



BODY RESET - DAY 18

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Natural Wipes for Babies and Face



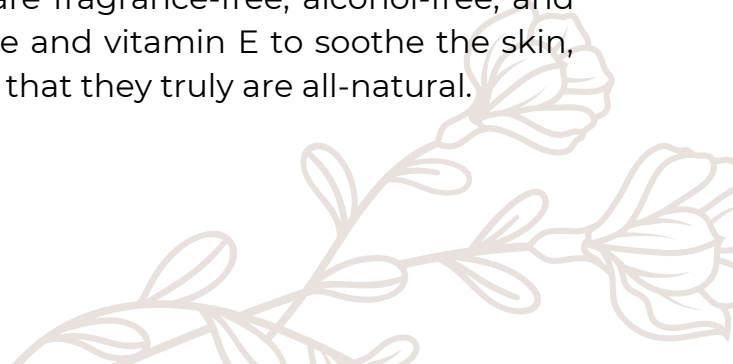
Ever checked the ingredients on your 'natural' baby or face wipes?

The great majority of the most common brands contains a long list of hazard ingredients and warnings include possible allergies, immunotoxicity, developmental problems, reproductive toxicity, organ dysfunction, endocrine disruption and cellular changes. No thanks!

I used these wipes for years with my first baby, figuring that if they were made for a newborn's skin, they must be safe. Apparently not! Having my second baby on the way (due July 1st) led me to do some research for healthier alternatives.

As Are There Safe Alternatives?

Well, you can buy the natural wipes that are fragrance-free, alcohol-free, and hypoallergenic; they also contain some aloe and vitamin E to soothe the skin, but never really kid ourselves into believing that they truly are all-natural.



With baby #2 coming soon, I thought now's a good a time to replace commercial baby wipes and finally make the switch to more gentle, soothing homemade natural baby wipes.

Homemade Baby Wipes Recipe

This recipe is to use with a strong roll of paper towels and are disposable.

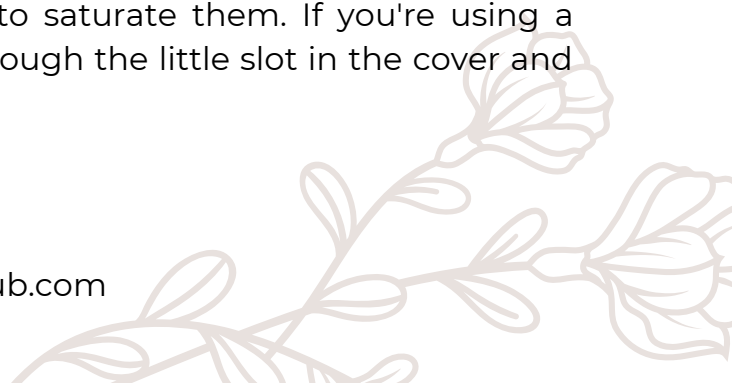
Depending on how you'll be storing the wipes, you can either accordion-fold the wipes and place them in an old wipes container or something similar, or you can leave the towels on the roll, place the roll in a tall container, and remove the cardboard roll from the middle (more on that below).

Ingredients

- 1 1/4 - 1 1/2 cups distilled water (distilled is best, but boiled and cooled water is fine for short term storage)
- 1 tablespoon liquid castile soap (or other natural, mild soap)1 tablespoon pure aloe vera gel – check the ingredients
- 1 tablespoon pure witch hazel extract
- 1/2 tablespoon almond oil (olive oil or coconut oil works too)10 drops grapefruit seed extract or 2 capsules of Vitamin E (optional; helps wipes last longer)
- Essential oil of choice (optional - I use 6 drops of tea tree or lavender)
- 1 roll strong paper towels (or small cotton cloths)
- Storage container (old wipes container, tupperware, plastic ice cream bucket, etc.)

Instructions

1. Cut the roll of paper towels in half with a sharp, non-serrated knife.
2. Place one half of the roll in a tall container (or accordion fold the towels and place in an old wipes container).
3. In a small bowl, add the water, castile soap, aloe vera, witch hazel, grapefruit extract, and olive oil, and stir to mix well.
4. Add the essential oils if desired and stir to combine.
5. Slowly pour mixture over the towels to saturate them. If you're using a wipes container, just pull the towels through the little slot in the cover and you're done!



6. If using a tall container, flip it over after 5-10 minutes to make sure the towels are completely wet with the solution. Then flip it back over, pull out the cardboard roll from the middle and the first towel should come right out.

7. Use as you would regular baby wipes.

Notes: If your child has extremely sensitive skin, you may need to leave out the essential oils or use calendula or chamomile. This recipe is for one half of the paper towel roll. Depending on the brand and size of your towels, you may need to adjust the amounts of water and soap in the recipe

Face Wipes

You can use them like any other regular facial cleansing wipes too.

Store at room temperature or in the refrigerator if you'd like a nice and cool little experience removing your makeup. I really love the choice of essential oils in this recipe for face wipes. The grapefruit oil fights acne and helps infuse aging skin with all sorts of anti-aging goodness, and the tea tree oil cleanses and soothes.

*Distilled water is essential here to avoid bacteria growth.





I choose to make healthy choices to take care of myself and my family.

NOTES:

