

THE MACADAMIA BEAUTY BOOK

AN E-RECIPE BOOK BY



AUSTRALIAN
MACADAMIAS





THE MACADAMIA BEAUTY BOOK

Simple, natural luxury

As a lightweight, non-greasy moisturiser with proven anti-aging benefits, macadamia oil has become an essential ingredient in many luxury beauty products. But you don't need to spend a fortune on day spa treatments to enjoy the benefits of this golden ingredient. Just a little of the oil applied daily can help your skin, hair and nails stay nourished and protected all year round. It's also a 100% natural way to revitalise your skin.

The recipes in our Macadamia Beauty Book showcase how easy it is to incorporate the simple luxury of macadamia oil into beauty products that you can make at home. Whether you need a face mask or a body balm, these recipes will nourish you from top to toe. Make sure you use a high-quality, cosmetic grade macadamia oil for these recipes rather than a culinary oil. It will have less impurities and a more neutral smell to leave you with that post-spa glow.

**It's never been easier to experience
the beauty benefits of macadamia oil.**

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BEAUTY BENEFITS OF MACADAMIAS

MACADAMIAS AND THEIR OIL CAN GIVE YOU THE BEAUTY BOOST YOU NEED, INSIDE AND OUT.

Macadamias are a delicious way to add protein, calcium, potassium and dietary fibre to your diet, all of which we need to feel good on the inside – which helps us look great on the outside.

Macadamias contain useful amounts of manganese, an antioxidant that is essential for your skin to produce collagen to stay plump and wrinkle-free.



They are high in palmitoleic acid to help replenish your skins' youthful radiance.



Macadamia oil applied directly to the skin is a 100% natural, lightweight skin moisturiser for all skin types.



A healthy handful of macadamias instead of a highly-processed snack contributes to a low GI diet that supports good health so that your skin glows from the inside out.

Non-greasy and easily absorbed, macadamia oil can improve the suppleness of dry skin especially on the hands, elbows and feet.



Macadamia oil contains vitamin E and squalene, nutrients that may help reduce inflammation and oxidative stress in the skin.



As well as being great for your skin, macadamia oil can nourish your hair and scalp.

AS WELL AS
ADDING A LITTLE
TOUCH OF
LUXURY TO YOUR
STANDARD SKIN
CARE ROUTINE,
MACADAMIA
BODY OILS MAKE
THE PERFECT
TREATMENT FOR
DRY SKIN.

Many people think they are expensive, but this couldn't be further from the truth. Macadamia oils are simple to blend at home and make delicate, luxurious gifts for friends.

HOW TO BLEND THE PERFECT BODY OIL

YOU'LL NEED:

- **Dark tinted glass bottle** to contain your blend - although oils look beautiful in clear glass containers, they keep longer and retain their beneficial properties when kept out of direct light
- **Funnel**
- **200ml carrier oil** - we recommend macadamia oil because it is lightweight and easy for the skin to absorb with proven benefits for mature skin. You could also use avocado oil or jojoba oil or a blend one of those with 50% macadamia oil
- **20 drops essential oil/blends of oils of your choice**
- **Eye dropper**

HOW TO BLEND A BODY OIL

Using the funnel, decant your carrier oil into your dark-tinted glass bottle. Then, using the eye dropper, add the essential oils to your carrier oil. Place the lid on the bottle and gently shake to make sure the essential oils are dispersed all the way through the carrier oil.

HOW TO USE YOUR NEW BODY OIL

A macadamia oil-rich blend is full of nutrients that helps skin retain suppleness and also contains vitamin E to help reduce inflammation. You can apply your personalised mixture directly to dry patches of skin for some extra TLC or use it as an all-over, post-shower moisturiser. It also works as a massage oil and a luxury bath oil for when you really need to relax!





GARDENING BALM

MACADAMIA GARDENING BALM

RECIPE OVER PAGE

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MACADAMIA GARDENING BALM

Who would have thought making your own hand cream was this easy? Turn your kitchen into a lab and get carried away making this silky smooth, nourishing balm for hands and body. Our balm is preservative free and has no 'nasties', just the amazing skin nourishing qualities of macadamia oil.



- ¼ cup macadamia oil
- 1 cup water
- 2 tablespoons emulsifying wax*
- ¼ teaspoon citrus seed oil (optional)**
- 10 drops of bergamot oil (or other essential oil of your choice)

prep
30
mins

makes
1
cup

You will need 2 metal bowls that will sit over a small saucepan of water, 1 small jug, a spatula, an electric hand-held blender and a 300ml capacity jar for storing. Wash all these items in hot, soapy water and then rinse in hot water. Allow to dry before using. Clean equipment will help prevent the cream from being exposed to bacteria.

Place the oil and water in one metal bowl and the emulsifying wax in another. Place 2 small saucepans filled with 2cm of water on the stove over medium heat and bring the water to a simmer. Place each of the metal bowls over a simmering saucepan of water and leave until the wax has melted in one and the water and oil are warm in the other. They will take approximately the same amount of time.

As soon as the wax has melted, remove from the heat and set aside. When the water and oil mixture is warm to touch, remove from the heat.

Pour both mixtures into the jug and allow to cool slightly for about 5 minutes. At this stage it will look similar to skim milk. When slightly cool, blend the mixture with the hand blender until it begins to thicken, for 2-3 minutes. As the mixture cools, it will thicken more. When completely cool, stir in the citrus seed oil and the essential oil. Spoon into the clean jar and screw on the lid.

This cream will last for up to 28 days if refrigerated.

tip

* Emulsifying wax is available from some health food stores or online.

** An optional citrus seed oil helps as a natural preservative but the rule of thumb is, without preservatives, the balm should be kept under 8°C and used within 28 days.



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MACADAMIA OIL LIP BALM

Macadamia oil is the star ingredient in this silky-smooth lip balm that once tried, you will not be able to live without. It adds a smooth softness and richness that other oils do not. This recipe is super easy and can be doubled or tripled, ensuring the ratio of the ingredients remains the same. This recipe makes 2 little pots (you will have about 75mls of mixture).

2 tablespoons macadamia oil

2 tablespoons shea butter

15g piece of beeswax or 2 tablespoons beeswax pastilles

3-4 drops of rose oil or other essential oil of your choice

Combine all the ingredients in the top part of a double boiler and melt over a simmering heat. When completely melted, pour into little pots and allow to set and cool before sealing.

Note: to clean your bowl, scrape out as much remaining mixture as possible and finish cleaning by rinsing with boiling water from a kettle.

prep
10
mins

cook
10
mins

makes
2
pots



MACADAMIA & CITRUS BODY SCRUB

This natural macadamia and citrus body scrub is free of harmful chemicals and a beautiful way to pamper yourself. The Epsom salts and sugar smooth the surface of the skin while the macadamia oil provides deep nourishment and hydration. The uplifting citrus fragrance will make it an everyday favourite.

2 cups Epsom salts

1 cup raw sugar

1 cup macadamia oil

10 drops grapefruit essential oil

10 drops sweet orange essential oil

zest of a lemon

zest of a lime

In a medium bowl combine all the ingredients and place into a large, clean sealed jar.

Use to rub on the skin in the shower (avoiding eyes) and rinse off.

prep
10
mins

makes
1
large jar

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MACADAMIA OIL MASSAGE CANDLE

Recipe by blogger *Seni's Casa*

- 50g soy wax
- 55g of shea butter
- 25ml macadamia oil
- 15g coconut oil
- 5ml essential oil (approx. 100 drops)

You'll also need:

- 1 empty glass jar bottle
- 1 candle wick
- Some masking tape

Prepare the candle jar by taping the candle wick to the bottom of the jar and holding it up with wooden chopsticks.

Slowly melt together the soy wax, shea butter, macadamia oil and coconut oil over a low heat. You can also melt in a heat proof bowl in the microwave, just heating for 1 minute at a time.

Once melted, add the drops of essential oil of your choice for scent (geranium, lavender or lemongrass can work well). Pour the melted ingredients into the empty candle jar and leave to harden.

After the ingredients are fully set, cut the excess candle wick to length.

Burn the candle for a lovely aroma and then use the melted candle wax for a hand or foot massage.

prep
20
mins

makes
1
candle



MACADAMIA LIME GLOW OIL

The combined benefits of refined macadamia oil and lime essential oil will have you glowing! The stimulating, refreshing qualities of the lime work alongside the deeply nourishing characteristics of the refined macadamia oil and make a perfect natural moisturiser for your skin.

Macadamia oil contains high levels of palmitoleic acid which is an omega 7 fatty acid believed to help with skin suppleness. It is also high in Vitamin E and squalene, both of which help to reduce inflammation. Lime essential oil is a natural antioxidant due to its high limonene content, and its uplifting scent is a great mood booster said to prevent apathy and increase mental clarity and focus.

50ml refined macadamia oil
10 drops lime essential oil

Combine the oils in a small sterilised jug and pour into bottles.

prep
5
mins

makes
50
mls

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MACADAMIA & OAT FACE MASK

The secret to giving your skin a treat can be found in your pantry! By adding macadamias to this mask, you're harnessing the beauty benefits of their beautiful oil, renowned for its softening and hydrating properties.

5 macadamias – softening and hydrating

1 tablespoon honey – antibacterial and hydrating

½ cup oats – soothing

2 tablespoons cooled boiled water

1 tablespoon dried lavender – soothing

Combine the macadamias, honey and oats in the bowl of a small food processor and process until combined. Add the cooled water and process to form a paste. It's ok if it's still a little grainy. Add a little more cooled water if you feel the paste is too thick.

Spoon into a bowl and stir in the lavender. Apply a small amount to your hand or neck to check for sensitivity before using a spatula or clean fingers to apply to your face.

Relax with the mask on your face for 5-10 minutes before rinsing off with a soft face washer and warm water.

prep
10
mins

serves
1

MACADAMIA OIL SOAP

Recipe by blogger Seni's Casa

500g of soap base (available from candle supply store or online)

5ml macadamia oil

5g yellow pumpkin powder

5g glycerin

5g licorice extract

10g honey

5ml of essential oil

Cut the soap base into smaller pieces so it is easier to melt. Melt soap base in stainless steel saucepan over low heat. In a separate cup, mix yellow pumpkin powder, glycerin, licorice extract, and honey. Stir well.

In another glass or cup, mix macadamia oil and your choice of essential oil (you may like to use rosemary, sweet orange or lavender).

When soap base is completely melted, slowly pour and stir into yellow pumpkin powder mixture. Remove from heat and let it cool slightly (still warm).

Mix in essential oil and macadamia oil mixture. Pour into a plastic container or mold (if the container is plastic the the soap can be poured directly without lining).

Let it sit for 2 hours to solidify, then cut into smaller size squares for use or gifting.

prep
10
mins

makes
2
soaps

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NOURISHING MACADAMIA BATH OIL

Nothing nourishes the skin quite like macadamia oil. Combined with dried flowers and spices, it sets the scene for a nurturing bath time ritual, and also makes a beautiful gift for someone special.

- ¾ cup macadamia oil**
- 1 teaspoon lavender seeds**
- ¼ cup dried roses or rose petals**
- 1 tablespoon cardamom pods**
- 1 tablespoon orange flowers**
- 2 tablespoons chamomile flowers**

Combine all ingredients and store in a jar. Use 1-2 tablespoons per bath and enjoy.

prep
10
mins

makes
1
cup

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