



DR. MARIZA  
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# MOM'S BATHROOM CABINET *Makeover*

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- GUIDE -

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Moms usually rely on precious seconds in between feeding children and cleaning up messes to *take care of themselves*, whether it be to flick on some mascara or simply having the bathroom to yourself before you see little fingers appear under the door crack. Efficiency is key when it comes to a mom routine and you don't want to have to spend time reading labels to ensure that the products that you use are as natural as those we choose for our kids. A quick makeover to your Mom Bathroom Cabinet can help you to streamline your morning time and *pamper yourself* with products that are all-natural and supportive to your health and wellness as a whole. The suggestions below are certainly not all-inclusive, and dōTERRA offers a *fabulous line of trustworthy personal care products that* I highly recommend trying. These are my must-have favorites for you to enjoy!

## DOTERRA'S SALON ESSENTIALS® HAIR CARE SYSTEM

Ladies, if you haven't tried the dōTERRA Protecting Shampoo and Smoothing Conditioner combo or the Root-to-Tip Serum or Healthy Hold Glaze, you are missing out! Not only is it made with a proprietary blend of essential oils specially formulated with botanicals to give you a luxurious mane, but they also have aromatherapeutic and supportive benefits for your body's overall health and wellness. Plus, the citrus morning pick-me-up always perks my energy and gets me ready for the day. And even without styling, I know my wash-and-go hair will look just as amazing with these all-natural products. You can also use them to create other amazing hair products for yourself, like this Sea Salt Spray for that tousled cool-mom summer look.

## SEA SALT HAIR SPRAY

- 8 oz. warm water
- 1 ½ tsp. kosher or sea salt
- ½ tsp. coconut oil
- ¼ tsp. dōTERRA Smoothing Conditioner
- 1 tsp. dōTERRA Healthy Hold Glaze
- 5 drops Lemon Essential Oil (this will lighten your hair if exposed to sun)
- 5 drops Lavender Essential Oil

In a glass bowl, combine ingredients and blend with a whisk. While still cloudy, pour into a 10 oz. glass spray bottle, or divide into smaller 2 oz. glass spray bottles for on-the-go solutions. To use, shake and spritz on dry or damp hair and scrunch to achieve your desired look.

## CALMING MAKEUP REMOVER BONUS CREAM

After trying a thousand products to get my makeup off, imagine my shock and awe when I discovered it was as simple as coconut oil and some essential oil. This super-simple recipe makes a container of long-lasting make-up remover with calming and skin-rejuvenating benefits. You can change the essential oil to your liking, especially by adding some dōTERRA Immortelle or Frankincense to combat the effects of time on our skin. Even waterproof mascara is no match for this! It also has the added bonus of providing your body with an amazing scent and calming your mood to boot – use as a hand and body lotion as well, especially before or after shaving.

## COCONUT OIL MAKEUP REMOVER (AND MORE!)

- ½ c. organic refined Coconut Oil (or unrefined if you like the coconutty scent)
- 10 drops dōTERRA Serenity Calming Blend

Spoon the coconut oil into a glass container and dip into a hot water bath. When the coconut oil liquefies, add the essential oil and swirl to mix. Pop in the refrigerator to harden quickly or simply leave out for a few hours as it returns to its semi-solid state. To use, scoop a small amount on your fingertips and rub into your skin. Carefully rub around the eyes when removing mascara. With a warm, wet washcloth, gently wipe your face clean. Keep closed with a lid and store in your bathroom cabinet.

## dōTERRA ON GUARD PROTECTIVE BLEND

Sometimes we forget to protect our own immune systems while we are worried about keeping environmental threats from our families. dōTERRA makes it easy for smart moms to keep themselves boosted during their busy days. Simply take one On Guard Beadlet each day as a dietary supplement to help to support your body's immune system and natural defenses. If you start to feel attacked and run-down, you can take more than one or switch to dōTERRA's On Guard Softgel, because we all know that moms don't get to be sick! Keep these in your Mom Cabinet and make the beadlets part of your daily routine, especially during those winter months.



## AFTER-WORKOUT SPRITZ

Perk yourself back up and tone your skin after a workout with a quick spritz of distilled water or witch hazel with some Peppermint essential oil. Not only will it give your body a quick cooling effect, but it will also help to tone your skin and relax your muscles after a tough workout. Even if all you need is a quick energy boost, spritz this on the back of your neck mid-day to keep your mind and body going strong.

## PAST TENSE TENSION ROLLERBALL BLEND

It happens. We cramp, we ache, we feel like a vice is closing on our temples. For those moments when life has us wound tight as a drum, grab your trusty dōTERR Past Tense Tension Rollerball Blend and easily roll away the stress with its blend of 9 essential oils.

Apply right on your temples and the back of your neck for immediate cooling relief from worry, tension, and strain. You can also use this after a workout to help overextended or overworked muscles. Every mom needs this magic wand in her cabinet!

## dōTERRA PEPPERMINT BEADLETS

Let's be honest...we try to keep our oral hygiene in tip-top shape, but sometimes the coffee and the schedule wreak havoc on our well-intentioned routines. Keep a tube of these one-drop wonders in your Mom Cabinet for moments when you need extra kissable breath, before a big meeting, or simply when your mouthwash or toothpaste isn't cutting it. Just crush one between your teeth and swish with water to coat your mouth with minty freshness. (These also work great to soothe digestive discomfort on those days when we don't have time to spend in the bathroom.)

