

Sharise's NATURAL BEAUTY RECIPES

That Even Glam Girls will Love



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From city chic to rural roots



Imagine this: a woman who graced the stage, all costumes, sparkles, and heels, now knee-deep in garden dirt and blending herbs on 22 acres of farmland. That's me—Sharise Parviz, the so-called “Glam Girl of the Holistic World” (I think that was meant as an insult, but I'll own it). No overalls or practical shoes, yet I'm living a natural life that'd make any homesteader nod.

How did I get here? Illness flipped my script years ago—depression, anxiety, IBS, OCD, gallbladder disease, and rheumatoid arthritis (yeah, I was a mess)—and it woke me up.

I ditched the chemical junk, not my style, and turned to what grows around me. You've felt that pull too, haven't you—that craving for real, simple beauty and personal care that doesn't clash with your flair—or your pocketbook?

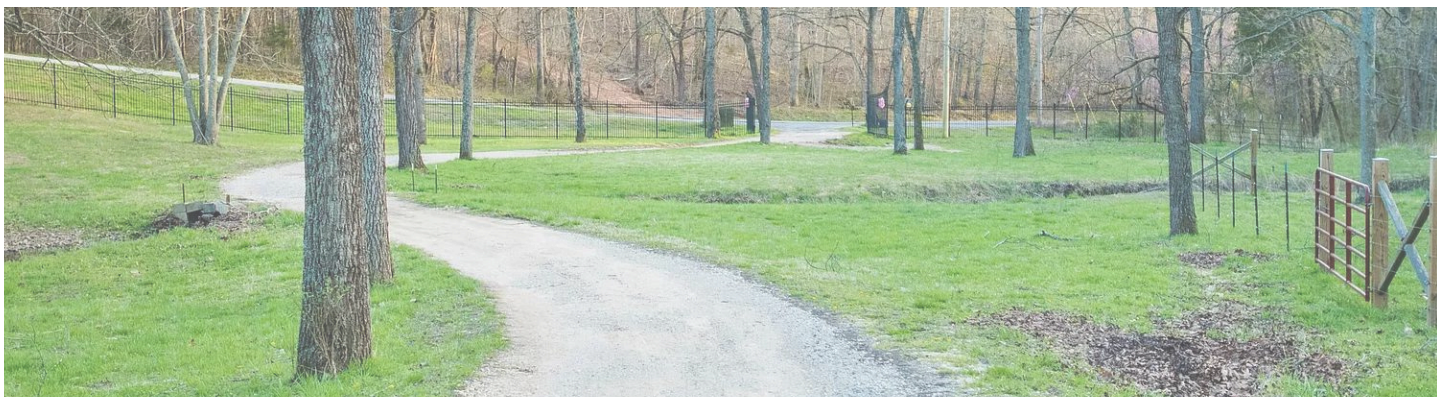


So, here's this “Glam Girl's” spin on natural beauty—I'm not here to preach or pile on more junk you don't need. I'm all about K.I.S.S (Keep it Simple, Sweetheart!) and I'm spilling my DIY beauty secrets, born from necessity and out of a love for simplicity (and always with a touch of glitz and glamour).

These recipes fuse the raw power of nature with a touch of dazzle—think luscious balms and glowing skin that fit a red-carpet vibe. Ever wonder how to look city-chic while keeping it pure? I've been there, wrestling through the hype to find what works, and now I'm handing you the goods. Why? Because illness taught me beauty's not in a bottle—it's in your hands. It's from the earth—from the gifts found in nature—which our loving God provided.

So, flip the pages, dive into these recipes, and let's get gorgeous—naturally, simply, and— in case I haven't mentioned it yet—inexpensively.

Because I'm always keeping an eagle-eye out for purity and quality—companies can slack, you know—check my latest brand picks on my Resources page, [here](#).



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Tallow Balm

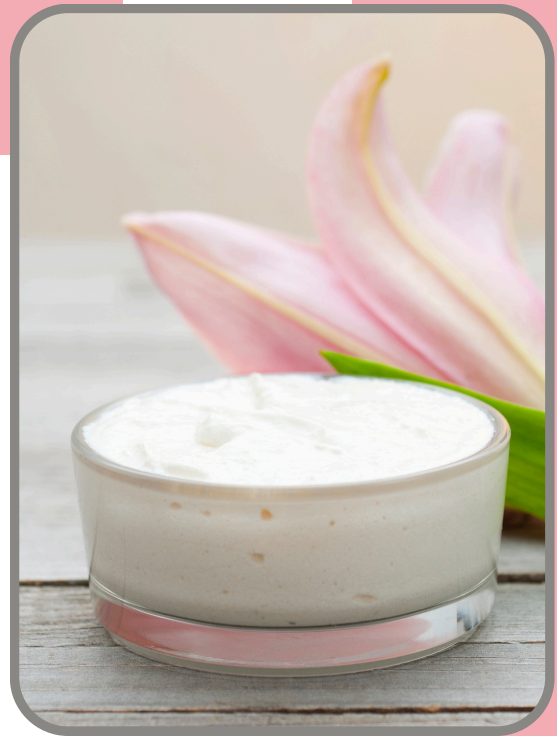
Personal
Care

Ingredients

- 1 cup organic grass-fed tallow
- 1/4 cup extra virgin olive oil
- 48 (or as desired) drops of essential oils of choice

Directions

1. Melt tallow over gentle heat until it is liquid.
2. Remove tallow from heat. Add olive oil and stir to combine.
3. Add essential oils and stir again.
4. For solid tallow balm, pour balm into glass jar. Allow to harden in the refrigerator. When solid, let balm come to room temperature before using.
5. For whipped tallow balm, pour liquid balm mixture into a large mixing bowl. Allow to solidify at room temperature. When solid, whip with a hand or stand mixer until light and fluffy. Store in glass jar.
6. Store both forms of tallow balm at room temperature



Tips (The Wise & Wild Way)

Tips for Success

- Source Smart: Use grass-fed, organic tallow to avoid hormones or additives—quality matters, as noted in the Wise & Wild Way.
- Patch Test: Try a small amount first—rich tallow suits most but may feel heavy on sensitive skin.
- Curl Bonus: Post-no-poo rinse, massage into your scalp and locks to hydrate coarse curls without buildup—a trick from my curl care arsenal. Use just a little!

Enhance It:

- Pair with bone broth or fermented veggies from my Wise & Wild Wellness Program to boost skin health from within.
- Rub it in, feel the glow—your skin will thrive with this pure, natural balm!





Whitening Toothpaste

Personal
Care

Ingredients

- 1 tsp Activated Charcoal (food grade)
- 4 Tbs of quality Baking Soda
- 4 Tbs Organic, Virgin Coconut oil
- 3-4 drops of food grade essential oil of choice (*Optional*)

Directions

1. Melt the coconut oil over gentle heat.
2. Once melted, pour into a small bowl and mix in the activated charcoal, baking soda, and essential oils.
3. Pour the mixture into a small glass container (a 1/2 pint Mason Jar works great) and store in a cool, dry place.



Tips (The Wise & Wild Way)

To Use:

- Just dip toothbrush into jar. If you have multiple members in the household, you can make a jar for each. I keep mine in a drawer in the bathroom vanity.
- Depending on the temperature in your house, toothpaste could run runny or solid. If solid, no worries, once you begin brushing, the coconut oil will soften.
- This toothpaste is slightly abrasive so you'll want to use it just 1-2x per week. Will last for months!





“No Poo” Shampoo

Personal
Care

Ingredients

For the Wash (Cleanser):

- 1 tablespoon baking soda (sodium bicarbonate). I use Bob's Red Mill for its purity
- 1 cup (8 oz) filtered, warm water

For the Rinse (Conditioner):

- 1-2 tablespoons apple cider vinegar (organic, raw and unfiltered preferred) I use Fairchild's (Bragg's sold out and is no longer the product it use to be).
- 1 cup (8 oz) filtered, warm water

Optional Add-ins:

- **Essential Oils:** 2-3 drops (e.g., peppermint for a cooling effect, rosemary for hair growth) in either mix for scent and benefits.
- **Honey:** 1 teaspoon in the ACV rinse for added hydration (dissolve in warm water first).
- **Herbal Infusion:** Steep herbs like chamomile (for light hair) or sage (for dark hair) in the water before mixing for a natural boost.



Equipment

- Two small containers or squeeze bottles (e.g., repurposed condiment bottles)
- Measuring spoons
- *Opt:* A funnel for easy mixing

Directions

1. **Prepare the Baking Soda Wash:** Mix 1 tablespoon of baking soda with 1 cup of warm water in a container. Stir until the baking soda mostly dissolves. (It's okay if it's slightly cloudy.)
2. **Prepare the ACV Rinse:** Mix 1-2 tablespoons of apple cider vinegar with 1 cup of warm water in a separate container. Stir gently to combine.





“No Poo” Shampoo

Personal
Care

Application

Use the No Poo method 1-2 times a week, or as needed

- **Step 1:** Wet Hair - Thoroughly wet your hair with warm water in the shower.
- **Step 2:** Apply Baking Soda Wash - Pour or squeeze the baking soda mixture onto your scalp, focusing on the roots. Massage it in with your fingertips for 1-2 minutes.
- **Step 3:** Rinse - Rinse the baking soda mixture out completely with warm water.
- **Step 4:** Apply ACV Rinse - Pour the ACV mixture over your hair, focusing on the lengths and ends. Let it sit for 1-2 minutes
- **Step 5: Rinse Again** - Rinse thoroughly with warm water or for extra conditioning, leave in.
- **Dry and Style:** Towel dry or air dry your hair as usual.



Variations

Oily Hair: Increase baking soda to 1.5 tablespoons per cup of water for stronger cleansing. Use 1 tablespoon ACV to avoid over-conditioning.

Dry or Curly Hair: Reduce baking soda to ½ tablespoon to prevent over-drying. Increase ACV to 2-3 tablespoons for extra moisture, and consider leaving the rinse in without washing it out.

Hard Water Areas: Add a pinch of food-grade citric acid to the ACV rinse to combat mineral buildup.

Sensitive Scalp: Dilute further (e.g., ½ tablespoon baking soda, 1 tablespoon ACV) and test on a small area first.

Dandruff: Mix 1 tablespoon of baking soda with 1 cup of warm water. Apply to a wet scalp, massage gently for 1-2 minutes, then rinse thoroughly. Follow with an ACV rinse (1-2 tablespoons ACV in 1 cup water) to balance pH and condition. **Frequency:** Use once or twice a week—overuse can dry out the scalp, worsening dandruff in some cases.





Clay Mask for Curly Hair

Personal
Care

Ingredients

- ½ cup bentonite clay powder
- 6 Tbsp raw apple cider vinegar (ACV) for cleansing and pH balance
- 3 Tbsp optional oil (organic coconut, castor, or sweet almond) for extra hydration
- 3-9 Tbsp water (adjust for consistency)

Equipment

- Glass Bowl (avoid metal and plastic)
- Wooden Spoon
- Shower cap or towel



Directions

1. Pour clay into glass bowl; mix in oil if using.
2. Add ACV, let it settle for 10-15 seconds, then stir in water until thick like Greek yogurt.

Application

- Apply to clean, damp hair in sections—keep a spray bottle handy if it dries.
- Cover with a shower cap or cotton towel for 25 minutes (*opt*: use a hooded dryer for deeper penetration).
- Rinse, cleanse and condition with my no-poo method.

Tips (The Wise & Wild Way)

- Start Slow: Test a small patch first—sensitive scalps may need care.
- Preserve Hydration with my No-Poo Shampoo.
- Enhance It: Pair with GAPS or Nourishing Traditions foods—from my Wise & Wild Way.





Wholistic Hair Revival

Hair loss Protocol

Personal
Care

Hair loss sucks—let's fight it with bentonite clay, a natural detox powerhouse celebrated by Dr. Andrew Kaufman and other sharp minds. Here's your step-by-step plan to clear toxins, calm your scalp, and boost regrowth. Stick with it—consistency's the key!

Core Clay Application (Weekly)

- **What You Need:** 1-2 tbsp calcium bentonite clay, pure water (distilled or spring).
- **How:** Mix clay and water in a bowl (glass or wood with a wooden utensil) till it's a thick, smooth paste—no lumps. Wet hair lightly, rub mix into your scalp, covering every inch. Let it sit 30-45 min (you'll feel a tug—that's it working). Rinse off in the shower—clay's drain-friendly.
- **Why:** Pulls out toxins (metals, chemicals) clogging follicles, cuts inflammation, opens the door for nutrients—your scalp's reset button.
- **Frequency:** 3x a week, minimum 3 months—hair grows slow, so hang in there.
- **Bonus:** Slap some on your face—double detox!



Bonus Two-Day Turbo Boost (Monthly)

- **Recipe:** Mix 10 drops rosemary essential oil, 1 tbsp olive oil, 1 tsp castor oil. Rub into scalp at night—sleep on it. Morning rinse: no-poo shampoo method or bentonite clay wash. Repeat 2 days in a row, once a month.
- **Why:** Rosemary sparks follicle growth (studies say it's minoxidil-level), olive oil hydrates dry roots, castor oil boosts circulation—a serious scalp jolt for regrowth.





Wholistic Hair Revival

Hair loss Protocol

Personal
Care

Supercharge Your Protocol

Take it up a notch—here's how to max out regrowth:

1. Ditch Toxic Hair Products

- **Do:** Swap shampoo for egg yolks (whisk 1-2 pasture-raised, rub in, rinse with cool water) or my no-poo method. If you gotta have shampoo, use Avalon Organics. For color, look into henna
- **Why:** Stops junk from gumming up follicles—lets your scalp breathe and heal.

2. Sweat It Out

- **Do:** Get in the sun, take a detox bath, hop in the sauna, and/or exercise 3x a week. Try my Peak Performance Training and my Stretch For Performance Classes for a fun way to get your sweat on! Wash right after—don't let toxins soak back in.
- **Why:** Sweating and exercise boosts lymph movement—your body's detox crew—pushing chemicals out so your scalp's not stuck.

3. Eat Collagen-Rich Foods

- **Do:** Aim for at least 1 cup gelatinous meat stock or bone broth daily, 3 months minimum. Skip collagen powders—real food's what works.
- **Why:** Collagen rebuilds hair from the inside—gives roots the goods to grow strong.

4. Choose a Nourishing Diet

- **Do:** Focus on GAPS or Nourishing Traditions foods—gelatinous meat stock or bone broths for collagen. Add in fermented foods like kraut and kefir, plus organ meats, animal fats and quality eggs. Keep it nutrient-dense—The Wise & Wild Way.
- **Why:** Fermented foods rebuild your gut and clear your liver's detox pathways, keeping toxins from slowing hair growth. Organ meats fuel regrowth and whole-body healing. Eggs and animal fats help balance hormones.





Wholistic Hair Revival

Hair loss Protocol

Personal
Care

What To Expect

3 Months: Less shedding, maybe some fuzz.

6-12 Months: Thicker, healthier hair—Kaufman's timeline says it's worth the wait.

Why It Beats the Rest

- No chemical crap or scars, just dirt-cheap clay and real food. Clean out toxins, feed your roots—simple logic, big results. Your scalp's ready—let's get that hair back!





Soak Away Toxins: 6 Simple Detox Baths

Personal
Care

1. **Epsom Salt Bath:** Stress-Busting Detox

- Ingredients: 1-2 cups Epsom salt (magnesium sulfate)
- How to Prepare: Add to a warm bath. Soak 10-40 minutes, gradually increasing heat to sweat. Pat dry, then massage with almond or jojoba oil. Rest after.

2. **Sea Salt Bath:** Mineral Recharge

- Ingredients: 1-2 cups unrefined sea salt
- How to Prepare: Dissolve in a warm bath. Soak 20-40 minutes, then pat dry. No tub? Mix 1 cup sea salt, ½ cup olive or coconut oil, and 1 Tbsp wheat germ oil (*my soy-free pick over vitamin E*) for a shower scrub.

3. **Apple Cider Vinegar Bath:** pH Balance

- Ingredients: 1-2 cups raw, unfiltered apple cider vinegar (ACV)
- How to Prepare: Pour into a warm bath. Soak 10-40 minutes. Rest or sleep after to extend detox.

4. **Baking Soda Bath:** Alkalizing Soothe

- Ingredients: ¼-2 cups baking soda (sodium bicarbonate)
- How to Prepare: Add to a warm bath. Soak 10-40 minutes, then pat dry. Adjust amount for comfort or targeted relief.

5. **Seaweed Bath:** Nutrient-Rich Heal

- Ingredients: 2 Tbsp **Aalga** organic seaweed powder
- How to Prepare: Dissolve in a lukewarm bath (avoid hot water). Soak 20-40 minutes, then pat dry to absorb invisible residue.

6. **Clay Bath:** Deep-Cleansing Purify

- Ingredients: 1-2 cups bentonite or French green clay
- How to Prepare: Mix with water into a smooth slurry, then add to a warm bath. Soak 15-30 minutes, rinse off residue, and moisturize after. Start short to ease in.

Tips for Success

- **Start Slow:** 10-15 minutes—and build up, tuning into your body. Detox reactions (fatigue, mild rashes) signal it's working; adjust bath frequency, duration, temperature, or amount of bath ingredient and work up to what's recommended.
- **Pair It:** Boost with nutrient-dense foods found in the GAPS or Nourishing Traditions diets and as part of my Wise & Wild Way program!
- **Bath Bags** are useful if you prefer less bathtub clean up
- Click [here](#) for my favorite brands/suppliers



Your Natural Glow: Health & Life, Inside-Out

You've whipped up these DIY beauty recipes—maybe surprised at how simple and easy they were—and now wondering is there more to living life naturally?

Yep, there definitely is. We know that real beauty isn't just topical creams (even if natural), it comes from the inside—with what we feed our bodies, our minds, and our spirits. It's the quality of our relationships (including the one with ourselves)—and there's nothing that will make you glow with more vibrancy than living the life God designed for you!

If you're ready to dig deeper and not only improve your beauty, but create vibrant health, rich relationships and a radiant life, then here are some ways to step it up (calico dresses and practical shoes not necessary—unless that's your jam!).

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