

Bath & Body Recipes

The following categories are included in this recipe collection:

Bath

Body Powders

Body Soaps/Scrubs

Perfumes/Body Sprays

Remedies

Hair

Lotions/Creams/Toners

Facial Soaps/Cleansers/Masks

Lip Balms

Deodorants

Teeth Care

Nail Care

Eye Care

Injuries & Sore Muscles

Massage Oils

Several recipes use the

Essential oil blend:

Fennel--8 drops

Grapefruit--14 drops

Lemon--8 drops

Blend well.

A Bath For Emotional Balance

1/2 c Dried orange peel *OR* 1/2 Whole fresh orange; sliced

3 tb Dried jasmine flowers

2 tb Dried sandalwood chips

When everything seems just a bit too overwhelming, a bath can be extremely good medicine. This season, you might appreciate herbal remedies for feelings like nervousness, tension, anxiety or emotional fatigue. Try whole herbs like chamomile, jasmine, juniper, lavender, orange, rose, rosemary or sandalwood.

For a bath that'll restore your sense of balance, make an infusion of the listed herbs; sit back and enjoy.

A Bath To Help Varicose Veins

2 tb Dried ginger powder *OR* 4 tb Fresh gingerroot; chopped

4 tb Dried juniper

2 tb Dried rosemary

4 tb Dried lemon peel *OR* 1 Whole lemon; quartered

Although most often associated with women, bulging, enlarged veins can be a problem for both sexes. The condition is largely hereditary, but a case of varicose veins can be made worse by bad habits; standing for long periods of time, wearing tight clothing, and sitting with the legs crossed. Hormonal fluctuations also can contribute to varicosity.

Herbal baths can help, although you should be careful not to take baths that are too hot (extreme temperatures can exacerbate the problem). Whole herbs that you can use in a bath to help boost circulation in the legs include geranium, ginger, juniper, lemon, peppermint and rosemary.

A Sleep Inducing Bath

4 tb Dried chamomile
3 tb Dried lemon balm
2 tb Dried passionflower
1 tb Dried valerian

If you're feeling agitated at bedtime, the right herbal combination can help you drift right off into the REM stage. Herbs that you might use in a bedtime bath include chamomile, hops, lavender, lemon balm, marjoram, passionflower, sandalwood and valerian.

Bath Bag

1 7 inch square piece of muslin or other light fabric
12 Inch length of ribbon
1 c Potpourri

Make a potpourri of equal amounts of comfrey and chamomile.

Place the potpourri in the center of the fabric square. Gather all edges of fabric over the potpourri and tie with ribbon or string.

Bath Salts

1/2 c Epsom salt
1/2 c Baking soda
1/2 c Borax
2 dr Food coloring
40 dr Scented oil

Mix together and put in a pretty bottle.

Bath Salts

2 c Epsom salts
1 c Sea salt or kosher salt
6 dr Essential oil
1/2 ts Glycerine
Food coloring

Mix well in ziplock bag. Store airtight.

Note: Add 2 T. rice flour to keep free flowing.

Cut-off Flower Water

7 dl Water
1 ts Vinegar
1 ea Aspirin or equivalent (containing acetylsalicylic acid)
1 ts Sugar

Crush the aspirin and blend everything together and use.

The sugar is nurishment for the flowers, while the acid kills the micro organisms that blok the stems from sucking up water.

For roses you can also use a lemon soft drink (For example:Schweppes).

Makes the bouquets last longer.

Herb Bath Bags

Cheesecloth or muslin
Needle or sewing machine
Thread
1 Ribbons, lace -- trim etc

Make bags out of muslin or cheesecloth. Decorate with trims and notions. Add ribbons so that the bags can hang from the faucet into the bath water. Fill bags with herbal bath mixtures. If you are really handy with machine or needle, bags can be made into shapes.

Scented Bath Bombs

Number Of Applications : 6
Preparation Time : 0:20

1 1/2 cups baking soda
1/2 cup citric acid
8 drops essential oil -- your choice of scent
1/2 teaspoon sweet almond oil
2 drops food coloring -- your choice of color

-Combine all ingredients.
-Press into muffin tin or mold of your choice.
-Release from mold.
-Wrap in colored plastic wrap and tie with a ribbon.

NOTES : Fizzes when dropped in water. When selecting an oil for scent, read warnings about use. Some oils are not intended to have direct contact with skin.

Scented Bath Crystals

Number Of Applications : 4
Preparation Time : 0:05

1 cup Epsom salts
10 drops essential oil -- your choice of scent
1 drop food coloring -- your choice of color

-Mix all ingredients well.
-Store in bottle or bag.

NOTES : This makes a wonderful gift when poured in a decorative glass bottle. When selecting an oil for scent, read warnings about use. Some oils are not intended to have direct contact with skin.

Scented Bath Salts

Number Of Applications : 8
Preparation Time : 0:05

1 cup sea salt
10 drops essential oil -- your choice of scent
1 teaspoon avocado oil

-Mix all ingredients well.
-Store in bottle or bag.

NOTES : This makes a wonderful gift when poured in a decorative glass bottle. When selecting an oil for scent, read warnings about use. Some oils are not intended to have direct contact with skin.

Anti-sorrow Bath

Sweet Almond Oil--1 ounce
Marjoram--10 drops
Clary Sage--5 drops
Cypress or Rosemary--5 drops
Hyssop--1 drop
Melissa or Lemon--1 drop

Balancing Bath Oil

Red Turkey Oil--4 oz
Grapeseed Oil--3 oz
Kukui Nut Oil--1 Tbsp
Hazelnut Oil--1 Tbsp
Vitamin E Oil--20 drops
Essential Oils--180 drops
8 oz Bottle

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Mix and store in tightly covered bottle. Can be refrigerated for longer shelf life.

Euphoric Bath Oil

Red Turkey Oil--4 oz
Grapeseed Oil--3 oz

Kukui Nut Oil--1 Tbsp
Hazelnut Oil--1 Tbsp
Vitamin E Oil--20 drops
Essential Oils--180 drops
8 oz bottle

Choose 3 or 4 oils from these essential oils: Champaca absolute, Clary Sage, Grapefruit, Jasmine absolute, Linden absolute, Myrrh, patchouli, Rose, and Ylang Ylang.

Mix and store in tightly covered bottle. Can be refrigerated for longer shelf life.

Gentle Clarifying Bath

Lavender--5 drops
Rose--2 drops
Sandalwood or Patchouli--2 drops
Sweet Almond or Grapeseed Oil--1 tablespoon

Add to running bath water.

Basic Bubble Bath Recipe

Use only 100% pure soap flakes.

Almond Oil--2 cups
Distilled Water--2 cups
Soap Flakes (or grated soap)--1 cup
Witch Hazel--2 Tbsp

Boil the spring water and melt the soap in it. In another container, mix the witch hazel and almond oil together and shake well. (If possible, do this in a blender.) Then slowly add the soap mixture to the witch hazel and oil blend and again, shake or blend well. These amounts will make a large quantity of basic bubble bath mixture to which you can add the essential oils of your choice as and when required. For each 2 tablespoons of base bubble bath, use 15 drops of essential oil and mix well. Use 1-2 teaspoons of the final product in each bath.

Easy Bubble Bath

Soap Flakes or Grated Soap--2 cups
Water--1 gallon
Glycerin--1/4 to 1/2 cup
Shampoo or Liquid Dish Soap--2 cups
Essential Oil of Choice

Mix the soap flakes, water and 2 tbsp glycerin in a pot over low heat, stirring occasionally until the soap has dissolved. (Store this liquid soap in a covered container, used as an all-purpose soap or hand soap.) In a bowl, add 2 cups of this mixture to the rest of the glycerin, shampoo and essential oil. Pour into a one quart container. Store covered at room temperature. When you're ready to bathe, add about one cup to your tub as it's filling.

Remember! Use no more than 30 drops of essential oils to 1 oz of carrier (bubble bath)! (15 drops being very safe.)

Lavender Getaway Bath

For a soothing winter bath, put 2 tablespoons of lavender buds (*Lavandula angustifolia*) and 2 tablespoons of finely ground oatmeal into a small muslin bag or a piece of cloth. Secure tightly with a string or rubber band. Tie the bundle with the string or a piece of ribbon so that it hangs under the faucet of your bathtub. Once the bath is full, try rubbing the bundle gently over your skin. Both the lavender and the oatmeal will work to soothe dry skin

and calm frazzled nerves as well.

Meadow Milk Bath

Powdered Milk, finely sifted--4 oz
Citric Acid--2 oz
Corn starch--2 oz
Vitamin E Oil--One 400 IU Capsule (or Grapefruit Seed Oil--30 drops)
Jasmine--60 drops

Blend the powdered milk and corn starch, then sift. Mix vitamin E (or grapefruit seed oil) and Jasmine in Citric Acid. Make sure oils are thoroughly blended in the Citric Acid. Combine the Citric Acid blend with milk/corn starch blend.

Use 3 tablespoons per bath.

Tangerine Body Wash

Coriander--7 drops
Grapefruit--10 drops
Lavender--7 drops
Tangerine--40 drops
Unscented Shower Gel--4 oz (aloe gel or mild liquid soap may be substituted, with varying results.)

Balancing Bath Salts

Sea Salt--3 tbsp
Baking Soda--3 tbsp
Essential Oils--16 drops
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

Balancing Epsom Salt Bath

Epsom Salt--2 tbsp
Sea Salt--1 tbsp
Baking Soda--3 tbsp
Essential Oils--16 drops
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda, epsom salts and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

Balancing Fizzy Bath Salts

Sea Salt--3 tbsp
Baking Soda--3 tbsp
Citric Acid--1 tbsp
Essential Oils--16 drops
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda, citric acid and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

Tangerine Dream Bath Salts

Chamomile-- 2 drops
Lavender--7 drops
Tangerine--9 drops
Sea Salt--3 tbsp
Baking Soda-- 2 tbsp
Borax--1 tbsp

Add sea salt, baking soda, borax and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

Pre-bath Oil

Base

Grapeseed Oil--2 Tbsp
Carrot Tissue--10 drops
Evening Primrose--10 drops
Jojoba--20 drops

Toning Oil

Black Pepper--4 drops
Ginger--3 drops
Lemongrass--6 drops

Use 5 drops Toning Oil in 1 teaspoon Base. Massage all over body before getting into the bath or shower.

Basic Salt Bath Recipe:

2 cups Epsom Salts

1-2 drops of food coloring

1-2 drops of fragrance or essential oil

2 tablespoons of baby oil

Simply mix all ingredients together and store in a jar. Add to your bath to your taste.

Here are just a few oil and food coloring combinations you might want to try. Or create your own. I love to purchase perfume oil in the fragrance I wear daily and then mix it into a batch of bath salts.

Pink Chiffon

Red food coloring

Peppermint oil

Rain Forest

Green food coloring

Bayberry oil or eucalyptus oil

Chocolate Mint

Red food coloring

Chocolate and peppermint oils

Citrus Scents

Orange food coloring

Orange citrus oil

Yellow food coloring

Lemon citrus oil

Bath Cookies

Make some Fragrant, non fattening cookies. Drop into your warm bath for some skin softening pleasure.

2 cups finely ground sea salt

1/2 cup baking soda

1/2 cup cornstarch

2 tablespoon light oil

1 teaspoon vitamin E oil OR get capsules and squeeze the oil out

2 eggs

5-6 drops of fragrance oil

Preheat oven 350 degrees. Mix ingredients. Take a teaspoon of the dough and roll it gently into a ball (about 1-inch). Continue doing this with all the dough and place on an ungreased cookie sheet. Optional -Decorate the cookies with clove, anise or dried citrus peel. Bake 10 minutes or until lightly browned (do not overbake). Allow the cookies to cool completely. To use: Drop 1 to 2 cookies into a warm bath and allow to dissolve.

Store in decorative tin marked Makes 24 cookies.

Special Toxin Eliminator Bath

Massage the cellulite areas while they are under the water.

Place in the bath:

Epsom salts--2 handfuls

Rock salt--1 handful

Add 8 drops of this blend:

Basil--8 drops
Grapefruit--14 drops
Juniper--6 drops
Lemon--12 drops
Oregano--6 drops

Blend together.

Surefire Bath Bombs

Dry ingredients:

1 cup baking soda
1/2 cup citric acid
1/2 cup cornstarch

Sieve dry ingredients until you get a nice smooth blend.

Wet ingredients:

2 1/2 Tbsp. sunflower or other light oil
3/4 Tbsp. water
2 tsp. EO
vegetable or other natural colorant
1/4 tsp. Borax

Combine wet ingredients and borax in a jar, cover tightly and shake vigorously. Drizzle onto dry ingredients and blend thoroughly. Pack tightly into molds and slide out. Dry overnight.

Raspberry/Vanilla Bubble Bath

8 oz. unscented liquid soap

2 oz. distilled water

8 drops vanilla fragrance oil

6 drops raspberry fragrance oil

2 drops red food coloring

Mix all and pour into a container.

Lavendar Dreams Bubble Bath

Ingredients:

1 quart water

- 1 bar castille soap (grated)
- 3 ounces glycerin
- 3 drops lavender fragrant or essential oil

Directions:

Mix all ingredients together. Store in a container. Pour in running water.

Lavender Bath Salts

1 c. rock salt or sea salt

(You can find sea salt at your
local grocery store)

1/2 c. Epsom salt

2 T. baking soda

10 drops lavender oil

colorant

Blend all except baking soda. Blend soda after other ingredients are mixed. You can also add 1/2 tsp. of glycerin at this point to make the salts sparkle. Use 1/4 c. to 1/2 c. Per bath.

Lavender Milk Bath

1 c. powdered milk

2-3 drops lavender oil

Mix and add to bath.

Lilac Scensational Bubble Bath**Ingredients:**

- 1 quart water
- 1 bar castille soap (grated or flaked)
- 3 ounces glycerin
- 5 drops lilac fragrant oil

Directions:

Mix all ingredients together. Store in a container. Pour in running water.

Milk Bath

3 cups powdered milk

1/4 cup oatmeal

1/4 cup dried orris root (has a soft violet scent)

1/3 cup almond meal

1 capsule vitamin E (break open into dry ingredients)

1/3 cup cornstarch

Makes enough for a few baths. Combine ingredients make sure its completely mixed. Store in a container. When you are ready to add it to your bath, scoop the desired amount of the mixture and tie securely in a muslin bag or even a facecloth will do. Tie to the faucet allowing the warm water to run over the bag.

* To make almond meal: Using a blender, grind up blanched or slivered almonds to a powdered consistency.

Milk and Honey Bath

Your skin will feel luxurious when you use this recipe. Milk baths are very skin softening, something that is wonderful at this time of year! Once you make this recipe, use it right away.

4 tablespoons honey; 1 quart boiling water; 6 tablespoons dried milk powder.

1. Place the honey in a bowl and add the boiling water. Stir until the honey has dissolved. Leave to cool.
2. Place the milk powder in a bowl and gradually mix in the honey water.
3. Add the milk mixture to a warm bath, swishing it about so the milk powder dissolves completely.
4. Lock the bathroom, light some candles. Relax!!

Minty Fresh Bubble Bath

Ingredients:

1 cup fresh or 1/4 cup dried mint (chop up finely if its fresh)

1 cup fresh bay leaves -finely chopped

1 teaspoon coconut oil

1 teaspoon of almond extract

Directions:

Mix ingredients together then place in a mesh bag such as cheesecloth. Place under hot running water. Sit back & enjoy.

New Moon Milk Bath

2 cups dry nonfat powdered milk

1/2 cup Epsom salts

1/2 cup baking soda

6 drops sandalwood oil

5 drops vanilla fragrance oil

4 drops gardenia fragrance oil

4 drops orange oil

Mix all ingredients together and pour into a container. To Use: Pour 1 cup into the bath as you fill the tub and stir well.

Oatmeal Milk Bath

1/4 c. oatmeal

1/2 c. powdered milk

1 T. hazelnut oil

6 drops lavender oil

Put oats in muslin bag. Add the rest of the ingredients directly to bath.

Cherry Berry Bubble Bath

Ingredients:

1/2 cup unscented shampoo

3/4 cup water

1/2 teaspoon salt (regular table salt is fine)

15 drops cherry fragrance oil

Directions:

Pour shampoo into a bowl and add water. Stir gently until well mixed. Add salt, and stir until mixture thickens. Add cherry fragrance and place in decorative bottle. Can also be used to make a body wash!

Skin Softening Bath Recipes

Bath Oil

Use mineral oil or baby oil. Pour a small amount into running water, a little goes a LONG way.

Skin Softening Bath

Add a cup of powdered milk to running water.

Fields of Gold

Ingredients:

4 cups powdered milk

1 cup boiled water

1/2 cup dried chamomile or 5 chamomile tea bags

Directions:

Steep chamomile in water for 20 minutes Strain liquid. Mix liquid with milk and add to bath water. Especially nice after a long day.

Tropical Dream Bubble Bath

Ingredients:

3 drops rose fragrant or essential oil

2 drop jasmine fragrant or essential oil

1 ounce glycerin

1 ounce coconut oil

1 bar castille soap (grated)

1 quart water

Directions:

Mix all ingredients together. Store in a container. Pour in running water.

Velvet Apple Bubble Bath

Ingredients:

- 5 drops green apple fragrance
- 1 quart water
- 1 bar castille soap (grated or flaked)
- 1 1/2 ounces glycerin
- 5 drops green food coloring (optional)

Directions:

Mix all ingredients together. Store in a container. Pour in running water.

Violet Days Bubble Bath

Ingredients:

- 1 quart water
- 1 bar castille soap (grated)
- 2 ounces coconut oil
- 2 ounce glycerin
- 4 drops violet fragrant oil

Directions:

Mix all ingredients together. Store in a container. Pour in running water.

ROSE BUBBLE BATH-----

- 1 qt Water
- 1 Bar grated castille soap
- 3 oz Glycerine
- 3 dr Lilac perfume

Aromatic Sachet Powder

- 4 Parts dried crushed Sweet Marjoram
- 2 Parts dried thyme

2 Parts dried crushed basil
1 Part caraway seeds
1 Part dried lemon peel
1 Part grated nutmeg

Baby Powder

1 c Arrowroot
1 c Dried chamomile

In a blender, grind the chamomile to a fine powder. Rub it between your fingers to be sure there is no grit. Add the arrowroot and blend together.

This is a great powder for diaper rash. This is also useful for adults with athlete's foot, heat rash, or other skin problems promoted by unventilated, moist conditions.

Powder (Foundation)

Ingredients:
2 cups cornstarch
10 drops perfume or cologne
1 plastic container

Put 2 cups of cornstarch in an plastic container and add 10 drops of your favorite perfume or cologne. Mix well and let sit for at least 24 hours before using

SIMPLE BATH POWDER

1/2 cup cornstarch
1/2 cup rice flour
1/4 teaspoon essential oil

Place cornstarch and rice flour into blender. Add essential oil and mix

well. Pour into a clean container.

YIELDS : 8 OUNCES

Cinnamon Soap

Melt a bar of unscented glycerin soap and add 10 drops cinnamon essential oil (and a drop of red food coloring if you wish) and pour it into a mold. Stay away from the cinnamon perfume and pot ourri oils though. They are similar to toxic waste and irritate the skin terribly.

Depression Soap

2 ga Whole sweet milk
6 qt Water
1 Can lye

Pour milk into crock jar or enamel pan. Mix lye in water, stirring with wooden spoon until dissolved. Then without stirring, pour lye water into milk, pouring round and round, then pour the mixture from one container to another until well mixed. Pour into cardboard box and cover with cloth. Let stand until firm 12-24 hours. When firm, cut into bars. Let set 2-3 weeks before using.

Herbal Soap

1 lg Block olive or veg soap
25 g Loosely chopped herbs
3 dr Essential oil - thyme, rosemary, horsechestnut
1 tb Oatmeal, finely ground

Grate the soap into basin and add the remaining ingredients. Heat gently in a bain-marie until it melts and mix well. Line an egg box with waxed paper and pour the soap into each section

Liquid Soap

Take your favorite castile soap and grate it up until you have 1 FIRMLY packed cup. Then add 3 c. almost boiling water. Stir with a wisk until it is thoroughly mixed (no lumps). When it has cooled, add your favorite essential oils. This makes a fairly large batch.

Body Buffer

Jojoba Oil--1/4 cup
Liquid Soap--1/4 cup
Sea Salt, Very Fine--1/2 cup
Essential Oil--1/2 tsp

Combine all ingredients in a small bowl and mix thoroughly. Pour into a flip top bottle. Scrub is liquidy.

Field and Sea Body Scrub

Kelp Powder--3 tbsp
Oatmeal--3 tbsp
Orange Peel, grated--3 tbsp
Sea Salt--3 tbsp
Sunflower Seeds, ground--3 tbsp
Grapefruit--3 drops
Sweet Almond Oil

Save Sweet Almond Oil for later. Mix all dried ingredients and Grapefruit essential oil in a jar. Keep jar sealed until use. Blend with almond oil to a desirable consistency just before using .

Honey & Oatmeal Scrub

Finely ground Oatmeal--2 Tbsp
Honey--2 Tbsp

Cedarwood Oil--1 tsp

Melt soap base. Add Oatmeal and Honey; mix. Add essential oil and mix again. Pour into molds.

Wheat Germ Scrub

Finely Ground Wheat Germ--2 tbsp

Sweet Almond Oil--1 tsp

Sandalwood--1 tsp

Melt soap base. Add Wheat Germ and Almond Oil; mix. Add essential oil and mix again. Pour into molds.

Simple Soap Recipe

Glycerin Soap and/or Castille Soap Flakes--1 lb

Essential Oil--1/4 oz (7.5 ml) (See Essential Oil Blend)

Purified Water--1 cup

Herbal Tea or Hydrosol--1/2 cup

Melt glycerin in double boiler herbal infusion or hydrosol. Let cool slightly...it needs to be pourable. Add essential oil. Stir well. Pour into molds or saran wrap-lined box. Let harden, cut into bars. Smooth rough spots with knife.

Blue Raspberry Shower Gel

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3-4 cups distilled water

2 cups regular unscented shampoo

2 Tbsp. aloe vera gel

1 1/2 tsp. salt

15 drops raspberry FO

1 drop blue food coloring

Add shampoo and warm water, stirring until blended, mix aloe vera gel, then the salt, then the FO, and food coloring. Stir until thick and blended and bottle it.

### **Beer Soap**

#### Ingredients:

4 oz. coconut oil

4 oz. palm oil

8 oz. soy oil

2.27 oz. lye

6 oz VERY FLAT beer (your choice of beer)

#### Instructions:

Follow basic cold-process soapmaking instructions. The beer is used in place of the water. It is very important that the beer is flat, otherwise you risk blowing up your house. You can also use any existing recipe that you have to create beer soap by simply replacing flat beer for the water.

### **Cherry Cheesecake Soap**

(Makes Two 4-1/2 inch cakes - 4 slices each)

1-1/2 lbs. White M & P Base

1/2 lb Clear M & P Base

2-1/2 tsp. Oatmeal, Milk & Honey Fragrance  
 1 tsp. Blending Vanilla  
 1 Tbs. Cherry (not Maraschino) Fragrance  
 Dash of Lemon Fragrance  
 Red Colorant  
 Green Colorant  
 Yellow Colorant  
 1-2 Tbs. Finely Ground Oatmeal  
 Life of the Party Mold - AO52  
 4-1/2 inch springform pans

Melt 1/2 lbs white base. Add sufficient coloring to make as dark red as possible, add 2 tsp of Cherry fragrance. Pour at least 30 "cherries" in the mold (it looks like it makes two halves of a 1 inch christmas ball). Allow to cool, unmold and set aside.

Melt 4 oz of clear base. Add 2 drops of green and 2 drops of red colorant. Will turn brown. Add 3/4 tsp of Oatmeal, Milk & Honey Fragrance. Mix in oatmeal. Pour evenly into two of the springform pans.

Melt 1 lb of white base. Add a few drops (only) of yellow colorant. Add 1-3/4 tsp of OM&H Fragrance, 1 tsp of blending vanilla (will add amber glow) and a small dash of lemon fragrance.  
 Mist brown base with alcohol and pour creamy base evenly into pans - be sure to leave about 1/4 to 1/2 inch head room. Allow to cool about 20 minutes until surface is fairly solid.

Spray top of "cake" and bottom of "cherries with alcohol.

Arrange about 15 cherries on each cheesecake. Melt 4 oz of clear base. Add red colorant to make deep red, add 1 tsp of Cherry Fragrance. Spoon over cherries, covering them and allowing excess to flow around them.

Allow cakes to cool about 30 minutes. Pop springform pan and enjoy.

### **Elbow Softener**

Use this recipe twice daily and your skin will be soft within one week. After that, use weekly.

4 tbsp. olive oil; juice of 1 lemon; 1 tbsp. honey

Pour ingredients in sterilized jar, cover and shake well. Shake well before each use. Massage a little into each elbow for a few minutes. Rinse off, pat dry and moisturize.

### **Lemon Cheesecake Soap**

Making soap that looks good enough to eat is simple! I accidentally discovered this "cheesecake" recipe when I was making lemon exfoliating soap with cornmeal. I had made it in a square mold and decided to try something new -- cutting it diagonally. Even though my nose told me it was just lemon soap, my mind was envisioning cheesecake! Now you can indulge in cheesecake and not gain an ounce! This soap will make a wonderful gift for any occasion. And it's all done using melt and pour glycerin soap. You'll need the opaque type, which is colored white by the mineral titanium dioxide, and the translucent [clear] kind. The reason for this is that to get a proper cheesecake effect with the 'graham cracker crust', you must be able to seal the corn meal so that it isn't loose. The amount used for this particular recipe calls for a 1 cup mold. Naturally, you can increase the measurements as needed. In fact, if you choose to make slabs of cheesecake, you can either find a round plastic mold, or a triangular mold. Triangular molds will be in at least three parts and are used by ordinary people for storing meals. Soapmakers see them a bit differently!

Equipment:

Opaque and Translucent glycerin melt & pour soap, Double boiler, Kitchen scale, Wooden spoon, Cutting board, Plastic soap mold[s], Wax paper, Cling wrap

Ingredients:

6 ounces opaque soap, 2 ounces translucent soap, 1 tablespoon yellow cornmeal, sliver of yellow soap colorant, 10 drops lemon essential oil

Instructions:

1. Slice up the translucent soap and put in double boiler. Make sure the soap is completely melted before adding the scent. Don't put in the cornmeal at this point. Also, it's not necessary to add any colorant-the clearer the better! Lemon essential oil will add a yellow tinge, and translucent soap already has a yellowish color anyway.
2. Pour the glycerin base into the mold. Add the cornmeal. You will have to mix it. Due to the small amount of translucent soap you're crafting, it will dry quickly, so you'll have to stir rapidly. The texture will be similar to that of Farina or Cream of Wheat. You will probably end up using your fingers or the back of the spoon.
3. An advantage to this soap is that you don't have to clean the pot after the first batch if you're not planning to change the color or scent! Add the opaque soap and the colorant.
4. Pour into mold[s].
5. Put in freezer for approximately one hour.
6. Remove soap from mold[s].
7. Cover for at least 4 hours or until the soap has reached room temperature.
8. Wrap the soap in cling wrap.

Other Fragrance/Color Ideas:

Not everyone likes lemon cheesecake. Or you may want to try another color/scent. So for a variety, there's always: plain, strawberry, chocolate, blueberry, lime, or orange. You may want to coordinate your colors for holidays, such as lime for St. Patrick's Day, blueberry for the 4th of July, etc.

LIQUID HANDSOAP

**Liquid Hand Soap #1**

1 bar Ivory soap, grated

1 cup washing soda (NOT baking soda)

1 saucepan

1 bucket

Put soap gratings in pan, and cover with water. Heat on medium heat

until the soap has dissolved. Stir constantly and do not let boil. Add

soapy water to 3 gallons of hot water in the bucket. Stir, then slowly

add washing soda. Keep stirring until all is dissolved. Put into pump when cool. Shake before using.

### **Liquid Hand Soap #2**

1 bar hand soap (any type), grated

1 cup boiling water

1 T. honey

1 tsp. glycerin (available at drug stores)

Put grated soap and boiling water into a blender and whip. Add honey and glycerin and stir in blender. Let it cool for 15 minutes and whip again. Add cold water until the mixture reaches the six-cup mark. Whip again. Pour into a storage container, and let cool for one hour with lid off. Shake before using.

### **Oatmeal Soap**

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10 oz. palm oil

4 oz. coconut oil

2 oz. olive oil

1/4 c. oatmeal, run through

the blender or coffee grinder

2 oz. lye

1 c. water

Scent (optional)

Mix lye and water and set aside to cool. Melt palm oil and coconut oil together and set aside to cool. Mix the olive oil and oatmeal. When the lye reaches 100 degrees and the fats are 120 degrees, pour the lye into the fats and stir until it traces. Add the oatmeal, and stir until well mixed. Pour the soap into molds. Allow to sit for 24-48 hours. Unmold and cut if needed.

### **Olive Oil Soap**

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16 oz. pure olive oil

2 oz. lye

6 oz. water

Heat oil to 150 degrees and add the lye to the water slowly while stirring with a wooden spoon. Mix lye solution and oils when the oil is at 120-130 degrees and the lye between 90-100 degrees. Mix them together until it comes to a trace. Pour it into a mold and let set 72 hours before unmolding. You can add scents, colors, herbs, etc. at trace.

Milk is excellent for you inside and out. These recipes for herbal milk baths are inexpensive and luxurious at the same time. Take a few minutes out of your busy, hectic day and slip into a warm bath laced with any of the below or use your own imagination and come up with a new twist on the ones I've shared!

### **Scented Shower Gel**

#### Ingredients:

1/2 cup unscented shampoo

1/4 cup water

3/4 teaspoon salt

15 drops fragrance oil  
food coloring ( optional)

#### Directions:

Pour shampoo into a bowl and add the water. Stir until its well mixed add the salt and fragrance.

#### *Suggestions for scents:*

Kiwi extract

Raspberry extract

Strawberry extract

Coconut extract

Vanilla extract

Mix and match or use one alone. I personally like the raspberry and vanilla mix...smells so good!

### **SIMPLE FANCY SOAP**

#### Ingredients:

Petroleum jelly for greasing the soap molds

1 bar of pure white soap (such as Ivory or Pure and Natural; glycerin and Castile soaps work well too) grated - - approximately 1 1/4 cups  
1 tablespoon of water \*

Lightly grease the inside of your soap mold using a small amount of petroleum jelly. Place the soap and water into the top part of a double boiler or in an oven proof dish in a saucepan of water and heat gently over medium heat. Stir occasionally until all the soap is melted and resembles a smooth, fluffy white pudding. This may take up to 30 minutes. The soap will start out looking very dry and grainy, then turn thick and smooth. Do not allow the mixture to boil. When all the soap is melted, carefully spoon it into your prepared molds. Overfill the molds just a bit; the soap may settle, and you can always trim away any excess after it has cooled. You need to work quickly because the soap cools quickly. Tap the edge of your molds gently to remove any air bubbles. Allow the molds to sit until the soap is completely cool. Tap the soap shapes from the bottom of the molds and place on a wire rack to dry. Let the soap sit for at least 24 hours on the rack. If your shapes seem a bit rough around the edges, you can smooth them out with a sharp knife. For gift-giving, wrap your soaps in pretty boxes, paper, fabric, or netting tied with ribbon. Do not use airtight containers because it's important to let the soap breathe.

VARIATIONS :

SCENTED SOAPS : Add a few drops of your favorite perfumed oil or

essential oil after the soap mixture is melted and before you spoon it

into your molds. You need to use oil based scents because alcohol based

scents may cause your soap to separate.

COLORED : You can purchase dyes for soap making, or use food coloring.

You can also make your own natural dyes using vegetables, herbs, and

spices. Green is made using liquid chlorophyll, but from beetroot powder

mixed with water or by using strong red herbal teas such as those made

with hibiscus flowers. Brown or cream colors can be made from using teas

such as chamomile and orange pekoe. For yellow you can use saffron or

turmeric.

TEXTURE : Add a tablespoon or two of grainy substance such as cornmeal,

ground nuts, or chopped up loofah sponges to your melted soap before

spooning mixture into molds. Make sure you stir the mixture well before

spooning into molds. Adding texture to the soap can also color it a bit.

\* AS A RULE OF THUMB, YOU WANT TO USE 10% OF THE AMOUNT OF WATER TO SOAP. AN EXAMPLE : IF YOUR BAR WEIGHS 20 OUNCES, YOU WANT TO USE 2 OUNCES OF WATER. MOST BARS ARE ABOUT 1/2 OUNCE, SO YOU WILL USE 1 TABLESPOON (1/2 OUNCE) OF WATER.

### **Basic Perfume**

**Ingredients:**

1 cup water

1 cup fresh chopped flower blossoms

**Directions:**

In a bowl place a cheesecloth where the edges are hanging over the bowl. Fill with 1 cup of flower blossoms of your choice. Pour water over the flowers until they are completely covered. Cover and let sit overnight. The next day using the edges of cheesecloth pull it out of the bowl and gently squeeze the scented water into a small pot. Simmer the water until about 1 teaspoon is left. Cool and place into a small bottle. Making perfume this way has a shelf life of about 1 month.

Some suggestions for flowers: Lavender, Lilac, Orange Blossoms or even Honeysuckle. Anything that is highly fragrant works best.

**Orient Nights Perfume****Ingredients:**

4 drops sandalwood

4 drops musk

3 drops frankincense

2 teaspoons jojoba oil

**Directions:**

Mix all the ingredients together, shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area.

**Whispering Rain Perfume****Ingredients:**

2 cups distilled water

3 tablespoons vodka

5 drops sandalwood essential oil

10 drops bergamot essential oil

10 drops cassis essential oil

Directions:

Mix all the ingredients together, shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area.

### **Falling Stars Perfume**

Ingredients:

2 cups distilled water

3 tablespoons vodka

5 drops lavender essential oil

10 drops chamomile essential oil

10 drops valerian essential oil

Directions:

Mix all the ingredients together, shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area

### **Enchanted Perfume**

Ingredients:

2 cups distilled water

3 tablespoons vodka

5 drops everlasting essential oil

10 drops peony essential oil

10 drops sandalwood essential oil

Directions:

Mix all the ingredients together, shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area.

### **Amaze Perfume**

Ingredients:

2 cups distilled water



3 tablespoons vodka

5 drops hypericum perforatum essential oil (St.John's wort)

10 drops cypress essential oil

10 drops rosemary essential oil

Directions:

Mix all the ingredients together, shake well. Then allow the perfume to settle for at least 12 hours. Store in a cool dry area.

\*do not use if you are pregnant

### **Misty Passions Perfume**

Ingredients:

3 drops passionflower essential oil

2 drops ylang ylang essential oil

3 drops neroli essential oil

1/2 pt (300ml) 70 percent alcohol or vodka

Directions:

Pour the alcohol into a bottle or jar. Add the oils and shake well. Leave for 1 week.

### **Citrus Blooms Body Splash**

Ingredients:

2 cups distilled water

3 tablespoons vodka

1 tablespoon of each: orange and lemon peel (finely chopped)

5 drops lemon verbena essential oil

10 drops mandarin essential oil

10 drops orange essential oil

Directions:

Combine the fruit peels with the vodka in a jar, cover and let stand for 1 week. Strain the liquid, add the essential oils and water to the liquid. Let stand for 2 weeks shaking jar once a day. Keep in a dark bottle or keep in a cool dark area.

### **Soothing Summer Body Spray**

#### Ingredients:

- 1 tablespoon witch hazel
- 1 teaspoon lemon extract
- 1 teaspoon cucumber extract
- 1 cup water

#### Directions:

For a refreshing cool feeling, make an after shower spray by combining all the ingredients. Place in a pump spray bottle.

### **Deodorant Body Splash**

- Vinegar--4 oz
- Vodka--3 tsp
- Grapefruit--9 drops
- Lavender--5 drops
- Lemon--6 drops
- Peppermint--3 drops
- Rosemary--4 drops
- Sage--6 drops

Add to 2 cups purified water. Blend the oils together, add them to the vodka, and shake well. Let settle for half an hour, then add the vinegar and shake well. Pour mixture into 2 cups purified water and shake well. Finally, pass the liquid through a paper coffee filter. The longer you leave the essential oils in the vodka and vinegar mix before adding to the water, the stronger the scent will be.

### **Toning Body Splash**

- High Proof Vodka--2 teaspoons
- White Wine or Cider Vinegar--4 oz
- Spring Water--2 cups
- Basil--2 drops
- Black Pepper--3 drops
- Lemongrass--18 drops
- Patchouli--3 drops
- Sage--5 drops

Blend the essential oils together. Add them to the vodka and shake well. Leave them to settle for half an hour, then add the vinegar. Pour the mixture into two cups purified water and shake well. Finally, pass the liquid through a paper coffee filter. The longer you leave the essential oils in the vodka and vinegar mix before adding the water, the stronger the scent will be.

**Fairy Dust Glitter Gel**

This fun, whimsical gel is great for your skin. Apply a little anytime you want to sparkle and shine.

Aloe Gel--1/4 cup  
Glycerin--1 tsp  
Fine Glitter--1/4 tsp  
Essential Oil--5 drops

Mix aloe and glycerin in a small bowl. Stir in glitter and essential oil. It is ready to use immediately.

**Rich Body Oil**

Sunflower Oil--4 oz  
Hazelnut Nut Oil--1 tsp  
Macadamia Nut Oil--1 tsp  
Evening of Primrose Oil--1 tsp  
Vitamin E Oil--20 drops

Mix and store in tightly covered bottle. Refrigerate for longer shelf life.

**Fairy Dust Powder**

Rice Flour--1/2 cup  
Cornstarch--1/2 cup  
Rose Petals, finely ground--2 tsp  
Mica ('shiny' mineral--preferred) or very fine glitter--1/2 tsp  
Essential Oil--3 drops

Mix together dry ingredients. Add essential oil. Mix well. Put in an airtight container or shaker container.

**Heavenly Body Powder**

Baking Soda--1/8 cup  
Cornstarch--1/4 cup  
Rice Flour--1/4 cup  
Orris Root Powder--1/8 c  
Geranium Oil--12-15 drops

Mix together dry ingredients. Add essential oil. Mix well. Put in an airtight container or shaker container.

**Jasmine Body Powder**

Cornstarch--1 cup  
Jasmine Flowers (dried), finely ground--1 Tbsp  
Sweet Almond Oil--1 tsp  
Jasmine abs--1-2 drops

Mix cornstarch, jasmine flowers and oil together. Mix well. Place in an airtight container or shaker container.

**Scented Bath Powder**

Baking Soda-- 1 cup  
Cornstarch--1 cup  
Essential Oil--10-20 drops (Jasmine, Rose, Ylang-Ylang, your favorite)  
Glass Jar

Combine the baking soda and cornstarch in the jar. Add the essential oil, a few drops at a time, shaking very well after each addition. Break up lumps with a fork. Test the scent after each addition to gauge the strength of the

scent. Allow the powder to sit for a day before using, to allow the essential oil to completely absorb.

### **Scented Dusting Powder**

Arrowroot Powder--5 tbsp  
Cornstarch--1 tbsp  
Choose Rose or Jasmine--5 drops

Combine all of these ingredients and mix well with a wooden spoon. Sift to break down any lumps. Put in a container with a lid and a dusting powder puff or a shaker container.

### **Solid Cologne**

Ingredients:

3 parts carrier oil (sweet almond or Jojoba)  
2 parts beeswax  
1 part fragrance or Essential Oil

Melt the beeswax, add the carrier oil, then the fragrance. You might want to let the mixture cool a bit before adding the fragrance or Essential Oil, so it doesn't dissipate from the heat. Pour into the tins and let cool completely before capping. Always use a Pyrex measuring cup to melt the stuff so have a pour spout.

### **After-Bath Splash**

After-bath splashes are great to use when you get out of the tub or any time you desire a light, wispy fragrance.

Combine the following ingredients in a bottle and shake well:

1/2 cup 100-proof vodka  
1/2 teaspoon fragrance oil  
1 tablespoon glycerin  
1 drop food coloring (optional)

### **Cough Syrup**

4 tb Glycerine  
4 tb Cognac  
4 tb Honey  
3 Lemons(juice)

Mix ingredients together in a saucepan and simmer 15 minutes then bottle. Take 2 tsp. every 4 hours.

### **Horehound Candy - For Colds**

2 c Best new orleans sugar  
1/2 c Horehound tea; strong  
1/2 ts Cream of tartar

Boil until crisp in cold water. Pour into buttered plates and when almost cold cut in squares. If white or light brown sugar is used, recipe makes a very good candy and not so strong.

**Body Hair Bleach**

## Ingredients:

Soap flakes

1/2 cup peroxide

2 teaspoons ammonia

## Directions:

Mix ingredients together until its a paste, spread on hair and let sit for 15 minutes then wash out. Repeat every few days until hair has no color. Do this on a monthly basis.

**DO NOT USE ON EYEBROWS OR EYELASHES!**

**Sage and Honey Tea (Excellent for Sore Throats)**

1/2 cup torn Sage Leaves

2 tbsp. Honey

Juice of 1 Lemon

2 1/2 cups Boiling Water

Place Sage, Honey and Lemon juice in a heat proof container. Pour the boiling water on top, stir until honey has dissolved. Let sit for 1/2 hour. Strain and enjoy.

**Dry Brittle Hair Treatment**

1/2 c Mayonnaise

Shampoo, few drops

Luke warm water

For conditioning dry, brittle hair. Mix mayo with shampoo add enough lukewarm water to mix. Apply to hair after a regular shampoo. Leave on 10 mins and then shampoo out.

**Homemade Scented Hair Gel**

Number Of Applications : 40

Preparation Time : 0:50

1 cup water

2 Tablespoons flax seed

2 drops scented oil -- your choice of scent

-Combine water and seeds in a small saucepan.

-Bring to a boil then remove from heat.

-Allow to set for a half an hour.

-Strain through fine collander.

-When completely cooled, add scented oil.

-Transfer to a wide-mouthed jar with lid.

NOTES : Use as you would any hair gel product.

### **Hot Oil Hair Treatment**

Number Of Applications : 1

Preparation/Application Time : 0:25

2 Tablespoons olive oil

1 Tablespoon honey

- Combine oil and honey in small plastic sandwich bag.
- Fill a coffee cup with water and heat until almost boiling.
- Dip sandwich bag in water just until oil is warmed.
- Apply warm oil to dry hair, working from scalp to tips.
- Cover your head with a shower cap and leave for 15 minutes.
- Wash hair as usual.

NOTES : While hair is conditioning, hop in the shower or bath. The warmer the oil stays, the better it works!

### **Revitalizing Avocado Hair Treatment**

Number Of Applications : 1

Preparation/Application Time : 0:25

1 medium avocado -- peeled and pitted

2 Tablespoons honey

- Mash together both ingredients in small bowl.
- Massage into hair.
- Leave in for 20-30 minutes.
- Wash hair as usual.

NOTES : Brings tired-looking hair back to life.

### **Chamomile Fields Shampoo**

Ingredients:

4 bags of Chamomile tea (or 1 handful of fresh Chamomile flowers)

4 tablespoons pure soap flakes

1 1/2 tablespoons glycerin\*

Directions:

Let the tea bags steep in 1 1/2 cups of boiled water for 10 minutes. Remove the tea bags and with the remaining

liquid add the soap flakes. Let stand until the soap softens. Stir in glycerin until mixture is well blended. Pour into a bottle. Keep in a dark, cool place.

### **Soapwart Shampoo**

Suitable for all hair types

Soapwart: *Saponaria officinalis* contains saponins which is similar to soap. It lathers when agitated.

Lemon Verbena: for a citrus fragrance

Catnip: promotes healthy hair growth

Ingredients:

2 cups water

1 1/2 tablespoons dried soapwart root (chopped) (most health food stores would carry this)

2 teaspoons Lemon Verbena or 2 teaspoons Catnip

Directions:

Bring water to a boil add soapwart and simmer, cover for about 20 minutes. Remove from heat, add herb then allow mixture to cool. Strain the mixture keeping the liquid. Pour into a bottle. Makes enough for 6-7 shampoos. Must be used within 8-10 days. Store in a cool dark place.

### **Dry Shampoo**

Ingredients

1/2 cup Cornstarch

Directions

Sprinkle the cornstarch in your hair, let it absorb for a few minutes, brush it out. This is great if you are in a pinch.

### **All Natural Yucca Shampoo**

The Yucca plant a member of the Lily family has sword shaped leaves with large panicles of white flowers. Known as "Adam's Needle or " Soapweed" is often grown as decorative border plants. Many Natives have used the Yucca plant to make baskets, rope and sandals as well soap and shampoo.

Radiant shiny hair is easy to have when you follow the Navajos way. Its been said some natives have used Yucca Shampoo to prevent hair loss and dandruff.

The Yucca plant contains a substance called saponin which is a natural detergent. It is the saponin found in the Yucca Plant that creates foamy suds when agitated in water. Yucca are commonly found in the U.S. Southwest or Mexico.

To make your own version of Yucca Shampoo:

Look for fresh young Yucca plants. Cut off a piece of the root and peel the brown off of the root until you have exposed the white root inside. Once clean take a hammer, smash the Yucca root until it breaks in pieces. Wet the Yucca root, while holding the root over a basin of warm water, rub the root like a bar of soap to get mounds of lather from it. Wash your hair with the lather for a few minutes, gently massaging the scalp. Rinse very well in warm water making sure that no Yucca pieces remain in your hair.

**Deep Conditioner**

## Ingredients:

1 small jar of real mayonnaise

1/2 of an avocado

## Directions:

Put together in a medium bowl and squish together with your hands until it's a minty green color. Smooth into hair all the way to the tips. Put on a shower cap or wrap your head with saran wrap.

Leave on for 20 minutes. For deeper conditioning put a hot, damp towel around your head -over the saran wrap. And if you have really long hair and only need deep conditioning at the ends, cut the ingredients in half and apply only to the ends and just wrap them.

**Deep Conditioner**

## Ingredients:

1/2 cup Mayonaisse

## Directions:

Comb the mayonaisse through your damp hair, then wrap your head in a towel, let it penetrate for 20 minutes. Shampoo.

Special Note: Make sure the mayonaisse is real mayo and NOT salad dressing. It will dry your hair out .

**Ravishing Rosemary Conditioner**

## Ingredients:

Rosemary essential oil\*

## Directions:

Add a few drops of rosemary essential oil to the palms of your hands, work through out your entire hair.



\*Ingredients can be found at any health food

### **Tropical Conditioner**

Ingredients:

1 avocado (peeled and mashed)

coconut milk

Directions:

Combine mashed avocado with some coconut milk. Mash together until its smooth and about as thick as shampoo. Comb it through the hair and let sit for 10 -15 minutes, wash out.

### **Egg Conditioner Recipe**

Ingredients:

1 teaspoon baby oil

1 egg yolk

1 cup water

Directions:

Beat the egg yolk until its frothy, add the oil then beat again. Add to the water. Massage into the scalp and throughout your hair. Rinse well.

Hair Tonic

Ingredients:

2 teaspoons Gin

2 egg yolks

Directions:

Beat egg yolks until its frothy add the Gin. Beat until the mixture becomes foamy. Massage the entire scalp and hair then rinse out with warm water.

### **Oily Hair Treatment**

**Ingredients:**

1/2 teaspoon aloe vera gel (squeeze gel out of Aloe Vera plant)

1 tablespoon lemon juice

**Directions:**

Blend ingredients together with 1/4 cup of your regular hair shampoo. Wash hair then rinse well.

**Hair Buildup Remover****Ingredients:**

1/4 cup vinegar

1 cup water

**Directions:**

After conditioning the hair use this as a final rinse. Leaves your hair soft and shiny.

**Dry Hair Treatment****Ingredients:**

1 1/2 teaspoons Corn Oil

**Directions:**

Add the corn oil to your regular conditioner, rinse out as you normally would.

TIP: To avoid having dry brittle hair, avoid using hot curling irons or blow dryers, bleaching and perming, and hair dyes....use safe alternatives instead such as natural dyes like hennas. Sometimes lacking nutrients can also cause dry brittle hair. Take a multivitamin and mineral supplement on a daily basis..

**Blonde Hair Dye**

Wash your hair with one of the following rinses. Pour the selected rinse through your hair 15 times, re-rinsing with the same liquid. On the final rinse, wring hair, and leave for 15 minutes before rinsing with clear water.

Blonde: Mix 1 tablespoon lemon juice in 1 gallon warm water.

**Brunette Hair Dye**

Wash your hair with one of the following rinses. Pour the selected rinse through your hair 15 times, re-rinsing with the same liquid. On the final rinse, wring hair, and leave for 15 minutes before rinsing with clear water.

Brunette: Rinse hair with a strong black tea, or black coffee.

### **Homemade Hair Spray**

Chop one lemon (or an orange for dry hair).

Place in a pot with 2 cups water.

Boil until half of the initial amount remains.

Cool, strain, and place in a spray bottle.

Store in the refrigerator.

If it is too sticky, add more water.

Add one ounce rubbing alcohol as a preservative and then the spray can be stored for up to two weeks unrefrigerated.

### **Homemade Hair Gel**

Ingredients:

1/2 to 1 teaspoon unflavored gelatin

1 cup warm water

Directions:

Dissolve gelatin in 1 cup warm water. Keep refrigerated and use as you would a purchased gel.

Hair Mousse

Dissolve 1/4 teaspoon plain gelatin in 1 cup boiling water.

Let sit at room temperature until slightly set.

Rub into dry or wet hair, and blow dry.

**Dandruff Remover**

## Ingredients:

1/2 cup water

1/2 cup white vinegar

## Directions:

Combine ingredients then apply directly to the scalp. Use before shampooing. Apply twice a week.

**Dandruff Treatment**

## Ingredients:

10 aspirin tablets

3/4 cup warm water

Dissolve the aspirin in water. After shampooing, massage into scalp, leave on for 10 minutes, then rinse.

**After Shampoo Hair Rinse**

## Ingredients:

1 ounce apple cider vinegar

1 quart of distilled water.

## Directions:

Combine the apple cider with the water, stir. Pour through hair to get rid of buildup and soften hair at the same time. Rinse with water.

**Apple Cider Softness Hair Rinse**

## Ingredients:

1-2 tablespoons apple cider vinegar

3 cups distilled water

## Directions:

Pour over your hair as the final rinse. It will leave your hair feeling soft. Good for all hair types.

**Lemon Hair Rinse**

## Ingredients:

1 cup distilled water

1/2 cup lemon juice

**Directions:**

Combine ingredients well. After shampooing comb throughout the hair.

Rosemary Hot Oil Treatment (for Dry Hair) Ingredients: □ 1/2 cup of dried rosemary leaves □ 1/2 cup olive oil  
Directions: Combine ingredients then heat up until warm. Strain. Coat the entire scalp and ends of hair with the oil mixture. Wrap hair in saran wrap and a towel over that, leave on for 15 minutes. Wash hair twice to remove the oil. Use this treatment twice a month or when your needs a deep conditioning. Leaves your hair shiny and rehydrated.

**Frizz Zapper**

**Ingredients:**

1/2 cup conditioner

1/4 cup honey

1 tablespoon almond oil

**Directions:**

Mix ingredients, blend well. Pour mixture over damp hair, work it in....leave on for about 20 minutes for a good deep conditioning. Wash out. This works for all hair types.

**Saltwater and Chlorine Buildup Hair Treatment**

**Ingredients:**

1 cup of vinegar

1 cup of water

Mix one cup vinegar with one cup water. Pour over freshly cleaned hair. Leave in overnight and rinse out in the morning.

**Hair Lifter**

**Ingredients:**

1 orange

1 cup of water

Mix the juice from an orange with water and pour into a spritz bottle. Then mist Over hair and shampoo and condition as usual.

**Citrus Squeeze Hair Tonic**

**Ingredients:**

1/2 cup of grapefruit juice

1/4 cup deep conditioner

Apply to dry hair and work through from the scalp to the ends. Wrap hair in a warm moist towel for 30 minutes. Shampoo out and use cream rinse only. This clarifying blend cleanses buildup of hairspray and styling aids, brightens dull hair color and brings out natural shine and highlights.

### **Herbal Shampoo**

Ingredients:

2 cups (473 ml) distilled water  
1 tablespoon (15 ml) calendula (pot marigold)  
2 teaspoons (10 ml) rosemary  
1 tablespoon (15 ml) nettle  
2 teaspoons (10 ml) orange peel  
2 teaspoons (10 ml) comfrey  
2 tablespoons (30 ml) chamomile  
1/2 teaspoon (2.5 ml) essential oil of lavender  
1 teaspoon (5 ml) Jojoba oil (omit if hair is oily)  
1/2 cup (118 ml) all-natural, gentle baby shampoo

Bring water to a boil and remove from heat. Add the herbs, cover, and allow to steep for 30 minutes. Strain mixture into a medium-sized bowl, add the oils and stir vigorously. Add the shampoo and gently stir until thoroughly mixed. Pour into a labeled bottle and keep refrigerated to preserve the freshness. You may keep a small bottle in the shower with enough shampoo for about one week, if you wish. Use approximately 1 tablespoon per application. This shampoo will not produce mountains of billowy suds as it does not contain strong foaming agents. It cleans gently with minimal sudsing. Before use, lightly shake shampoo to mix the oil that may separate from the rest of the ingredients.

### **Lemon-Aid for Goldy Locks**

Ingredients:

1 cup fresh squeezed lemon juice  
1 pot chamomile tea

Shampoo and condition hair, towel dry, then apply mix of lemon juice and chamomile tea. Sit out in the sun for an hour to dry-or stay indoors and blow dry your hair for a subtler sun-kissed effect. Shampoo and condition hair again to rinse out juice residue and take care of tangles caused by the acidity of the lemons. Repeat once a week for a month to noticeably pump up the highlights. Gently brings out natural highlights and adds tons of texture to blonde and brunette tresses.

### **Hair Highlights**

Ingredients:  
lemon juice

Apply streaks of lemon juice and go out into the sun for at least one hour. For highlights to stay in use any combinations of avocado, banana, egg yolk, whole egg, olive oil, or honey and leave in hair overnight.

### **Hair Rinse**

Ingredients:  
2 cups apple cider vinegar  
about 1/4 c powdered dried lavender flowers  
about 1/8 c dried, powdered rosemary  
about 1/4 c dried, powdered patchouli leaves  
1 c water

Put first four ingredients into a small pot and bring to a simmer. Bring heat down to almost nothing for about 15 minutes turn off heat and let cool down. After mixture is cool pour into your container I used an old shampoo bottle and add the water.

### **Hair Spray**

Ingredients:  
  
2 lemons  
2 cups water  
1 tablespoon. vodka

Chop 2 lemons, add 2 cups water, simmer in a pan over low heat until lemons are quite soft. Cool, then strain through cheesecloth. Pour into a spray bottle, add 1 Tablespoon vodka, shake. Dilute with water if too sticky.

### **Hair Gel**

Ingredients:  
  
1 teaspoon. unflavored gelatin  
1 c. boiling water

Heat water to almost boiling. Sprinkle gelatin over the hot water and stir well until gelatin is completely dissolved. Allow mixture to cool. When firm to the touch, use a small amount to set and style your hair. This gel can be used on either wet or dry hair. (Note: at room temperature, the gel will thin a little. It is just as effective in this state, but if you prefer a thicker hair gel, store in the fridge.)

### **Hair Gel 2**

~~~~~

Ingredients:

1 tablespoon. flax seeds
1/3 c. water
Few drops Essential Oil of choice, for scented gel

Heat the flax seed in the water, bringing it to a boil, then turn off the heat. When lukewarm, spoon up the gelatinous goo and press through a sieve into a clean squeeze bottle. Add vodka and Essential Oil, and shake well before using.

Spray In Conditioner
~~~~~**Ingredients:**

1 part conditioner  
5 parts water

All you have to do is mix 1 part of your favorite conditioner with 5 parts water. Pour it in an empty hair spray container and spritz it on instead. Tangles are gone and so is the frizz!

**Conditioner****Ingredients:**

15 drops Geranium Essential Oil (Bourbon or Egyptian)  
10 drops Rosewood Essential Oil  
1 Tablespoon Jojoba Natural Oil  
2 oz. Basic Hair Conditioner

or

25 drops Lemon Essential Oil  
8 drops Chamomile(German) Essential Oil  
1 Tablespoon Jojoba Natural Oil  
2 oz. Basic Hair Conditioner

To make either Formula simply drop the essential oils indicated in Ingredients directly into 2 oz. of any basic hair conditioner. Then add 1 measuring tablespoon of Jojoba Natural Oil and shake until well mixed.

**Glitter Dust**  
~~~~~**Ingredients:**

1/4 cup aloe vera gel
1 teaspoon glycerin
1/4 teaspoon fine polyester glitter (any color)
5 drops fragrance oil (your choice)
1 drops food coloring (your choice)

Mix aloe and glycerin in a small bowl. Stir in glitter, fragrance and color. It is ready to use immediately. You can buy fine polyester glitter at

most craft stores.

Blonde Highlights

Ingredients:

1 cup lemon juice

3 cups chamomile tea (brewed, & cooled)

Directions:

Mix ingredients, pour over damp hair then let sit for an hour while you sit in the sun, wash out. Follow with a good conditioner.

NOTE: This process must be repeated daily for a few weeks before you notice any changes.

Dry Hair Treatment #2

Ingredients: □ 2 cups water □ 1 vitamin A capsule □ 1 vitamin E capsule □ 2 tablespoons refined linseed oil
Directions: Simmer the water then add the linseed oil. Break vitamin capsules into the water. Stir very well. Let the mixture cool until slightly warm. Massage into scalp and hair. Let it sit for a few minutes. Rinse well then shampoo.

Basic Hot Oil Treatment

Ingredients:

1 teaspoon soybean oil

2 teaspoons castor oil

Directions:

Combine ingredients then warm on low heat. Massage mixture into the scalp and hair. Wrap hair in a hot towel for 15 minutes. Shampoo & rinse out.

Glycerin And Rosewater Hand Cream

1 1/2 c Distilled water
3 tsp rose oil (soluble)
1/3 c Glycerin

Blend all the ingredinets until smooth and clear. Place in a clean bottle with a top.

Herbal Astringent For Oily Skin

1 oz Chamomile
3 tb Witch hazel
1/2 ts Cider vinegar
1 oz Peppermint extract
8 oz Water
Few drops of peppermint extract
1/4 ts Boric acid -- optional

Boil chamomile, witch hazel, vinegar, peppermint and water. Cool and strain. Add remaining ingredients in a spray bottle and shake. Keep refrigerated.

Herbal Cleanser

2 ts Anhydrous lanolin
1/4 c Almond oil
1/4 c Elderflower infusion
1/4 c Glycerin
2 ts Witch hazel

Melt lanolin and almond oil in a glass or enamel saucepan over boiling water. Remove from heat and slowly beat in elderflower tea with an electric beater until the mixture is almost cool and very well blended. Transfer to a sterilized jar. This is good for dry skin (for oily skin, substitute an infusion of sage or yarrow, for normal skin, try one with rose water, lady's mantle, or chamomile.)

Almond Lotion

Ingredients:

one-eighth teaspoon borax
one-fourth cup distilled water
one-half cup almond oil
one tablespoon grated beeswax
several drop of essential oil or fragrance (optional)

Instructions:

Combine the borax and distilled water in a bowl. Set aside.

Heat almond oil and beeswax just until beeswax is almost melted.

Heat water and borax mixture until almost boiling, then slowly pour into the oil and beeswax combination. Stir continuously while doing this.

Allow to cool. Add essential oil or additional fragrance if desired and stir in.

Pour into a container. Keep refrigerated until use since this recipe does not contain preservatives.

Basic Body Balm

Beeswax Pellets--1/4 cup
Carrier Oil--1/4 cup

Pour oil into enamel coated pan, add grated beeswax.

Stir on medium low heat until melted.

Remove from heat and allow to cool slightly.

If consistency is too thin, add more beeswax; if too thick, add more oil. When you have your desired consistency. Stir with a wooden or plastic spoon. (You won't be using it for cooking again).

Pour into containers.

Add your essential oils, and stir well again.

To use the balms, rub on bottoms of feet, back of neck, inside wrists and or temples.

Herb Oil Balm

Beeswax Pellets--1/2 oz

Herb Oil--4 oz

To make Herb oil, pour 5 oz of Almond Sweet, Calendula, Hazelnut, Jojoba, and/or Olive into crock pot and turn on LOW heat. Warm oil and add crushed herbs of your choice. Keep oil on LOW heat.

Let set for 8 to 12 hours, until herbs color and scent the oil.

Strain herbs through a cloth.

Pour 4oz herb oil into enamel coated pan, add grated beeswax.

Stir on medium low heat until melted.

Remove from heat and allow to cool slightly.

If consistency is too thin, add more beeswax; if too thick, add more oil. When you have your desired consistency. Stir with a wooden or plastic spoon. (You won't be using it for cooking again).

Pour into containers. Add your essential oils. Stir well again.

Dry Hand Lotion

Unscented Lotion--8 oz

Patchouli--20 drops

Sandalwood--40 drops

Borage--20 drops

Carrot Tissue--5 drops

Pour the lotion into a bowl, add oils and mix very well. Put lotion back into bottle.

Light Hand Cream

This is a light cream to use on hands or face.

Emulsifying Wax--1 oz

Cocoa Butter--1/2 oz

Carrier Oil--3 tsp

Glycerin--1 tsp

Rose Water--12 oz (or purified water with a teaspoon of vitamin C powder stirred in for preservative)

Warm rose water and glycerin.

Melt wax and cocoa butter in a double boiler. Take off heat and add water and glycerin.

Beat until thick. If using a beater, you may have to finish up by hand.

Seaweed Lotion

Aloe Vera Gel--1/4 cup

Powdered Kelp--1 tbsp

Purified Water--1 cup

Sweet Almond Oil--2 tbsp

Mix all together well. Use a 12 oz bottle flip top bottle.

Stretch Mark Oil

Rose--4 drops
Rosemary--1 drop
Camellia Oil--1/2 teaspoon
Sesame Oil--1/2 teaspoon
Vitamin E Oil--1/2 teaspoon
Wheat Germ Oil--1/2 teaspoon

Massage on stretch mark area.

Unscented Moisture Cream

Carnauba Wax--2 tbsp
White Beeswax--1 tbsp
Apricot Kernel Oil--1/2 cup
Jar--6 oz

Over low heat, melt the waxes and oil in a double boiler. Stir. Remove from heat and pour into jar.

If you want to make this a scented cream, simply add two drops of your favorite essential oil to the mixture as it cools, before you pour it into the jar. Beware of using essential oils with photo toxic properties.

Rose and Sandalwood Massage Oil

Rose--25 drops (1/4 tsp)
Sandalwood--25 drops (1/4 tsp)
Macadamia Oil--1/4 Cup
Sweet Almond Oil-- 1/4 Cup

Put all in a bottle and shake gently. Can also be put in a plastic spray bottle.

Anti-Wrinkle Oil

Rose--2 drops
Rosemary--1 drop
Rosewood--2 drop
Sandalwood--3 drops

Blend in 1 oz of Rose Hip Oil and apply as needed. Works well in a roller top applicator.

Facial Toner Oily Skin

Vodka--1oz
Witch Hazel--3 oz
Grapefruit--10 drops
Tea Tree--5 drops
Cypress--5 drops

Add all ingredients to a 4 oz bottle and shake to mix all ingredients. Be careful when adding the essential oils. Shake the toner well before each use.

Creamy Sun-Tan Lotion

3/4 cup (180 ml.) water
3 tea bags (do not use instant tea)

1/4 cup (60 ml.) lanolin
 1/4 cup (60 ml.) sesame oil
 1/2 teaspoon (2.5 ml.) perfume (optional)

Heat the water to boiling, add tea bags. Leave them to brew for 20 minutes and squeeze them occasionally before removing. Put lanolin, sesame oil and 1/4 cup strong tea into blender. Cover and process at low speed. Remove cap immediately and pour in the remaining tea in a steady stream. Use a rubber spatula to keep ingredients around the processing blades. Add perfume and give fragrance to the sun-tan lotion.

This recipe makes about 1 cup of a soft, tan-colored cream which spreads smoothly on the skin, and gives a sensation of moistness. It dries without feeling sticky. This cream actually repels water and will stay on though swimming. Creamy Sun-Tan Lotion will screen out about half of the burning sun rays while allowing a large percentage of the tanning rays to get through. However, if you burn after 5 minutes of exposure, do not rely on this cream to protect you.

Cucumber Lotion

Peel 1 or 2 large Cucumbers, cut them into slices, and place them in a double boiler, which should be closely covered. Cook them slowly until they are soft. Then put the pieces into a fine linen bag and squeeze them until all the juice has been extracted. Add to the extracted juice one-fourth of rectified spirits of wine (or whisky) and one-third of Elder-flower water. Shake the mixture well and pour into small bottles ready for use.

Cucumber Sunburn Lotion

Chop up a Cucumber and squeeze out the juice with a lemon-squeezer. Mix this with a quantity of glycerine and rose-water mixed together in equal parts.

Dry Skin Lotion

Re-formulated original recipe by Melody Upham with changes made by Betty Depuydt

1/8 tsp Borax
 1/4 c. Distilled water
 1/2 c. Fractionated Coconut Oil
 1 Tbs grated beeswax
 1 tsp scent (You may want to add this slowly and adjust to suit you)
 1/8 tsp lecithin
 1/2 c. Aloe Vera Gel Combine water and borax. Bring borax and water almost to boiling.
 In a separate pan mix oil and beeswax and heat until wax is melted.
 Slowly add borax/water to oil/beeswax, stirring briskly, a small wire whisk works perfectly or you can use a handblender. Add essential oils during the whisking process. Let cool to room temp.
 Once lotion is at room temp add the 1/2 cup Aloe Vera gel and whisk to incorporate fully into the lotion. Bottle.

Energizing Foot Lotion

 If you have been on your feet all day and they are aching then make some of this lotion and rub it on. They will feel better in no time.

1 tablespoon almond oil

1 tablespoon olive oil

1 teaspoon wheat germ oil

12 drops eucalyptus essential oil

Combine ingredients in a bottle, shake extremely well. To use just rub into the feet and heels.

Store in a cool dry place.

Herbal Milk Toner

Milk toners are very soothing and nourishing for dry, sunburned or sensitive skin. Use whole milk for dry or normal skin and skim milk for oily skin. Most herbs can be found at health food stores.

Dry Skin Herbs: Elderflower, linden flowers, marigold

Normal Skin Herbs: Chamomile, fennel, lemon balm, parsley, rosemary

Oily Skin Herbs: Chamomile, fennel, lemon balm, parsley, rosemary, peppermint, sage

2 tbsp. dried or 1 tbsp. fresh chopped herb, 2/3 cup milk.

1. Place the herb in a bowl or pitcher.
2. Boil milk and pour over herb. Cover and leave until cold.
3. Strain through muslin or cheesecloth.
4. Store in a sterilized bottle or jar in the refrigerator. Use within 5 days.

Herbal Toner

This toner is very refreshing for all skin types and very easy to make.

1 teaspoon dried or 2 tablespoons fresh chopped herb of your choice; 1/3 cup boiling water; 2 tablespoons witch hazel; pinch of boric acid (found at most pharmacies).

1. Place the herb in a bowl and pour on boiling water. Cover and leave to cool. Strain.
2. Mix the boric acid into the witch hazel.
3. Add the witch hazel to the herbal infusion.
4. Store in a sterilized bottle or jar in the refrigerator and use within one month. Shake well before using.

Lavender & Calendula Lotion

Ingredients:

4 tablespoons almond oil
1 tablespoon calendula petals
1 tablespoon apricot kernel oil
1 teaspoon beeswax
1 tablespoon coconut oil
1 tablespoon jojoba oil
one-half tablespoon aloe vera jelly
one-half cup distilled water
one-eighth teaspoon borax
one-half teaspoon lavender essential oil

Instructions:

Heat the almond oil, apricot kernel oil, coconut oil, jojoba oil, aloe vera jelly, and beeswax until the beeswax is

melted. Set aside and allow to cool.

Dissolve the borax in the distilled water. Heat it to a slow simmer.

Pour the oil mixture from earlier into a blender. Turn the blender on and slowly add the borax-water solution into the blender.

Add the lavender essential oil and calendula petals. Continue blending until well mixed and the lotion has thickened. Turn the blender off once the mixture has cooled to room temperature and pour into a container.

Refrigerate, allowing the lotion to set before use.

Keep refrigerated until use since this recipe does not contain preservatives.

Basic Lotion Bars

Ingredients:

2 oz beeswax
1 oz almond oil
1 oz cocoa butter
Fragrance oil or essential oil

Instructions:

Melt beeswax and cocoa butter on the stove or microwave in a clean pot. Once melted, remove from heat and add the almond oil. Mix in the fragrance oil or essential oil one drop at a time until it's reached the desired scent.

Pour the mixture into a mold or even a deodorant tube (for easy, non-messy application) and let it set completely before using.

Magic Lotion

In small pan over water melt
3 tabs. safflower oil
1 tabs. lanolin
1 tabs cocoa butter
1/3 cup light mineral oil
1tsp. almond extract or add eos of you like

Let cool

In a pint jar place
2 tabs. water
1 tabs glycerine
1/4 cup plus 2 tabs. 70% ethanol alcohol
1 drop food or other color

When the oils are cool add to the pint jar and shake. Divide into (2) 6 oz jars.

In about half an hour the lotion will separate into 3 different layers. Each one a different color. Shake and it becomes an emulsion, let stand and it separates again. This is really pretty and feels so good.

Mermaid Lotion

1 tablespoon of powdered Irish Moss
1 cup of distilled water

1/4 cup of Aloe Vera Gel
2 tablespoons of grapeseed oil (the recipe calls for sweet almond oil, so use what you like :)
Will make 4 ozs.

Mix together the Irish Moss and water and let sit for 20 min.

Pour the mixture into a small saucepan and boil for 20 min. Strain off the solids; You will have a clear jelly.

Measure 1/4 cup of your seaweed jelly and mix with the aloe vera gel. Let the mixture cool completely.

* Pour the seaweed mixture into the blender and blend on low speed; slowly add the oil in a thin stream until all is blended.

Pour into container.

Mint Body Lotion

1/2 cup mint water (see note below)
1/8 tsp. borax powder
1/2 c. sunflower oil
1 tsp. coconut oil
1 tsp. grated beeswax
3-4 drops peppermint oil (optional)

Mix together the mint water and the borax, stirring until well mixed. Set aside.

Mix together the sunflower oil, coconut oil, and beeswax in a glass measuring cup. Place the cup with the oils--beeswax mixture in a pan of water (about 1 to 2 inches of water), making a water bath. Heat over medium heat until the beeswax is melted (8 to 10 minutes), stirring occasionally.

When the wax is melted, bring the mint solution almost to boiling (put the glass cup with the mint water/borax in the microwave on High for 1 minute, or use a water bath on the stove top).

Remove the oils-beeswax mixture from the water bath. Slowly add mint water/borax to the mixture in the blender and whip).

Allow the lotion to cool completely. The consistency may seem a bit thin, but it will thicken as it cools. The lotion will be pale green in color. You may add the peppermint oil now if you wish.

Pour the lotion into a clean container with a lid. To use, massage a small amount into your skin.

Note: Mint water is made by boiling fresh or dried mint leaves in water and then letting the mixture cool. Strain off the mint leaves. I use 1 cup fresh mint (1/4 cup dried mint leaves) to 1 cup water.

This lotion is very refreshing after a shower.

Rosewater & Glycerin Lotion

2 tablespoons glycerine
2 tablespoons corn flower (cornstarch)
1/2 cup distilled water
2 tablespoons rosewater

Mix together all ingredients in an ovenproof glass bowl or pitcher. Heat until just boiling and thick, 1 to 2 minutes in the microwave on High (stirring every 30 seconds), or on the stove top in a water bath. The lotion will be clear and jellylike; stir thoroughly and cool completely. When the lotion is cool, pour into a clean, airtight container.

Note: If your lotion becomes too thick, you can thin it by adding water, one tablespoon at a time and stirring thoroughly.

Winter Moisturizer

2 T. apricot kernel Oil (I used almond oil)
 1/4 c. walnut oil (I used grapeseed oil)
 1/4 c. stearic acid powder
 1/2 t. baking soda
 1 T. aloe vera gel (I used the clear gel from wally world)
 1 cup water (I used commercial rose water)

Combine the oils and stearic acid powder and heat over low heat until stearic acid powder is melted.

Combine baking soda, aloe vera gel and water in microwave safe container. Microwave until just boiling (1 to 2 min)

Slowly add 1/3 of the water solution to the oil mixture and stir. Then using a blender (either stick or regular) slowly add the rest of the water to the oil mixture and blend on high. The mixture will be a white fluffy cream. Spoon into a clean container and allow to cool completely. Massage a small amount of the cream on your face and neck. Store in a cool dry place. Yield - 12 oz.

Honey And Almond Scrub

1/2 Cold cream -- small jar
 1 tb Honey
 Slivered almonds

Whirl slivered almonds in a blender until they're as fine as freshly ground pepper. Mix with cold cream and add honey. Keep refrigerated.

Anti-Aging Face Mask Number Of Applications : 1 Preparation/Application Time : 0:20 1/4 cup heavy whipping cream 1 medium banana -- peeled 1 vitamin E capsule -Mash together cream and banana. Stir in contents of capsule. -Smooth onto face and neck. -Leave on for 10 to 15 minutes. -Wipe off with damp cloth. NOTES : Look younger instantly

Apple Mask For Normal Skin Number Of Applications : 1 Preparation/Application Time : 0:45 1 apple -- quartered, cored 2 Tablespoons honey 1/2 teaspoon ground sage -Chop apple in food processor. -Add honey and sage to apple. Mix well. -Refrigerate for 10 minutes. -Pat mixture onto face with a light tapping motion, tapping until honey feels tacky. -Leave on for 30 minutes. -Rinse.

Banana Mask for Dry Skin

Number Of Applications : 1
 Preparation/Application Time : 0:15

1/4 cup plain yogurt
 2 Tablespoons honey
 1 medium banana

-Mash all ingredients together with a fork.

- Smooth onto face and neck.
- Leave for 10 minutes, then rinse off.

NOTES : Soothes dry skin.

Blemished Skin Mask

Number Of Applications : 1
Preparation/Application Time : 0:15

1 tomato -- chopped
1 Tablespoon instant oatmeal
1 teaspoon lemon juice

- Blend all ingredients just until combined.
- Apply to skin, making sure the mixture is thick enough to stay on blemished areas, such as cheeks, forehead, or chin.
- Add a bit more oatmeal to thicken the mask, if necessary.
- Leave on 10 minutes.
- Scrub off with a clean washcloth dipped in warm water.

Cucumber Mask For Oily Skin

Number Of Applications : 1
Preparation/Application Time : 0:30

1/2 cucumber
1 egg white
1 Tablespoon lemon juice
1 teaspoon dried mint flakes

- Puree all ingredients in blender.
- Refrigerate for 10 minutes.
- Apply mixture to face.
- Leave on 15 minutes.
- Rinse with hot water, then cool water.

Fruit Salad Body Mask

Number Of Applications : 1
Preparation/Application Time : 1:45

2 slices pineapple -- rind removed
1/2 medium honeydew melon -- rind removed
1 dozen green grapes
1 medium banana -- peeled
1 medium pear -- cored
1 medium kiwi fruit -- peeled

- Puree all ingredients in food processor. Mixture will be slightly lumpy.
- Refrigerate for 1 hour.
- Smooth onto body and/or face, leaving on for half an hour.
- Rinse of with tepid water.

NOTES : Softens and exfoliates the skin, leaving you feeling cool and clean.

Honey & Lemon Face Scrub

Number Of Applications : 1
Preparation/Application Time : 0:10

1 medium lemon -- juice of
2 Tablespoons finely ground almonds
1 Tablespoon honey

-Combine all ingredients.
-Massage mixture into face and neck.
-Leave on for 5 minutes.
-Rinse off with warm water.

Nourishing Almond Oil Mask

Number Of Applications : 1
Preparation/Application Time : 0:20

1 egg
1 teaspoon almond oil
1 splash half and half

-Combine all ingredients.
-Smooth onto face and neck.
-Leave on for 15 minutes.
-Rinse with cool water.

Peach Tightening Mask

Number Of Applications : 1
Preparation/Application Time : 0:35

1 ripe peach -- peeled and pitted
1 egg white

-Whip peach and egg white together in a blender until smooth.
-Gently pat mixture over face.
-Leave on for 30 minutes.
-Rinse off with cool water.

Strawberry Drawing Mask

Number Of Applications : 1
Preparation/Application Time : 0:35

1/2 cup ripe strawberries
1/4 cup cornstarch

- Mash strawberries and cornstarch together to make a paste.
- Apply to face, avoiding the delicate area around eyes.
- Leave on for 30 minutes.
- Rinse off with cool water.

Ultimate Dry Skin Treatment

Number Of Applications : 1
Preparation/Application Time : 0:25

2 Tablespoons mayonnaise -- only the real stuff
1 teaspoon baby oil

- Combine both ingredients.
- Smooth onto face, neck, rough elbows and knees, or anywhere you need it.
- Leave on for 20 minutes.
- Rinse thoroughly with tepid water.

Avocado Mask:

Mask together 1/2 ripe (preferably very ripe) avocado, 1 tbsp fresh tomato juice and 1 tbsp lemon juice. Apply to your face. Leave for about 10 minutes. If you have any of the mask left over you can eat it with some crackers!

Be very careful with this mask because avocado can bring some people out in big red blotches. Otherwise, this mask is excellent for dry skins.

Fresh Banana Avocado Scrub Grub Soap

Ingredients:

1/2 banana no scars
1/4 avocado
1 tsp citric acid
6 drops peppermint essential oil
6 oz glycerin melt and pour soap
6 oz melt and pour coconut soap
1 Tbsp toasted oatmeal

Instructions:

Mash banana and avocado.

Melt soap and add banana, avocado and citric acid and toasted oatmeal.

Continue heating in double boiler, then add peppermint essential oil.

Put in open hexagon tube mold or pvc pipe and let harden. Slice.

You will love the scent of banana and avocado. We could call it a Banavocado Peppermint Smoothie Soap.

Good for washing face in the morning. Smells great!!!

Clay Facial masks for smooth skin

Looking for a way to tone and smooth your skin? Is your complexion very oily? Do you live in a large city? If you answered yes to any of these questions then you're a candidate for clay mask therapy! Clay masks withdraw excess oil and pollutants from our faces. Even if it's very cold where you live and your skin is chapped and dry, a soothing clay mask will be beneficial, especially if you mix the clay with a moisturizing vegetable oil base. Making clay masks is easy. >Finding the clay is another matter Many health food/whole food stores do stock various types of clay. First, you'll need to know about what the different types of clay contain and the sort you need for your skin type.

Kaolin, white: Also known as china clay as it was discovered on Mount Kaolin and later brought to Europe in the 18th century. Most kaolin is mined in North and South Carolina, Georgia, England and Australia. Finely grained kaolin is also used in top quality porcelain, bone china and as a bonding agent in making paper. Premium white china clay is low in contaminants and iron. This clay is able to balance the skin's sebum activity. For those unfamiliar with clay masks, this is the one that's recommended the most. White kaolin is also suitable for children and adults with sensitive skin. **Kaolin, pink:** Pink kaolin combines red and white clay and is versatile enough for those with combination, normal or oily complexions. **French clay, green:** Heavy with volcanic matter, decomposed plant substances and minerals. Very cleansing. Only recommended for oily skins or a normal/oily skin combination. **Moroccan clay, red:** Contains iron and is used by those who have an oily complexion. Men with tough skin might want to give this a try. **Bentonite:** This clay is found primarily in the Western United States. However, there is an Indian bentonite that is darker in color due to its high iron content. Found in the semi-arid Kutch region of India, it is formed mainly of volcanic ash. Bentonite is a main ingredient in cat litter -- a great example of the substance's ability to absorb impurities/waste matter! High-grade bentonite is safe for use on all skin types. **Fuller's earth:** This is a very fine grayish colored powder derived from algae that is chock full of minerals and is super absorbing. Normal and oily skin types benefit from this earthy substance. **Skin Types:** To combine the clay you'll need various types of liquids, depending upon your skin type. Here's a general guide:
Dry/Sensitive - Heavy cream, honey or vegetable oils such as sesame, grapeseed, sweet almond, jojoba or olive
Normal - A light vegetable oil such as grapeseed or sweet almond. Whole milk is recommended, as are flower waters such as rose or orange. Only use one liquid at a time!
Oily - Distilled or spring water, witch hazel, flower waters. Before you make your clay mask, clean your face thoroughly as this will allow the clay to really do its job much more effectively. Some experts recommend steaming/massaging your face before applying the clay mask. **Mixing Ingredients:** In a glass bowl, blend 2 Tablespoons of the clay with approximately 3 Tablespoons of the liquid. Pour the liquid in slowly so you don't add too much. The consistency should be thick, not runny. If you add more of the wet ingredient than you want, just increase the amount of clay. **Applying the Mask:** You can spread the mask with your fingers, or a cotton swab. Avoid the eye area and use upward strokes. Apply to the neck also. Spend anywhere from 15-30 minutes relaxing, preferably lying down. Don't fall asleep! When the mask is dry, rinse off with lukewarm or cool water. Your skin will glow with vibrant good health. **Adding Essential Oils:** A drop or two of a pure essential oil such as ylang ylang, rose, lavender or orange will be helpful for your face and will further calm you. **Gift Ideas:** Don't know what to give someone for Christmas or an upcoming birthday/special occasion? Find a pretty colored glass jar with an airtight lid and add the type of clay you think would be good for their skin type. Make sure you label it and add instructions

Almond Scrub

Finely Ground Almond--2 Tbsp
 Orange Sweet Oil--1 tsp
 Glycerin Soap--1 lb.

Melt soap base. Add almond meal and mix. Add essential oil and mix again. Pour into molds.

Oil for Chapped Skin

Oils to choose from: Chamomile, Eucalyptus, Geranium, Lavender, Lemon, Carrot Seed, Neroli, Rose, Sandalwood

Chamomile--10 drops
 Geranium--10 drops
 Lavender--5 drops
 Lemon--5 drops

Dilute in 1/2 ounce carrier oil.

Poppy Lemon Exfoliating Soap

Clear Glycerin--8 oz
 Yellow Food Color--3 drops
 Corn Meal--6 tbsp
 Poppy Seeds--1 tbsp
 Lemon--5 drops
 Soap Mold

Melt clear glycerin according to package directions. Add color and lemon essential oil. Add corn meal and poppy seeds. Mix well and pour into mold. Let sit until firm. Remove from mold.

Acne Treatment

Carrier Oil--1 ounce
 Basil, Sweet--10 drops
 Geranium-- 2 drops
 Lavender--3 drops
 Tea Tree--5 drops

Pour carrier oil into a very clean glass bottle. Add essential oils and close tightly. Mix well. Apply a small amount to the face, neck or back. Caution: be certain to avoid the eyes, lips, nostrils and inside the ears. Do not wear in the sun, (or delete the Bergamot).

Easy Facial Scrub

Castille or Ivory Soap, grated--1 small bar (Dove soap for dry skin problems)
 Oatmeal, powdered--2 cups
 Almond Meal--6 oz

Mix these items. Put in pretty jar with plastic spoon. Use 1 tsp for facial scrub.

Facial Scrub

Almond Meal--3 tbsp
 Oatmeal, ground--3 tbsp
 Powdered Milk--3 tbsp
 Rose Petals, powdered --2 tbsp
 Sweet Almond Oil

Mix together all dried ingredients in a sealed jar. Keep jar sealed until use. Just before using, blend with almond oil to a desirable consistency. AVOID EYES.

Beauty Queen Mask

~~~~~  
 1 egg yolk  
 1 tsp honey  
 1 tsp almond oil  
 1 tsp vitamin e oil

Place all ingredients together and mix until smooth. Spread over face and leave on for 15 minutes. Rinse off with warm water and pat dry.

### **Gentle Honey Wash (for all skin types)**

1T Oat or rice bran  
1/2 t Natural honey  
2/3 to 1 t Warm water

Mix above in palm of your hand. Massage gently into skin in circular motion.  
Rinse thoroughly. Discard unused portion.

#### **Chocolate Mask:**

This delicious sounding mask is really an excellent moisturizer and leaves your skin baby soft. It is recommended for normal skin.

#### Ingredients:

1/3 cup cocoa  
3 tbsp. heavy cream  
2 tsp. cottage cheese  
1/4 cup honey  
3 tsp. oatmeal powder

#### Directions:

Mix all ingredients together and smooth onto face. Relax for ten 10 minutes, then wash off with warm water.

#### **Citrus Mask:**

This mask is effective for oily skins. Grapefruit unclogs pores and lemon is an excellent astringent and clarifier, while egg whites tighten the skin. Expect a tingle with this mask-that means its working but if your skin is dry it could start to burn. If this occurs, wash it off immediately.

#### Ingredients:

1/2 grapefruit  
1/2 lemon's juice  
1/2 cored apple  
1-2 egg whites  
30-40 seedless grapes

#### Directions:

Mix ingredients together in a blender. Apply on your face and leave for fifteen minutes, then rinse off with warm water.

#### **Cornmeal Facial Scrub Very good for oily skin!**

2 tbsp. cornmeal; 1 tsp. lemon juice; 2 tbsp. plain yogurt or buttermilk

Place cornmeal in bowl. Mix lemon juice and yogurt or buttermilk to make a paste. Let sit for 5 minutes. Gently massage paste into face for 5 minutes. Avoid eye area. Rinse well with warm water. Pat dry. Tone. Moisturize.

#### **Egg & Honey Facial:**

This easy mask is suitable for all skin types. It clarifies and moisturizes the skin, leaving it cleansed and silken. Egg yolks contain anti-oxidants, which are very beneficial to our skin.

#### Ingredients:

1 egg yolk  
1 tsp. honey  
1 tsp. vitamin E oil  
1 tsp. almond oil

#### Directions:

Mix all ingredients together, stirring until smooth. To use, apply to face and rinse with warm water after 15 minutes.

**Egg White Skin Tightener:**

As far as masks go, it can't get simpler than this...it leaves your skin tightened and feeling very refreshed.

**Ingredients:**

1 egg white

**Directions:**

Separate the egg white from the yolk. Put the egg white on your face and relax for about 15 minutes. Wash off with lukewarm water.

**Egg Yolk Clarifying Mask:**

The egg yolk acts as an ant-oxidant and does wonders for your complexion as it pulls impurities out of your skin, leaving it soft and healthy.

**Ingredients:**

Egg yolk

**Directions:**

Separate the yolk from the egg white. Mix the yolk and apply over clean skin. Let it set for about 15 minutes, then rinse with warm water.

**Fruit Masque:**

The luscious combination of cream and juicy fruits works wonders for dehydrated skin. This refreshing (and delicious) mask is ideal after a hot day in the sun.

**Ingredients:**

1 cup of mixed mashed fruit (try melon, peaches, strawberries, and bananas)  
2-3 Tbsp. Double cream  
3 tsp. cottage cheese  
1 tsp. brown sugar  
4 tsp. oatmeal powder

**Directions:**

Blend all the ingredients together and apply on your face. Relax for ten minutes, and rinse off with warm water.

**Grapefruit and Parsley Face Mask**

This leaves your skin feeling new and refreshed. Parsley is good for oily skin.

3 tbsp. fine oatmeal, 2 tbsp. chopped parsley, juice of 1/2 large grapefruit.

1. Place oatmeal and parsley into a bowl.
2. Mix in enough grapefruit juice to make a spreadable paste. Let soften for about 5 minutes.
3. Spread mixture evenly over entire face (avoiding eye area).
4. Lie down and relax for about 15 minutes.
5. Rinse off mixture with warm water. Pat dry, tone and moisturize.

**Herbal Face Scrub**

This recipe is very mild and gentle on your skin and an excellent face scrub to make and use for beginners.

Herbal infusion (use dried chamomile, elderflowers or fennel for normal skin types); 2 tablespoons fine oatmeal

1. Mix 3 tablespoons of the herbal infusion (your choice of herb, hot water, left to "infuse" for approximately 20 to



30 minutes then strain, keeping the infused liquid) with the oatmeal to make a paste. Let stand, allowing the oatmeal to soften, about 5 minutes.

2. Gently massage the mixture into your face for five minutes.

3. Rinse well with tepid water. Pat dry, tone, and moisturize.

#### **Honey Mask:**

This mask effectively moisturizes and tightens the skin, making it smooth and soft.

##### Ingredients:

1½ tbsp. honey  
1 egg white  
2 tsp. glycerin  
1/3 cup flour

##### Directions:

Whisk the honey, egg white and glycerin, and then add the flour. The result should be a thick paste. Apply to face and rinse after 15 minutes.

#### **Oatmeal Mask:**

Combine a few teaspoons of raw oats with either water, milk or plain yoghurt depending on how rich you want your mask. Leave it for a while for the oats to soften and then rub onto your face. Leave on your face for around 20 minutes.

I like to use this mask in the bath because it is a bit flaky and it is less messy that way. I make the mask up and then by the time I have run the bath and got all my bathtime bits and pieces together the mask is ready to use.

The oatmeal mask is fantastic for making your skin feel all creamy and clear.

#### **Rose Petal Facial:**

This fragrant facial cleanses and moisturizes your face, leaving you relaxed and silky smooth.

##### Ingredients:

1 cup clean rose petals  
1½ cups full cream milk  
1/8-cup vegetable glycerin

##### Directions:

Fill a pan with water and place another bowl on top (like a double boiler). Heat until the water begins to simmer in the pan and then pour the milk into the bowl above. Add vegetable glycerin and rose petals. Remove from heat and let the mixture cool. Once the mixture is cool to the touch, pour it into a blender and mix well.

Wash your face with the rose and milk mixture and rinse with warm water. This mixture can be refrigerated for up to four days.

#### **Strawberry Mask:**

Mask together 3-4 strawberries. Combine with yogurt and/or oatmeal for a rich mask. Apply to your face and leave 10-15 minutes.

This mask is excellent for oily skins or to exfoliate. It is great to fresh up your skin when it gets a bit oily and yucky in the hot weather. It is a great way to use up the few over ripe strawberries you always seem to get in the bottom of a punnet.

Just remember that with any natural product, such as these you should do a test for any allergic reactions to the ingredients before you use them. Apply a small amount to your skin in your elbow joint and cover with a plaster for

24 hours.

**Vegetable Mask:**

This mask works well for oily skin, since it absorbs the surplus oils. Tomatoes are excellent anti-oxidants, and the curd prevents excessive drying.

**Ingredients:**

1/2 tomato, mashed (remove seeds and skin)  
2 tsp. curd  
1 tsp. mashed cucumber  
3-4 tsp. oatmeal powder  
3 crushed mint leaves.

**Directions:**

Mix ingredients together and apply on your face. Wait for ten minutes, and then wash off with warm water.

**Basic Lip Balm Recipe****Ingredients:**

4 oz. Almond Oil (may be substituted for another carrier oil, but do not use mineral oil)  
1 oz. beeswax  
1 capsule of Vitamin E  
Flavoring or Essential Oil

**Instructions:**

Combine almond oil and beeswax. Warm slowly until beeswax is melted. Remove from heat.

Pierce Vitamin E capsule and squeeze into the mixture. Add a half teaspoon of flavoring or up to 5 drops of essential oil and mix.

Pour into small jars or lip balm tubes and let harden.

**Honey Lip Balm**

Number Of Applications : 100

Preparation Time : 0:15

2 Tablespoons olive oil  
1/2 teaspoon honey  
3/4 teaspoon beeswax -- grated  
1/2 teaspoon cocoa butter  
flavored oil of your choice -- to taste  
1 vitamin E capsule

-In a small saucepan, melt oil, honey, wax and butter over low heat.

-Remove from heat and allow to cool for 2 to 3 minutes.

-Stir in flavoring and contents of vitamin E capsule.

-Pour into container(s) of your choice.

**Lip Gloss**

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Ingredients:

2 tsp. beeswax
7 tsp. castor oil or Jojoba or sweet almond oil
1 tsp. honey
5 drops of an essential oil such as lemon, peppermint,
orange, lime, tangerine

Melt the oil and beeswax together in a little pan over low heat until the beeswax is melted. Take off the stove and then add in your honey and whisk it all together. When the mixture is nearly cool add in your essential oil, mix it up again and then pour into your lip balm container. Since this comes out to be more like a gloss you can always add more beeswax to it so that it is a little harder. Maybe another 1/2 tsp. would do it.

Chocolate Lip Gloss

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Ingredients:

3 Tablespoon. Cocoa Butter  
4-5 Chocolate Chips  
1 capsule, Vitamin. E

Melt, and blend ingredients with a spoon until smooth, put into a container and refrigerate until solid.

### **Peppermint Lip Balm**

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Ingredients:

2 Tablespoon. petroleum jelly
1 tsp. beeswax
10-14 drops peppermint Essential Oil

In a small pot, melt the petroleum jelly, then add beeswax. When melted, remove from heat and add peppermint Essential Oil. Pour into a lip pot and cool.

Orange-Mango Lip Butter

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4 tsp. infused olive oil  
1 tsp. grated beeswax  
2 tsp. mango butter  
15 drops sweet orange EO, to taste  
Vit E capsule (as a preservative)

Melt wax, butter, and oil in a double broiler, allow to cool slightly, then add EO and Vitamin E and pour into clean containers.

### **Cranberry Lip Stain**

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Ingredients:

Cranberry Sauce - canned or fresh
Petroleum Jelly/Vaseline

1 tsp. of Cranberry Sauce Juice
 Just take a little juice from the cranberry sauce
 before you serve it.
 1 Tablespoon. of Petroleum Jelly

Mix ingredients together thoroughly with a spoon. Apply to dry lips or use as a lip gloss. Store in a small glass or plastic jar and refrigerate when not using cranberry juice may spoil.

Lip Stick

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Ingredients:  
 3 nontoxic Crayola crayons  
 pure beeswax candle (1 inch in diameter)  
 3 tablespoons of mineral oil

Peel the paper off your chosen crayons and put the crayons in a plastic baggie. Smash 'em with a hammer until they break into bits. Combine the bits, a 1 inch slice of candle and the mineral oil in a small, heat resistant cup. Place the cup in a saucepan and fill the pan with enough water to reach about an inch up the side of the cup. Heat on the stove

On low, stirring occasionally, until the cup contents melt together. Cool for 15 minutes

### **Body & Foot Deodorants**

- 1) Add a few cups of tomato juice to the bath water, soak for at least 15 minutes. This is an old, well known remedy for deodorizing pets and people who have been sprayed by a skunk. . . if it works on that odor, any other body odors are a piece of cake.
- 2) Add an infusion of parsley to the bath water as a deodorizer
- 3) Witch hazel is a very effective deodorant. Simply apply to underarms with cotton balls or gauze.
- 4) Use 4 tablespoons of baking soda in the bathwater. After bathing and drying, apply baking soda under the arms
- 5) Apply cornstarch under the arms
- 6) Apply vinegar under the arms
- 7) Use pine soap when bathing
- 8) Wear all cotton clothing that breathes as opposed to synthetic fibers which cause perspiration and retain odors.
- 9) For problem odor, avoid eating the following strong smelling and choline rich foods which cause body odor when sweated out:
  - Garlic
  - Onions
  - Curry
  - Cumin
  - Peppers
  - Eggs
  - Liver
  - Fish
  - Legumes
- 10) Eat fresh parsley daily

### **Cream Deodorant**

- 1/2 ounce cocoa butter
- 1/2 ounce beeswax
- 1 Tbsp glycerine
- 1 Tbsp rosewater

Melt cocoa butter and beeswax slowly in the top of a double boiler. Remove from heat, add glycerine and rosewater. Add several drops of one or more of the following deodorizing essential oils: calendula, coriander, eucalyptus, lavender, lemon, rosemary, sage, or thyme. Stir before use if cream separates.

#### Herbal Deodorant Powder

- 2 parts powdered sandalwood (for fragrance and anti-microbial properties)
- 1 part powdered white oak bark (an astringent)
- 1 part powdered lovage root (for fragrance)

Pulverize herbs in a blender or food processor until they become a very fine powder. Transfer powder into a clean, dry iron skillet and very lightly pan-roast to set resins and scents. Fill muslin draw-string bags with the powdered herbs, or use handkerchiefs tied with a string or ribbon. Pat bags under your arms or on feet.

#### "No-Sweat" Tea

The following herbs, when brewed and drunk as a tea are reported to reduce perspiration within 2 hours of use with its effects lasting several days:

- 4 cups boiling water
- 1 teaspoon dried hops
- 1 teaspoon stinging nettle
- 1 teaspoon fresh cut rose petals
- 1 teaspoon fresh or dried strawberry leaves
- 1 teaspoon fresh walnut leaves
- 3 tablespoons of dried sage leaves

Combine all ingredients, cover and steep for an hour. Strain and sweeten with honey if desired.

#### Radish Deodorant

Extract the juice from about 2 dozen radishes, add 1/4 teaspoon of glycerin. Pour into a squirt bottle and keep refrigerated. Squirt under arms after a bath or pour some into the palm of your hand and rub under the arms.

#### Stick Deodorant

- 4 ounces cornstarch
- 2 ounces baking soda
- 1 ounces liquid chlorophyll
- 2 ounces vodka
- 2 ounces distilled water
- 8 ounces beeswax

10-15 drops of honeysuckle, rose, coriander or essential oil of your choice.

Mix all ingredients except wax and chlorophyll in a bowl, stir thoroughly. Melt wax in top of a double boiler over very low heat, remove from heat. Add the other ingredients and blend well. If the wax thickens too much to be workable, heat again. As the mixture begins to cool, but before it hardens, add the liquid chlorophyll and essential oils. Pour into molds. Let harden. Remove from molds. Store in a tightly closed container away from heat to avoid shrinkage.

#### Turnip Deodorant

Apply the juice of fresh raw turnips under the arms

#### Deodorizing Foot Bath

Soak the feet in the following solution:

1/2 cup white vinegar  
5-6 Tbsp Epsom salts  
1 gallon warm water

#### Sage Foot Bath

Soak your feet in a bowl of warm/hot water with 2 drops of essential oil of sage every day for a week.

#### Pine Foot Bath

For foot odor, bathe the feet in a mixture of witch hazel and essential oil of pine

#### Sage Foot Deodorant

Pulverize some dried or fresh sage, sprinkle the powder into shoes before wearing.

#### Sage Deodorizing Foot Powder

1 tablespoon of baking powder  
2 drops of Sage essential oil

Mix baking powder and oil in a plastic bag, shake well. Allow to dry. Break up any clumps that may have formed. Dust feet regularly with the powder and add a teaspoon in the shoes overnight.

#### All Natural Toothpaste

##### Ingredients:

1/4 tsp peppermint oil  
1/4 tsp spearmint  
1/4 cup arrowroot  
1/4 cup powdered orrisroot  
1/4 cup water  
1 tsp ground sage

##### Instructions:

Mix all of the dry ingredients in a bowl. Add water until the paste is desired the consistency.

Store at room temperature in a tightly covered jar.

You can also substitute 1/2 tsp each of oil of cinnamon and oil of cloves for peppermint/spearmint if desired.

#### Breath Fresheners

- 1) Chew fresh parsley to sweeten the breath.
- 2) Chew fennel seeds to freshen the breath.
- 3) Chew anise seeds to freshen the breath.
- 4) Chew a few peppermint or spearmint leaves or drink a cup of peppermint tea
- 5) Add 1 drop of myrrh oil to 1 cup of cooled, boiled water. Use as gargle/mouthwash. tea

#### Old Fashioned Tooth Powder

2 Tbsp dried lemon or orange rind  
1/4 cup baking soda  
2 Tsp salt

Place rinds in food processor, grind until peel becomes a fine powder. Add baking soda and salt then process a few seconds more until you have a fine powder. Store in an airtight tin or jar. Dip moistened toothbrush into mixture, brush as usual.

### **Basic Toothpaste**

1 Tsp of the Old Fashioned Tooth Powder  
1/4 Tsp Hydrogen peroxide  
Mix into a paste and brush as usual.

### **Loretta's Toothpaste**

1 Tsp baking soda,  
1/4 Tsp hydrogen peroxide  
1 drop oil of peppermint  
Mix to make a paste, dip toothbrush into mixture, brush as usual.

### **Lemon Clove Tooth Cleanser**

Mix:  
Small amount of finely powdered sage  
1 ounce of finely powdered myrrh  
1 pound powdered arrow root  
3 ounces powdered orris root  
20 drops oil of lemon  
10 drops oil of cloves  
12 drops oil of bergamot  
Rub oils into the powdered ingredients until thoroughly mixed.

### **Strawberry Tooth Cleanser**

1 Tsp of the above Old Fashioned Tooth Powder  
1 Tbsp crushed ripe strawberries  
Mix strawberries and powder into a paste and brush as usual.

### **Vanilla & Rose Geranium Toothpaste**

1/2 ounce powdered chalk  
3 ounces powdered orris root  
4 teaspoons of tincture of vanilla  
15 drops oil of rose geranium  
Honey, enough to make a paste  
Combine all ingredients and mix until you have a paste the consistency you like. Store in an airtight container. Use a clean stick (popsicle) to scoop paste onto brush. Store the stick in same container.

### **Tooth Care**

- 1) Mash some fresh strawberries and use as you would any other "tooth paste"
- 2) Using fresh sage leaves, rub over the teeth to clean and whiten.

### **Rosemary-Mint Mouthwash**

2 1/2 cups distilled or mineral water  
1 tsp fresh mint leaves

1tsp rosemary leaves

1 tsp anise seeds

Boil the water, add herbs and seeds, infuse for 20 minutes. Cool, strain and use as a gargle/mouthwash. If you wish to make up a larger quantity, double or triple the recipe then add 1 tsp of tincture of myrrh as a natural preservative.

### **Spearmint Mouthwash**

6 ounces water

2 ounces vodka

4 teaspoons liquid glycerine

1 teaspoon aloe vera gel

10-15 drops Spearmint essential oil

Boil water and vodka, add glycerine and aloe vera gel. Remove from the heat, let cool slightly. Add spearmint oil, shake well. Pour into bottle, cap tightly.

### **For dry nails**

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2 tsp. gelatin

1/2 glass fruit juice

mix together, drink at once

repeat daily for atleast 6 weeks. Regularly, soak fingernails in a bowl of warmed olive oil for about 5 min. Dry with soft towel, gently pushing back cuticles.

Dill And Horsetail Nail Bath

2 tb (30ml) chopped horsetail

2 tb (30ml) dill seed

1 c (225ml) boiling water

Pour the water over the two herbs and steep for at least an hour.

Strain the liquid into a bottle

Both these herbs contain silicic acid, which helps to strengthen nails. Warm the mixture before using and soak your nails in it for ten minutes every other day.

For weak nails

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Massage wheat germ oil into cuticles.

### **Fingernail Treatments**

1) Beat 1 egg yolk in a small bowl. Soak fingernails for 5 minutes. Rinse.

2) Forget the Palmolive Madge! Make a solution of pure castile soap and water in a large bowl, soak hands and nails for about 10-15 minutes.

### **Dill & Horsetail Nail Soak**

2 Tbsp chopped horsetail herb



2 Tbsp dill seeds  
1 cup boiling water

Pour water over herbs, steep for 1-2 hours. Strain and bottle. To use: warm some of the solution, pour into a small bowl, soak nails for 10 minutes.

### **Lady's Mantle Hand Mask**

2 Tbsp finely ground oatmeal  
1Tbsp lady's mantle infusion  
1 tsp avocado oil  
1 tsp lemon juice  
1 tsp glycerin

Mix all to form a smooth paste. Apply to hands at bedtime. Leave on for 1/2 hour, wash off and apply moisturizing cream overnight (wear gloves) Wash off in the morning.

### **Cornmeal Hands Mask**

Mix 1/4 cup corn meal with 3 Tbsp. milk. Heat over low heat until a paste forms. Add 1 drop almond oil. Let cool. Spread on hands, leave on for about 10 minutes. Rinse.

### **Lady's Mantle Hand Lotion**

2 Tbsp of a strong infusion of lady's mantle  
2 Tbsp glycerin  
2 tsp carrageen moss (Irish Moss) melted in a little hot water  
4 Tbsp vodka  
10 drops essential oil of rose or geranium

Stir glycerin into melted moss. Add essential oil to vodka, then blend into the glycerin mixture. Stir in lady's mantle infusion, blend well. Pour into jar, cap tightly. Shake before using.

### **Heavy Duty Barrier Cream**

4 Tbsp Unpetroleum Jelly (available in natural foods stores)  
2 handfuls fresh elderflowers

Melt jelly, add elderflowers. Steep for 45 minutes, reheating the jelly when it solidifies. Reheat until mixture is liquified, strain through a fine sieve into a jar. Cool, then cap tightly.

### **Heavy Duty Gardeners Hand Cream**

2 Tablespoons of shaved beeswax  
1/2 Teaspoon of carnuba wax  
2 Tablespoons of jojoba oil  
1 Teaspoon of aloe vera gel  
10 drops of Vitamin E oil ( or 4 capsules)  
1 drop of your favorite essentail oil for fragrance

Melt the first four ingredients in a stainless steel pot on the stove or use a glass pyrex cup in the microwave. Remove from heat and beat until cool, adding the Vitamin E oil before mixture thickens. Continue beating until this mixture becomes creamy. Add your favorite essential oil, continue beating until cream has completely cooled. Spoon your cream into a jar, store in a cool dark place.

### **Banana Hand & Foot Cream**

Dry hands and feet will become smooth and soft overnight if you mix:

Bananas

Honey

Lemon juice

Natural margarine

Smear on hands and wear white gloves to bed. Wash off in the morning. For dry feet, smear the mixture on and wear heavy socks to bed, wash off in the morning.

### **Wheatgerm Hot Oil Fingernail Treatment**

Soak fingernails in warmed wheat germ oil for about 5 minutes. Wipe off oil, then massage nails. Strengthens weak and brittle nails.

## **Eye Care**

- 1) The best overall eye tonic is eyebright (an herb). Make a tea of it and either use the teabags or soak cotton balls or soft gauze in the tea and apply to eyes as a compress while lying down.
- 2) For puffy and swollen eyes, make a wet compress of 4 Tbsp. freshly grated raw potato. Place on the eyes for about 15 minutes, then rinse with cold water.
- 3) To reduce swelling and for bags under the eyes, brew a cup of strong rosehip tea. Soak 2 cotton balls in the tea or use 2 tea bags, lie down and place over the eyes.
- 4) For dark circles, cut a fresh fig in half, place a half over each eye.
- 5) To soothe tired, irritated eyes, cut the end of a cucumber into 1/4 in thick slices. Apply a cool slice to each eye.
- 6) Raw potato slices laid on sore eyes reduces heat and redness.
- 7) For eye puffiness, any tea bag (herbal is better, especially eyebright), slightly cooled, placed on the eyes while you rest.
- 8) For tired or bloodshot eyes, soak sterile cotton balls or soft cloth in cold skim milk. Place over eyes for 10 minutes. Rinse entire face in warm, then cool, water.
- 9) To lighten dark circles under your eyes, wrap a grated raw potato in cheesecloth and apply to eyelids for 15-20 minutes. Rinse with warm water.

### **Ankle or Elbow Sprain**

Cloves--3 drops

Ginger--20 drops

Nutmeg--17 drops

Dilute in 1 oz carrier oil. Massage all over the foot and ankle three times a day.

### **Arm Strain or Finger Sprain**

Likely causes are contact sports, throwing, weight lifting, and dance. A strain or injury to the muscles or tendons of the upper or lower arm. Use the ice method followed by massage of the area with the following formula, three times a day for two days:

Black Pepper--10 drops

Ginger--15 drops

Nutmeg--5 drops

Dilute in 2 tablespoons carrier oil.

#### Back Pain Formula

Eucalyptus--10 drops

Ginger--10 drops

Lavender--10 drops

Use 5 drops to 1 teaspoon carrier oil. Massage onto effected area.

#### Massage Oil for Sore Muscles

Allspice--5 drops

Cajeput--3 Drops

Chamomile--3 drops

Cinnamon--4 drops

Sweet Almond Oil--15ml

Mix all oils. Work into muscles after a workout.

#### Massage Oil for Sore Muscles

Allspice--5 drops

Cajeput--3 Drops

Chamomile--3 drops

Cinnamon--4 drops

Sweet Almond Oil--15ml

Mix all oils. Work into muscles after a workout.

#### Tennis Elbow

Eucalyptus peppermint--10 drops

Ginger--10 drops

Rosemary--10 drops

Dilute in 2 Tbsp carrier oil. Massage area.

### **About Massage Oils**

Common questions about the art of making massage oils.

(See below for recipes)

#### What Are Carrier Oils?

Carrier oils are vegetable oils used to dilute the concentrated essential oils, they help to slow down the evaporation of the essential oils and help absorb them into the skin. The carrier oils should be "Extra virgin or cold pressed vegetable oils" for maximum benefit. Some good carrier oils include mineral oil, grapeseed, canola, safflower, sunflower, sesame, wheat germ, olive and peanut oil.

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#### How Do I Store The Essential Oils?

Store essential oils in brown or dark blue colored glass bottles with a close fitting plastic screw cap. Do not store in plastic containers, they could become contaminated. Keep them in a dark, cool place to prolong the shelf life. Always store out of reach of children.

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#### What Safety Precautions Should I Take?

Essential oils are highly concentrated extracts so keep away from the eyes ( If oil comes in contact with the eyes, rinse it out with a few drops of pure Sweet Almond Oil, not water. Seek medical attention.) and never take them internally. They should not be applied directly to the skin but mixed with a carrier oil such as mineral oil to dilute them as the oils are in concentrated form. Never increase the dose of essential oil. Some oils are toxic in large amounts.

\*NOTE: Do not go out in the sun for at least 6 hours after using any of these oils in your recipes: Ginger, lemon, orange and Bergamot, they can cause skin irritations if exposed to sun.

\*Do not use on Pregnant women or children under the age of two.

The 5 main essential oil types:

Floral, Spicy, Woody, Citrus, Green

Quick fact:

Essential oils are distilled from herbs, fruits, petals, bark, rind, sap, flowers, roots, seeds, leaves, grasses.

#### **Basic Message Oil**

Ingredients:

6 teaspoons carrier oil of your choice

8 drops of essential oil of your choice

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

#### **Wild Fields Massage Oil**

Ingredients:

6-8 teaspoons grapeseed oil

6 drops of chamomile

2 drops rose

2 drops rosemary

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Crescent Moon Massage Oil**

Ingredients:

10 teaspoons wheat germ oil

6 drops of chamomile

4 drops neroli

2 drops rose

1 drop basil

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Minty Fresh Massage Oil**

Ingredients:

10 teaspoons Grapeseed oil

3 drops of Eucalyptus

4 drops Rosemary

2 drops Peppermint

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips. Oriental

### **Innocense Massage Oil**

## Ingredients:

8 teaspoons grapeseed oil

6 drops of orange blossom

2 drops rosemary

2 drops sandalwood

1 drop jasmine

## Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

**Fall Harvest Massage Oil**

## Ingredients:

12 teaspoons grapeseed oil

6 drops of bergamot

2 drops cardamom

2 drops jasmine

1 drop orange blossom

## Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

**Geranium Potluck Massage Oil**

## Ingredients:

10 teaspoons grapeseed oil

6 drops of geranium

4 drops coriander

2 drops rose

1 drop lemongrass

## Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Echos of the Wild Massage Oil**

Ingredients:

10 teaspoons safflower oil

5 drops of orange blossoms

2 drops sandalwood

2 drops jasmine

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Blossom Groves Massage Oil**

Ingredients:

8 teaspoons grapeseed oil

6 drops of orange blossom

2 drops lemongrass

2 drops neroli

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Exquisite Sandalwood Massage Oil**

Ingredients:

8-10 teaspoons grapeseed oil

6 drops of sandalwood

2 drops lavender

2 drops rosewood

2 drops rose

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Exotic Patchouli Massage Oil**

Ingredients:

10 teaspoons grapeseed oil

7 drops of patchouli

4 drops jasmine

2 drops rose

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips

### **Forest Nights Massage Oil**

Ingredients:

10 teaspoons Grapeseed oil

5 drops of Rosewood essential oil

2 drops Cedarwood essential oil

2 drops Chamomile essential oil

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Enchanting Days Massage Oil**

Ingredients:

8 teaspoons grapeseed oil

6 drops of sandalwood essential oil

2 drops rosemary oil

2 drops neroli essential oil

1 drop lavender essential oil

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.



**Songs of the Orient Massage Oil**

## Ingredients:

- 6-8 teaspoons grapeseed oil
- 6 drops of sandalwood essential oil
- 2 drops myrrh essential oil
- 2 drops jasmine essential oil

## Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

**Spice of Life Massage Oil**

## Ingredients:

- 10 teaspoons olive oil
- 6 drops of ginger
- 4 drops jasmine essential oil
- 2 drops orange essence

## Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

**Passage of India Massage Oil**

## Ingredients:

- 10 teaspoons grapeseed oil
- 7 drops of sandalwood essential oil<!--SELECTION--><!--/SELECTION-->
- 2 drops orange
- 2 drops rose
- 1 drop cinnamon

## Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Tea Tree Temptations Massage Oil**

Ingredients:

- 8 teaspoons grapeseed oil
- 6 drops of jasmine essential oil
- 2 drops tea tree oil
- 2 drops neroli essential oil

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Summer Rain Massage Oil**

Ingredients:

- 6-8 teaspoons grapeseed oil
- 6 drops of lavender essential oil
- 2 drops rose
- 2 drops jasmine essential oil

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

### **Night Dreams Massage Oil**

Ingredients:

- 10 teaspoons grapeseed oil
- 6 drops of chamomile
- 4 drops jasmine
- 2 drops rose
- 1 drop lavender

Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

**Soothing Sensations Massage Oil**

## Ingredients:

- 10 teaspoons safflower oil
- 5 drops of Lavender essential oil
- 2 drops Violet
- 2 drops Chamomile
- 2 drop Frankincense

## Directions:

Blend ingredients well, warm up oil before doing any massage including your fingertips.

**Anti-cellulite Massage Oil**

## Base oil:

- Almond oil--2 tablespoons
- Carrot Tissue--5 drops
- Jojoba--5 drops

Blend well.

## Essential oil blend:

- Fennel--8 drops
- Grapefruit--14 drops
- Lemon--8 drops

Blend well. Then add to base oil blend. Blend well.

**Fat Attack Massage Oils**

Are made by combining:

- Essential Oil Blend--30 drops
- Sweet Almond Oil--2 Tbsp
- Carrot Tissue Oil--10 drops

Blend the almond and carrot oil together before blending in the essential oils.