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## DIY Home Remedy Starter Kit Checklist

Save Money | Stay Healthy | Go Natural

### **Kitchen Essentials**

- ☐ Raw Honey (for coughs, skin, and wounds)
- ☐ Apple Cider Vinegar (for digestion and skin)
- ☐ Garlic (for immunity and infections)
- ☐ Ginger (for nausea and inflammation)
- ☐ Oatmeal (for skin calming masks)
- ☐ Coconut Oil (for skin, hair, and oil pulling)
- ☐ Baking Soda (for scrubs and deodorizing)

### **Healing Herbs & Spices**

- ☐ Turmeric (anti-inflammatory)
- ☐ Cinnamon (blood sugar balance)
- ☐ Thyme (respiratory support)
- ☐ Peppermint (digestion, headaches)
- ☐ Chamomile (calming tea or skin soother)
- ☐ Dried Lavender (for stress relief and sleep)

### **Natural Skincare Basics**

- ☐ Aloe Vera Gel (sunburns and acne)
- ☐ Shea Butter or Avocado Oil (deep moisture)
- ☐ Sugar or Sea Salt (for body scrubs)
- ☐ Bentonite Clay (for detox masks)
- ☐ Tea Tree Oil (antibacterial spot treatment)
- ☐ Rose Water or Witch Hazel (natural toner)

### **Mental Wellness Tools**

- ☐ Essential Oils: Lavender, Eucalyptus, Citrus
- ☐ Journal or Gratitude Log
- ☐ Calming Music Playlist
- ☐ Meditation App (Insight Timer, Calm, etc.)
- ☐ Candle or Soft Lighting for Relaxation Space

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## **Optional DIY Tools**

- ☐ Mason Jars or Small Glass Jars (for mixes)
- ☐ Spray Bottles (for toners or room sprays)
- ☐ Labels and Marker (for ingredients/dates)
- ☐ Cheesecloth or Strainer (for infusions)
- ☐ Small Plant Pots (for growing herbs)

## **Tips:**

- Always label and date your homemade remedies.
- Test new treatments on a small skin area first.
- Store in cool, dark places when possible.
- Research interactions if on medication or pregnant.