

HOMEMADE BODY PRODUCTS

with essential oils



WHY HOMEMADE

- *Save money*
- *Avoid harsh chemicals & toxins*
- *Healthier skin, hair, nails, & body*
- *Therapeutic benefits*
- *Easy to make*

SUPPLIES

- Containers
- Liquid Fat Bases
- Solid Fat Bases
- Sugar & Salt Bases
- Extras
- Essential Oils!



THE
TRIED & TRUE
RECIPES

from the experts



BODY BUTTER

Ingredients:

- 1 cup of shea butter
- 1/2 cup coconut oil
- 1/2 cup of almond oil
- essential oils

Directions:

1. Melt it all together and then let it completely cool. Some will put in the fridge or freezer to speed up the process but before you whip it, it needs to be room temperature.
2. Put room-temperature mixture into a Kitchen-aid or Bosch mixer with whip attachment and whip on high for approximately 5 minutes or until it is light and fluffy. Separate whipped portions into a bowl and fold in essential oils. Makes approx. 4 8oz containers of whipped body butter.



BATH BOMBS

Ingredients:

- 1 cup baking soda
- 1 cup citric acid
- 1/2 cup corn starch
- 1/2 cup epsom salts
- 1/4 cup fractionated coconut oil, grapeseed oil, or jojoba oil (NOTE: it's super important to use fractionated coconut oil, because it stays liquid at any temperature. Regular coconut oil will eventually clog your drains!)
- 10-20 drops total of essential oils (10 for a single oil, up to 20 if you are making a blend)
- food coloring
- decorative flower petals (optional)
- Mold (I used a bath bomb mold, but you can use anything here)

Directions:

1. Mix together all of the dry ingredients in a bowl (mix them up really well!)
2. Whisk all of the oils together
3. Pour the oil mixture over the dry ingredients VERY SLOWLY, while whisking. If you add too much liquid at once, the baking soda and citric acid may activate and ruin the batch. Once the mixture clumps together like wet sand when squeezed, it is ready. You may need all of the 1/4 cup of oil, you may need more, you may need less.
4. Add drops of food coloring to the mixture and continue whisking. Add as much as you need to get the color you want. (You can also add more essential oils in at this point if the mixture is not scented enough for ya.)
5. Fill your mold with the mixture and pack it in really tight. If you're adding decorative flowers, place them in the mold first and then press the mixture on top. You can also experiment with layering in different batches of mixtures with different colors and scents.)
6. Tap the mold gently and remove the formed bath bomb. Let it sit out to dry for 24 hours OR pop it in the freezer for an hour or two.



Scent Ideas:

Ylang ylang, geranium, bergamot - a great, feminine, mood-boosting oil combo

Lavender & vetiver - UBER relaxing, great for friends with insomnia

Balance & Elevation - one of my favorite combos, it's bright and woody

Deep Blue & lemongrass - the ultimate pain relief combo

Eucalyptus & OnGuard - a flu bomb that opens airways and supports immunity

FACE SCRUB

Ingredients:

- 1 cup sugar
- 1/4 c. oil
- 5-10 drops of an essential oil of your choice (recommendations are lavender, geranium, frankincense, myrrh, patchouli, rose, melaleuca, ylang ylang)

Directions:

1. Mix all ingredients and store in a glass container.



LIP BALM

Ingredients:

- 2 tablespoons organic coconut oil
- 2 tablespoons organic shea butter
- 2 tablespoons beeswax
- 3-5 drops of essential oils, your choice
- A dozen chapstick containers



Directions:

1. Melt the beeswax, then add the shea butter and coconut oil until melted.
2. Once melted, use a medicine dropper (I used a turkey baster!) to put the melted oil into the containers. Be careful.
3. The mixture will solidify as it cools. We topped these off after they started to cool, as the liquid shrinks down a wee bit.

CANDLES

Ingredients:

- glass container
- wick with a metal base
- skewer, chop-stick, or a utensil for stirring the wax in the jar
- large clothespin
- a double-broiler, or a large glass bowl on top of a pot of boiling water
- 20-30 drops of an essential oil (my favorites are lavender, white fir, the balance blend, or the holiday joy blend)
- roughly 2 cups of unscented soy flakes (cheaper) or beeswax flakes (more expensive)
- (optional) lavender petals, decorative dried herbs

Directions:

1. In a double-broiler (or large glass bowl on top of a pot filled with 1 cup of water), bring the water to a boil. Once the water is boiling, reduce the heat and add the soy flakes. Stir the soy flakes every minute, until they are reduced to a liquid. This process can take 5 minutes.
2. Once the soy is liquified, turn off the heat and dip the metal ends of the wick into the wax. Place the end in the center of the candle jar, pressing the metal end down with a skewer or chop-stick until set. The wax acts like glue, securing the metal end at the bottom of the candle jar.
3. Once the metal end is set in the wax, gently straighten the wick and secure it at the mouth of the jar with a clothespin (resting on the jar).
4. Very gently, pour the wax (it helps to use a bowl or measuring cup designed for pouring liquids), into the jar. Add the essential oils to the wax (this is done to avoid burning the oils during the cooking process). I add 15 drops of each oil on each side of the jar. If desired, add the teaspoon each of dried herb. Using the skewer or chopstick, gently stir the wax, essential oils, and herbs (if using).
5. Let the candle sit for 24 hours, until fully set. Once set, remove the clothespin and trim the top of the wick to 1 inch.



SOAP

Ingredients:

- 20 oz tallow or lard
- 10 oz coconut oil (expeller-pressed coconut oil - it has no coconut scent and is cheaper)
- 4.37 oz 100% pure lye
- 9 oz distilled water

Directions:

1. <http://www.theprairiehomestead.com/2016/01/tallow-soap-recipe.html>



BODY WASH

Ingredients:

- 3 Tablespoons liquid castille soap
- 3 Tablespoons raw honey
- 2 Tablespoons oil
- 10 drops of essential oil of choice

Directions:

1. Carefully mix all ingredients by hand with a spoon in a glass liquid measuring cup. Do not use a blender, whisk or hand mixer as this will create bubbles and make it impossible to get into a container.
2. Pour into a (preferably glass) container and use in the shower as a body wash.

