool, dark place (baby room or kitchen cabinet is great just don't put near a window) Shake daily for 6-8 weeks to make a gorgeous light-orange oil that is great for baby or adult skin. It is soothing on eczema or skin irritation and calming to baby.

Beauty Kitchen Baby tip number two is a simple homemade baby powder. Ever read the ingredient's on the back of the baby powder? Most baby powders contain talc which is closely related to asbestos, I don't think you want to put that on your baby. Try this instead.

Soothing Baby Powder

Ingredients you will need and can be found at your local health food store.

1/2 cup arrowroot powder

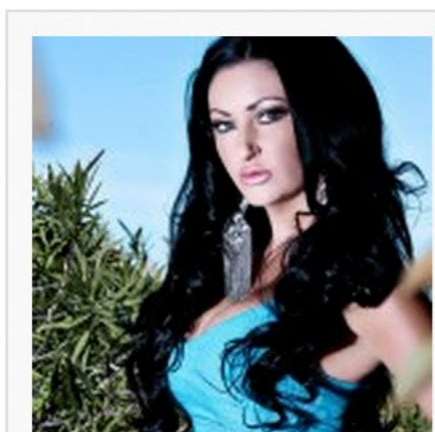
1 tsp. chamomile or calendula flowers, powdered in the blender or food processor, a coffee grinder also works!

Powdered sugar shaker to store, (think about making this for a gift!)

Simple steps to create your baby powder.

Powder the chamomile or calendula if using. Mix with the arrowroot powder and store in a sugar shaker for easy use. Use as you would regular baby powder.

Thank you to Candice Camacho for inspiring this article and to check out her very own creation, other than Athena, watch the Divas Dish on CandiceCamacho.com and learn all about vegan food tips, her upcoming spice line, and all things food and mommy.



Heather Marianna, host of Beauty Kitchen

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