Cosmetic creations for cost-conscious students

As fun as it is to splurge on fancy beauty products, with a student budget, it’s not possible on a regular basis — and finding affordable products with ingredients aren’t a long list of chemicals can be even harder. So who wouldn’t think putting food on your face would be the solution to these problems? Turns out all you have to do is head to your pantry to find almost everything you need for these cheap and all-natural DIY makeup and skin-care products.

Sugar Lip Scrub
Keeping your lips soft and moisturized — especially in these dry, cold Edm onton winters — can be a challenge. Commercial lip exfoli ators take care of unh appily flakiness, but can be too costly. Luckily, it’s cheap and easy to just make your own. Start off with two tablespoons of brown sugar for exfoliation and mix in with one tablespoon of moisturizing coconut oil. From there, you can adjust the recipe to your tastes. I added a dash of cinnamon and ended up with a decadent coconut cinnamon sugar scrub.

To use the scrub, take a pea-sized am ount and gently rub it into your lips to remove any flakes. The coconut oil will melt from your body heat so that by the time you’ve wiped off — or eaten — the scrub, your lips will be moisturized and soft. Finish off with your favorite lip balm and you’ve got a perfectly kissable pout.

Homemade Bronzer
Finding the perfect bronzer can be a challenge when everything in stores is either too orange, too unnatural or too glittery. But the good news is that you can create your own customized shade of bronzer all on your own.

The basic components of this homemade bronzer are cinnamon and cornstarch, so start off with one tablespoon of each. The cinnamon gives skin a healthy glow, while cornstarch lightens up your blend. You can then add cocoa for more depth and darkness. Since preferences and skin tones vary greatly from person to person, it’s worth spending time playing around with the proportions until you find the perfect balance. Then, use a wide and fluffy brush, like the Rodan+Fields Brush Kit [79, Retail] or W3ll-Being, to apply and blend the bronzer for a summery, sun-kissed glow. Focus on the areas of the face that are naturally hit by the sun, like the top of the forehead and along the cheeks. Alternatively, for a dramatic, sculpted look, place the bronzer in the hollows of your cheeks and watch your cheekbones pop.

On top of being cheap, effective and wonderfully fragrant, the ingredients in your homemade bronzer have extra benefits. Cinnamon has been shown to increase blood flow and keep skin matte, while cinnamon has anti-aging benefits, and anti-fighting anti-inflammatory properties. But be warned: cinnamon can be irritating for sensitive skin, so start this on a small patch of skin beforehand.

Eye Makeup Remover
Although they’re effective, eye makeup removers are generally full of harsh chemicals to break down makeup on your face. Since waterproof makeup removers are generally an oil-based component anyway, there’s no reason you can’t cut corners and use oil on its own. Take a cotton pad, dip it in some olive or coconut oil and press down on the eye area. For a few seconds and then gently wipe off all your eye makeup. Besides quickly removing stub- born mascara, these oils will nourish and condition your eyelashes to help them grow stronger and longer. As well, alcohols in store-bought make-up removers can cause premature aging around the eyes, while the oil will help to keep your skin soft and supple.

Toner
This one isn’t so much a recipe as it is a sneaky bargain. Most commercial toners contain the same three main ingredients: alcohol, water and witch hazel. You can actually purchase witch hazel online at your own for less than $5 per 500 mL at most pharmacies, and it’s much less likely to dry out skin than alcohol. Alternatively, you can also make your own by adding witch hazel as either a spot treatment or a skin toner after cleansing.

In particular, witch hazel’s anti-inflammatory properties make it perfect for treating acne-prone skin. You can also add ingredients like dried chamomile flowers, dried marigold, dehydrated cucumber and green tea with witch hazel to boost the skin-beneficial benefits.