

Body Products Recipes



Spicy and Sweet Body Scrub 6oz.

- ½ cup brown sugar or turbinado sugar
- ¼ cup grapeseed oil
(can use almond or olive oil as well)
- 1 teaspoon cinnamon (powdered)
- ½ teaspoon ginger (powdered)
- ½ teaspoon clove (powdered)
- 1 teaspoon vanilla extract
(or 20 drops vanilla essential oil)
- *optional* add 10 drops cinnamon EO

Mix all ingredients in a glass or metal bowl, using a whisk to uniformly mix. Scoop into storage container. Use on moistened skin to exfoliate, then rinse. Not intended for using more than 1 x per week.

*can also use salt for this recipe, especially Epsom salt to penetrate tight muscles... use caution since salt is more abrasive and can sting on freshly shaven or sensitive skin.

Facial Toner 2 oz.

- ½ teas. rubbing alcohol or high proof alcohol
- 1 tablespoon witchhazel
- 10-15 drops of chosen essential oils (EO)
- distilled water or floral water
- **optional: 2 TBS vegetable glycerin to make the toner much more moisturizing

Spicy Toner 6 drops each: cinnamon leaf and sandalwood essential oil

Floral Toner 15 drops lavender essential oil with 1 TB rosewater

Add alcohol to dry, empty spray bottle. Then add chosen essential oils. Mix to dissolve oils in alcohol (EO will not dissolve in water). Then add witch hazel, glycerin (if using) and water until full. Shake up and use after cleansing face or for pick me ups throughout the day.

Bedtime Face or Body Cream 1.5oz.

- 2 teas. Vitamin E oil
- 2 TB sweet almond oil
- 1 ½ teas. candelilla wax
- 1 TB floral water, tea, or hot water of choice
- 5 drops EO of choice (optional)

Ideas: Lavender oil 5 drops + ¼ teas. vanilla
Catnip oil 5 drops + neroli or rose water
Rose geranium oil + rose water

Use double boiler to melt first 3 ingredients. Heat the last ingredient to almost boiling (same temp as oil mixture), then add to the oil and whisk rapidly. Keep whisking and add essential oils (if using) until mixture starts to thicken.

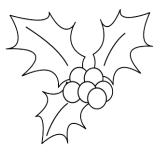
Pour or scoop into containers and enjoy!

Fresh Feet Salve 2oz.

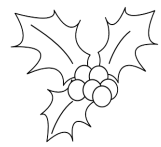
- 3 TBS Shea Butter
- 1 TBS sweet almond or grapeseed oil
- 15 drops litsea cubeba essential oil*
- 15 drops tea tree essential oil

Melt shea butter at low to medium heat. Remove from heat and add sweet almond oil. Let sit for a couple minutes to cool (but not harden) and add essential oils. Then pour into container and refrigerate.

*can use lemon peels/lemon zest as a substitute for this very citrusy essential oil. For 2 oz. of salve just use zest of one lemon peel and cook on low to medium heat for 15-20 minutes in shea butter and almond oil. The oil should slightly bubble around peel, but not cause the peel to fry or get burned at all. The lower the heat infusion while still cooking the better.



Resources + More Recipes



Soap-making supplies

Brambleberry Soap
www.brambleberry.com
877-627-7883

They are a WA company with all kinds of containers, soaps, essential oils, shea butter, carrier oils etc.

Containers/Bottles

Specialty Bottle
www.specialtybottle.com
206-382-1100

Quick shipping from Seattle, great containers: tin, glass, etc. at wholesale prices.

New Directions Aromatics
www.newdirectionsaromatics.com
800-246-7817

Essential oils, carrier oils and all sorts of containers and bulk items.

Essential Oils

New Directions Aromatics
www.newdirectionsaromatics.com
800-246-7817

Essential oils, carrier oils and all sorts of containers and bulk items.

Young Living Farms
www.youngliving.com / 800-371-3515

Books:

The Complete Illustrated Guide to Essential Oils (Julia Lawless)

Organic Body Care Recipes
(Stephanie Tourles)

Herbal Recipes for Vibrant Health
(Rosemary Gladstar)

The Complete Medicinal Herbal
(Penelope Ody)

Other Fun Body Products

Almond Face Scrub

½ TB almond meal
1-2 teaspoons coconut milk

Grind a few almonds in coffee grinder to make almond meal. Then add just enough coconut milk or water (if skin is oily) to make a paste. Rinse face with warm water and then exfoliate skin very gently with circular motions. Skin will be refreshed, softened, and moisturized.

Natural Deodorant 2oz.

Rubbing Alcohol or high grain alcohol
Witch Hazel (add if sensitive skin)
20-30 drops essential oils of choice*

*some essential oils that are generally not irritating are: lavender, rose geranium, sage.

**can also just infuse dried herbs in alcohol for 2-3 weeks to extract volatile oils, for example: lavender flowers, sage leaves, etc. in enough alcohol that the herbs are covered. Shake daily, then use in recipe.

Fill spray bottle with rubbing alcohol and if sensitive skin use ½ witch hazel, but make sure to add essential oils to alcohol first so they dissolve uniformly in the deodorant. Spray underarms after shower or throughout day.

Lavender Bath Salts

1 cup sea salts
1 cup Epsom salts
¼ cup dried lavender flowers
10-20 drops lavender EO **optional**

Blend the lavender and salt in a food processor to infuse the salt with lavender scent. Then hand mix in lavender oil if using. Store in tightly capped containers to keep the lavender scent fresh. Use ¼ cup to make one bath.

*can use any other herbs that you like in place of lavender... such as: eucalyptus, rosemary, rose petals, chamomile, etc. Or get creative and make your own combination!!