

A number of recent studies have indicated that some of the ingredients in cosmetics can expose the wearer to a host of health concerns, such as Alzheimer's disease and even some cancers. Avoid the risk by making your own natural cosmetics starting with this easy to make foundation powder.

## Foundation Powder

### Ingredients:

- 1/4 cup arrowroot flour
- 2 Tablespoons unsweetened cocoa powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 2 teaspoons bentonite clay

### Directions:

1. Add the arrowroot as your base to a glass bowl. Add each ingredient, adding the cocoa powder slowly, one tablespoon at a time, until you reach the desired shade. Whisk together.
2. Test the color by placing a small amount on your face (or arm) with your finger or a brush. It may take a little tweaking the first time to make the perfect shade for your complexion.
3. Store your foundation powder in a small container and use a dry sponge or brush to apply.

**Note:** Bentonite clay should not come in contact with metal.

Source: <https://livesimply.me/2013/06/27/homemade-foundation-powder/>

