



365 DAYS OF SKIN CARE

JAMIE STEWART

DIY Hacks



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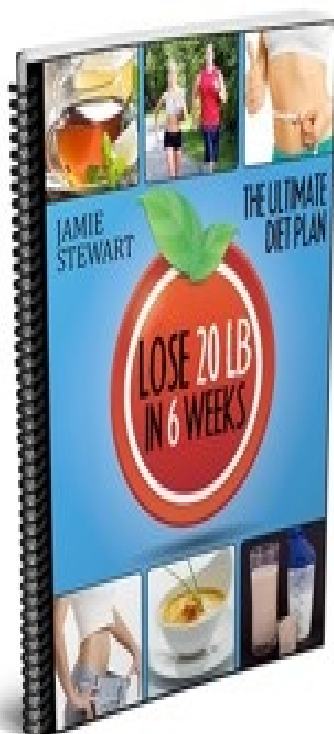
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DIY 365 DAYS OF SKIN CARE

Written by: Jamie Stewart

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Introduction

Most of us do our best, particularly for the items we use every day, to use perfect beauty products. There are thousands of different types of cosmetic products such as soaps, creams, lotions, perfumes, deodorants, face masks, and so on. It may seem difficult to choose the right products, particularly for things we use on our skin because it is body's largest and very important organ. Skin protect us, it is body's first line of defense. Furthermore, youthful and beautiful skin can indicate the condition of our whole body. How to take care of our precious skin?

The majority of commercially prepared beauty products are made with a lot of chemical ingredients that can be harmful to our skin and our overall health. Further, it can be a big problem for people who suffer from allergies to certain products, especially scented products. Children's skin is especially sensitive to chemicals in cosmetic products. The solution is simpler than you think – you can make your own beauty products! The great news is that you can control the ingredients that go into your homemade products. You can be sure that your soaps, creams and lotions are safe for everyone to use. Enjoy these safe beauty trends!

Put yourself on your priority list

Most of us can't afford thermal spa or wellness center every week to combat skin problems and stress, but we can get a glowing and healthy skin with staples found in our kitchen. If you think you have no time and skills to create your homemade beauty products, there're practical and easy solutions.

This book includes 365 recipes for homemade products that are made with essential oils, soap bars, liquid soaps, SPA products (e.g. massage oils, lotions, bath salts), DIY face masks, and a whole lot more. You will also find some great recipes for kids' skin care products, as well as easy and fun bubble bath and soaks. You will find useful information about how to use essential oils and different additives, as well as supplies you will need. Your skin will thank you. Furthermore, you will be able to uplift your mood by using these awesome homemade products. Be inspired and put in practice these DIY beauty hacks that can save your time and money. There is nothing more important than your health. Therefore, make time for yourself and your loved once.

Essential oils for skin care

When it comes to making homemade beauty products, there is nothing better than using natural essential oils. Essential oils have a rejuvenating effect on the skin and they help enhance the scents of your products. Essential oils help you relax and they have numerous healing properties. You only need a few drops of your favorite essential oil to make your skin glow, bright and smooth. This book contains a lot of recipes with essential oils so you can keep your skin moisturized from top to toe. There are recipes for body butter, face and body scrubs, hand moisturizers, lotions, soap bars, baby products, shaving creams, serums, and much more. It should be noted that you have to dilute pure essential oils with a base oil or lotion. Here are most common essential oils for skincare.

Lavender essential oil possesses antibacterial and antiviral qualities that make it perfect for any type of skin. Further, lavender oil helps regenerate skin cells and tone the skin, especially mature skin.

Ginger essential oil relieves stress, dizziness, and anxiety. It's strong oil, so use it sparingly.

Lemon essential oil is perfect for dull skin. Thanks to its antiseptic properties, lemon essential oil is often a key component in many homemade products.

Vanilla essential oil is used worldwide in homemade products for its refreshing scent. Vanilla oil has antioxidant, anti-carcinogenic and antidepressant properties. Lovely!

Sweet orange essential oil is commonly used in aromatherapy. If you can't tolerate citrus essential oils, please avoid orange oil.

Carrot seed essential oil is anti-aging ingredient because it does wonders for mature skin and wrinkles. It also helps heal irritations, psoriasis, dermatitis, skin rashes, *etc.*

Sandalwood essential oil balances and maintains moisture in the skin. Further, sandalwood essential oil relieves body odor and it is high in antioxidants that can reduce damage caused by free radicals.

Chamomile essential oil makes your skin moisturized, smooth and clean.

Tea tree essential oil has antiviral and antifungal properties. It reduces acne and dark spots, as well as other blemishes. Tea tree oil is wonderful for dry skin,

rashes and skin irritations.

Peppermint essential oil makes your skin brighter, prevents acne and heals acne scars. It can be used for facial scrubs, masks, and toners.

Enjoy natural soaps with essential oils

Who would have ever imagined you would be capable of creating your own soaps using only natural and simple ingredients?

In this book, you will find many great recipes for natural soap bars, liquid soaps, foaming soaps, body washes, *etc.* Whether you're new to soap making or you already have some experience, there is something for everybody – from easy-to-make recipes to more complicated ways to make soaps. Take care of yourself naturally and give your skin strength, youthful glow and elasticity. These soaps are perfect to use as luxurious gifts, too!

Grandmother's beauty regimen – homemade face masks

Face masks are skin-food for a natural healthy glow. In the old days, women have made facial masks by using herbs, fruits, vegetables and other ingredients from the kitchen. It is the best way for us to feel beautiful inside and out.

In addition to fresh seasonal food, you can use many unexpected ingredients to make best homemade masks at home. In this book, you'll find nutritious face masks for all skin types. If you are seeking for high-quality ingredients to build the perfect skincare routine, the solution is at your fingertips. Actually, there is nothing better than natural face mask! Homemade face masks do wonders for your skin, they are an inexpensive, easy and fast way to improve the look of your skin.

You will get remarkably radiant results with these awesome homemade products made with fresh ingredients and finest natural oils. When you step into the magical world of natural and safe beauty products, nothing will ever be the same!

ESSENTIAL OILS FOR SKIN CARE

Essential oils have amazing benefits for your skin

There are so many ways to incorporate awesome essential oils into your skincare routine. In this chapter, you'll find affordable and valuable essential oil recipes for everyday living.

Who would have ever imagined you would be capable of creating your own beauty products using inexpensive and simple materials and ingredients? Save your money and improve your health!

1. Ginger essential oil

Ginger oil helps relieve muscle pain and rheumatism, as well as fractures. Ginger oil is generally safe, but make sure not to use it in strong concentrations. Please do a skin patch test before using ginger oil, especially if you have sensitive skin.

What you need

1. 1 ½ cups olive oil

1. 1 cup fresh ginger

Directions

- 1) Rinse your ginger thoroughly; allow it to dry completely or for a few hours. Shred your ginger using a cheese grater.

- 2) Pour the olive oil into an oven-safe bowl. Add ginger and mix well to combine.

- 3) Transfer your mixture to the oven; leave it to simmer at 150 degrees F for at least 2 hours.

- 4) Pour your mixture through an unbleached cheese cloth in order to filter ginger oil.

- 5) Pour the ginger oil into clean bottles; store in a cool and dry place. Store for up to 6 months.

2. Lavender essential oil

Thanks to its calming scent, lavender oil can be helpful in treating headaches, emotional stress, and depression. Lavender oil is one of the best essential oils in the treatment of acne, too. It has antifungal properties so it is used to treat different inflammatory conditions such as acne, psoriasis, wrinkles, and so on.

What you need

1. Lavender buds
1. Grain alcohol
1. A mortar and pestle
1. Coffee filters

Directions

- 1) Put the lavender into the mortar; use the pestle to crush the buds in order to release the oil.
- 2) Now, transfer the crushed lavender buds to the glass jar; now cover it with grain alcohol.
- 3) Allow the jar to sit in a sunny spot. Shake the jar several times a day, for a few days.
- 4) Next, strain the liquid from the lavender buds using another jar and coffee filters.

3. Coconut and almond body butter

What you need

- 1. 1/2 cup coconut oil
- 1. 1 ½ tablespoons shea butter
- 1. 2 drops sweet almond oil
- 1. 15 drops orange essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) Throw the coconut oil, shea butter, and sweet almond oil into a mixing bowl.
- 2) Beat your mixture with a hand mixer for a few minutes.
- 3) Now add the essential oils; continue to mix for about 7 minutes.
- 4) Transfer your body butter to a glass container; close with a lid. Store in a refrigerator.

4. Carrot body scrub

What you need

- 1. 1 cup sugar
- 1. 1/4 cup olive oil
- 1. Orange food coloring
- 1. 8 drops lavender essential oil

Directions

- 1) Add the sugar and olive oil to a mixing bowl; now add orange food coloring.
- 2) Next, add the lavender essential oil to your mixture. Enjoy!

5. Lavender and vanilla hand moisturizer

What you need

- 1. 3 ounces olive oil
- 1. 2 ounces coconut oil
- 1. 1 tablespoon dried calendula petals
- 1. 1 tablespoon lavender buds
- 1. 2 ounces beeswax pellets
- 1. 2 ounces shea butter
- 1. 10 drops lavender essential oil
- 1. 5 drops vanilla essential oil

Directions

- 1) To make your infused oil, melt olive oil and coconut oil in the microwave.

2) Add the dried calendula and lavender. Let them stand for about 1 hour; then strain.

3) Add the infused oil back to the measuring cup; now add the beeswax pellets. Melt again in the microwave.

4) Remove from heat; add the shea butter. Add the essential oils. Stir until everything is well combined.

5) Pour into a clean jar with a lid.

6. Summer hand scrub

What you need

- 1. 1/2 cup sea salt
- 1. 1/4 cup coconut oil, softened at room temperature
- 1. 5 drops of tea tree oil
- 1. 3 drops carrot seed essential oil
- 1. Juice of a 1/2 lemon

Directions

- 1) Mix all ingredients in a glass jar.
- 2) Use once or twice per week.

7. Anti-aging facial serum

What you need

- 1. 2 tablespoons sweet almond oil
- 1. 4 drops lavender essential oil
- 1. 2 drops rose essential oil
- 1. 2 drops Helichrysum essential oil
- 1. 2 drops sandalwood essential oil
- 1. 2 drops geranium essential oil

Directions

- 1) Add all of the above ingredients to a dark-colored 1-ounce glass dropper bottle.
- 2) Shake before each use. Enjoy!

8. Regenerative Halloween face mask

What you need

- 1. 2 tablespoons pumpkin puree
- 1. 1/2 teaspoon raw honey
- 1. 1/2 teaspoon almond milk
- 1. 1 drop pumpkin essential oil

Directions

- 1) In a mixing bowl, combine all of the above ingredients together.
- 2) Now apply the mask to your face using a makeup brush.
- 3) Allow the mask to set for about 20 minutes; rinse off with lukewarm water.

9. Vanilla lavender bubble bath

What you need

1. 1/4 cup pure vegetable glycerin
1. 1 cup mild liquid body soap
1. 1 teaspoon vanilla essence
1. 2-3 drops lavender essential oil

Directions

- 1) Combine all of the above ingredients in a sealable bottle.
- 2) Stir to combine well.
- 3) Afterwards, pour about 1/2 cup under running water and enjoy.

10. Lavender and lemon body butter

What you need

- 1. 1/2 cup coconut oil
- 1. 1 ½ tablespoons mango butter
- 1. 2 drops sweet almond oil
- 1. 10 drops lavender essential oil
- 1. 15 drops lemon essential oil

Directions

- 1) Throw the coconut oil, mango butter, and sweet almond oil in a mixing bowl.
- 2) Whip with a hand mixer until uniform and creamy.
- 3) Add the rest of the ingredients. Enjoy!

11. Rose and jasmine lotion bar

What you need

- 1. 1/4 cup coconut oil
- 1. 2 tablespoons beeswax
- 1. 1/4 cup mango butter
- 1. 2 tablespoons baking powder
- 1. 2 tablespoons cornstarch
- 1. 15 drops rose essential oil
- 1. 15 drops jasmine essential oil

Directions

- 1) Melt coconut oil, beeswax and mango butter in a microwave.
- 2) Remove from heat; stir in baking powder and cornstarch.
- 3) Stir in the essential oils; mix until everything is well combined.
- 4) Pour into a mold; let the soap bars harden.

12. Cinnamon lip balm

What you need

- 1. 1 ½ tablespoons beeswax pellets
- 1. 4 tablespoons coconut oil
- 1. 2 vitamin E capsules
- 1. 1 tablespoon raw honey
- 1. 15 drops cinnamon essential oil

Directions

- 1) Melt the beeswax and coconut oil using a double boiler method.
- 2) Remove from heat; then, add the vitamin E liquid, honey, and cinnamon essential oil. Transfer the mixture to lip balm containers.

13. Manuka body lotion

What you need

- 1. 1/2 tablespoon Manuka honey
- 1. 1/2 tablespoon aloe vera
- 1. 3 tablespoons calendula oil
- 1. 10 drops chamomile essential oil

Directions

- 1) Add all of the above ingredients to a clean bottle; shake until everything is well combined.
- 2) Store in your refrigerator.

14. Sweet cocoa body scrub

What you need

1. 1 cup brown sugar
1. 1/3 cup almond oil
1. 2 tablespoons cocoa powder
1. 10 drops peppermint pure essential oil
1. A glass container with a lid to store any leftovers

Directions

- 1) In a mixing bowl, simply combine all of the above ingredients.
- 2) Transfer the mixture to a container with a secure lid.
- 3) Use in the shower; gently massage it over your body in a circular motion.
- 4) Rinse with lukewarm water.

15. Orange and sea salt hand scrub

What you need

- 1. 1 cup sea salt
- 1. 1/3 cup almond oil
- 1. 1 tablespoon Castile soap
- 1. 12 drops peppermint essential oil
- 1. 1/2 teaspoon tea tree essential oil
- 1. 1 tablespoon fresh orange juice
- 1. 1 teaspoon grated orange peel

Directions

- 1) Combine ingredients in a storage container; close with a lid.
- 2) After scrubbing, wash your hands thoroughly and use a rich hand cream.

16. Vanilla moisturizing body butter

What you need

- 1. 1 cup shea butter
- 1. 1/2 cup coconut oil
- 1. 1/2 cup almond oil
- 1. 4 drops vanilla essential oil

Directions

- 1) Melt shea butter and coconut oil using a double boiler method.
- 2) Remove from heat; allow it to cool for about 30 minutes.
- 3) Stir in almond oil and vanilla essential oil.
- 4) Now whip until a butter-like consistency is reached. Place prepared body butter in a glass jar for storage.

17. Soothing detox bath

What you need

- 1. 2 cups Epsom salt
- 1. 1 tablespoon coconut oil
- 1. 1 teaspoon chamomile essential oil
- 1. 1 teaspoon lavender essential oil

Direction

- 1) Mix all of the above ingredients using a wooden spoon.
- 2) Use in your bath as needed.

18. Anti-inflammatory detox bath

What you need

1. 1 cup apple cider vinegar
1. 1/2 cup Epsom salt
1. 5 drops of lavender essential oil

Directions

- 1) In a glass bowl, mix all ingredients until everything is well incorporated.
- 2) Add the mixture to a warm bath and enjoy!

19. Scented body butter

What you need

- 1. 1/3 cup coconut oil
- 1. 1/3 cup raw shea butter
- 1. 2 tablespoons almond oil
- 1. 5 drops sweet orange essential oil
- 1. 5 drops vanilla essential oil
- 1. 10 drops lemon essential oil

Directions

- 1) Put coconut oil, shea butter, and almond oil into a glass bowl.
- 2) Beat it with a hand mixer. Pour in the essential oils.
- 3) Add your body butter to the glass jar; cap with a lid.

20. Serum for sensitive and itchy skin

What you need

- 1. 6 drops tea tree oil
- 1. 3/4 cup witch hazel
- 1. 10 drops lavender essential oil
- 1. 4 drops frankincense essential oil

Directions

- 1) In a mixing bowl, combine all of the ingredients.
- 2) Store your serum in a spray bottle.
- 3) Make sure to shake before each use.

This serum will help repair broken skin and fight bacteria. It can be used for treating itching and irritations.

21. Peppermint body oil

What you need

1. 1/2 cup almond oil
1. 1 tablespoon dried lavender
1. 8 drops peppermint essential oil

Directions

- 1) Add all of the above ingredients to a bottle.
- 2) Close the bottle; shake until everything is well incorporated.

22. Super smooth baby bath.

What you need

- 1. 1 ½ cup castile soap
- 1. 4 tablespoons vegetable glycerin
- 1. 1 tablespoon apricot kernel oil
- 1. 1 teaspoon aloe vera juice
- 1. 5 drops lavender essential oil
- 1. 2 tablespoons distilled water

Directions

- 1) Add all ingredients, except for distilled water, to the pump bottle.
- 2) Now fill the bottle with distilled water.
- 3) Shake it until everything is well incorporated.
- 4) Use in baby's bath and enjoy this natural baby care.

23. Body butter for eczema

What you need

- 1. 8 ounces melted shea butter
- 1. 10 drops rose geranium essential oil
- 1. 5 drops thyme essential oil
- 1. 5 drops clove essential oil

Directions

- 1) Mix all of the above ingredients in a glass bottle; cap and shake vigorously.
- 2) Apply to affected areas twice a day.

24. Vanilla cinnamon lip balm

What you need

- 1. 1 ½ tablespoons beeswax pellets
- 1. 4 tablespoons coconut oil
- 1. 3 vitamin E capsules
- 1. ¾ tablespoon raw honey
- 1. 5 drops vanilla essential oil
- 1. 10 drops cinnamon essential oil

Directions

- 1) Melt beeswax and coconut oil using a double boiler method. Remove from heat.
- 2) Next, add the vitamin E liquid, honey, and the essential oils.
- 3) Transfer the mixture to lip balm containers.

25. Coconut mint body butter

What you need

1. 1/2 cup coconut oil
1. 1/2 cup cocoa butter
1. 20 drops peppermint essential oil

Directions

- 1) Simply drop the coconut oil and cocoa butter in a glass mixing bowl; whip using an electric mixer until everything is well mixed.
- 2) Add the peppermint essential oil; whip again.
- 3) Spoon your body butter into a glass jar for storage. Enjoy!

26. Deodorant bars for normal skin

What you need

- 1. 1/2 cup beeswax
- 1. 1/2 cup coconut oil
- 1. 1/2 cup shea butter
- 1. 1 teaspoon Vitamin E oil
- 1. 20 drops jasmine essential oil
- 1. 3 tablespoons baking soda
- 1. 1/3 cup organic arrowroot powder
- 1. 3 capsules of high quality probiotics

Directions

- 1) Melt beeswax, coconut oil and shea butter using a double boiler method.
- 2) Stir your mixture frequently until the ingredients are completely

incorporated.

3) Remove from heat; add the remaining ingredients. Gently stir to combine.

4) Afterwards, pour the mixture into muffin molds. Enjoy!

27. Green tea lip balm

What you need

1. 1 cup coconut oil
1. 2 tablespoons loose green tea
1. 1/4 ounce beeswax
1. 1 teaspoon honey
1. 1 teaspoon avocado oil
1. 2 teaspoons zinc oxide powder

Directions

- 1) To make a green tea infused oil, melt the coconut oil using a double boiler method. Then, add the green tea. Cover and cook for 1 hour on lowest heat setting.
- 2) Next, strain tea from oil using a cheesecloth.
- 3) Combine prepared infused oil with beeswax; melt the mixture using a double boiler method.
- 4) Remove from the heat; stir in honey, avocado oil, and zinc oxide powder.

Whip with an electric handheld mixer.

5) Transfer to a container for storage.

28. Nourishing facial serum

What you need

- 1. 2 tablespoons jojoba oil
- 1. 4 drops rose essential oil
- 1. 4 drops Helichrysum essential oil
- 1. 2 drops sandalwood essential oil
- 1. 2 drops chamomile essential oil

Directions

- 1) Add all of the above ingredients to a dark-colored 1-ounce glass dropper bottle.
- 2) Shake before each use. Enjoy!

29. Lemon and peppermint hand scrub

What you need

- 1. 1/3 cup canola oil
- 1. 1 cup sea salt
- 1. 1 tablespoon Castile soap
- 1. 1/2 teaspoon sweet orange essential oil
- 1. 12 drops peppermint essential oil
- 1. 1 tablespoon fresh lemon juice
- 1. 1 teaspoon grated lemon peel

Directions

- 1) Combine the ingredients in a storage container; close with a lid.
- 2) Afterwards, use a rich hand cream.

30. Chamomile baby wipes

What you need

1. A cotton fabric
1. 1 cup pure distilled water
1. 2 tablespoons rice bran oil
1. 1 tablespoon liquid castile soap
1. 3 drops chamomile essential oil
1. 2 drops lavender essential oil
1. 1 vitamin E capsule

Directions

- 1) Cut pieces of cotton fabric into squares; set them aside.
- 2) Pour the water into an old baby wipe container, followed by the remaining ingredients.
- 3) Lay the cotton squares on top of prepared mixture; cover with the lid and

slowly turn the container over to soak the squares. Use within two weeks.

31. Sweet orange body butter

What you need

- 1. 1 cup shea butter
- 1. 1/2 cup coconut oil
- 1. 1/2 cup almond oil
- 1. 3 drops sweet orange
- 1. 4 drops chamomile essential oil

Directions

- 1) Melt shea butter and coconut oil using a double boiler method.
- 2) Remove from heat; allow it to cool for about 30 minutes.
- 3) Stir in the almond oil and the essential oils.
- 4) Lastly, whip your mixture until a butter-like consistency is reached. Place in a glass jar for storage.

32. Coconut lotion bars

What you need

- 1. 2 ounces beeswax pastilles
- 1. 2 ounces shea butter
- 1. 2 ounces coconut oil
- 1. 1 tablespoon raw honey
- 1. 1 tablespoon olive oil
- 1. 6 drops sweet orange essential oil

Directions

- 1) First, melt together the first three ingredients using a double boiler method.
- 2) Remove from heat; add the remaining ingredients.
- 3) Pour your mixture into lined muffin tins; allow the mixture to set until solidification is complete.

33. Coconut and kefir bath soak

What you need

- 1. 1 cup Epsom salts
- 1. 1/2 cup ground Himalayan pink salt
- 1. 1 tablespoon water kefir grains
- 1. 1 tablespoon coconut oil, softened
- 1. 3 drops frankincense essential oil
- 1. 3 drops vanilla essential oil

Directions

- 1) Mix all of the above ingredients together; store in a glass jar.
- 2) Add 3 tablespoons to warm tub water. Enjoy!

34. Detoxifying face mask

What you need

- 1. 1 tablespoon green clay
- 1. 1 teaspoon maca powder
- 1. 2 tablespoons apple cider vinegar
- 1. 2 drops frankincense essential oil

Directions

- 1) First, combine all ingredients except for the frankincense essential oil.
- 2) Next, add the frankincense essential oil.
- 3) Apply to clean skin; allow to sit for at least 10 minutes. Wash off with lukewarm water.

35. Anti-wrinkle oil blend

What you need

- 1. 10 drops Neroli essential oil
- 1. 10 drops lavender essential oil
- 1. 10 drops frankincense essential oil
- 1. 10 drops lemon essential oil
- 1. 10 drops carrot seed essential oil
- 1. 10 drops rosehip seed essential oil
- 1. 2 tablespoons sweet almond oil

Directions

- 1) Mix all ingredients in an amber colored bottle. Cover with the cap and shake vigorously.
- 2) Apply a few drops to your face and neck each night after cleansing your skin.

36. Eucalyptus detox bath

What you need

1. 1 cup Epsom salt
1. 1 cup sea salt
1. 2 cups baking soda
1. 10 drops eucalyptus essential oil

Directions

- 1) In a glass bowl, mix all of the ingredients together. Mix until everything is well combined.
- 2) Add your mixture to the hot water and enjoy.

37. Winter shaving cream

What you need

- 1. 2 tablespoons cocoa butter
- 1. 1/4 cup coconut oil
- 1. 1/4 cup castile soap
- 1. 2 tablespoons baking soda, aluminum-free
- 1. 1 drop vanilla essential oil
- 1. 2 drops spearmint essential oil

Directions

- 1) Throw the cocoa butter and coconut oil together in a double boiler; heat until melted. Then, transfer the melted mixture to a bowl.
- 2) Add the castile soap and baking soda; stir to combine.
- 3) After that, add the essential oils to the mixture; beat using a hand mixer. Put into a glass jar for storage. Enjoy!

38. Stress relieving body butter

What you need

- 1. 1 cup shea butter
- 1. 1/2 cup coconut oil, softened
- 1. 1/2 cup sweet almond oil
- 1. 3 drops frankincense essential oil
- 1. 4 drops chamomile essential oil

Directions

- 1) Melt shea butter and coconut oil using a double boiler method.
- 2) Remove from heat; allow it to cool for about 30 minutes.
- 3) Add sweet almond oil and the essential oils.
- 4) Lastly, whip your mixture until a butter-like consistency is reached. Place in a glass jar for storage.

39. Bath salts for oily skin

What you need

- 1. 1/2 cup baking soda
- 1. 1 cup kosher salt
- 1. 1 cup Epsom salt
- 1. 5 drops geranium essential oil
- 1. 5 drops rosemary essential oil
- 1. 10 drops sage essential oil

Directions

- 1) Combine all of the above ingredients in a dark glass jar.
- 2) Use about 1/4 – 1/2 cup per bath.

40. Sugar kisses lip scrub

What you need

- 1. 1 tablespoon raw cane sugar
- 1. 1 tablespoon raw honey
- 1. 1 tablespoon coconut oil
- 1. 1 drop peppermint essential oil
- 1. 1 drop vanilla essential oil

Directions

- 1) In a bowl, combine all ingredients together
- 2) Now spoon it into a cosmetic jar.

This awesome lip scrub removes dead cells without irritation and nourishes your lips.

41. Lavender cocoa body scrub

What you need

- 1. 1/3 cup jojoba oil
- 1. 1 cup brown sugar
- 1. 2 tablespoons cocoa powder
- 1. 5 drops lavender essential oil
- 1. 5 drops vanilla essential oil

Directions

- 1) In a glass bowl, mix all of the above ingredients.
- 2) Transfer the mixture to a container with a lid.
- 3) Gently massage body scrub over your body in a circular motion.
- 4) Rinse with lukewarm water. Enjoy!

42. Orange honey body butter

What you need

- 1. 1 ½ cups coconut oil
- 1. 3 tablespoons raw honey
- 1. 10 drops sweet orange essential oil
- 1. 15 drops vanilla essential oil

Directions

- 1) Whip coconut oil in a mixing bowl using an electric mixer; add the honey and whip again.
- 2) Then, add the essential oils; whip again to combine well. Transfer the mixture to a glass jar and close with the lid.

43. Lavender baby wipes

What you need

- 1. 1 cup boiled water, cooled
- 1. 2 tablespoons coconut oil
- 1. 1 tablespoon liquid castile soap
- 1. 4 drops lavender essential oil
- 1. 1 vitamin E capsule

Directions

- 1) Cut pieces of cotton fabric into squares; set them aside.
- 2) Pour the water into an old baby wipe container, followed by the remaining ingredients.
- 3) Lay the cotton squares on top of prepared mixture; cover with the lid and slowly turn the container over to soak the squares. Use within two weeks.

44. Magical rosemary body butter

What you need

- 1. 1 ½ tablespoons shea butter
- 1. 1/2 cup coconut oil
- 1. 2 drops sweet almond oil
- 1. 15 drops rosemary essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) Put the shea butter, coconut oil and sweet almond oil into a mixing bowl. Beat your mixture with a hand mixer until fluffy.
- 2) Now add the essential oils; continue to mix for 5 more minutes.
- 3) Transfer your body butter to a glass container; close with a lid. Store in a refrigerator.

45. Nourishing facial serum

What you need

- 1. 1 ounce rosehip seed oil
- 1. 4 drops frankincense essential oil
- 1. 4 drops Helichrysum essential oil
- 1. 5 drops sandalwood essential oil

Directions

- 1) Combine all of the above ingredients in a dark-colored bottle.
- 2) Shake gently before each use.
- 3) Wash your face and use cleaner before applying this serum. Enjoy!

46. Mango lip balm

What you need

- 1. 1 tablespoon mango butter
- 1. 3 tablespoons coconut oil
- 1. 1 teaspoon golden apple extract
- 1. 1 drop cinnamon bark essential oil
- 1. 1 teaspoon rose hip seed oil

Directions

- 1) Put mango butter and coconut oil into a small-sized bowl; melt in the microwave.
- 2) Add the remaining ingredients and give it a good stir using a wooden spoon.
- 3) Pour the mixture into lip balm tin; let it set until firm.

47. Autumn sugar scrub

What you need

- 1. 1/2 cup grapeseed oil
- 1. 3/4 cup brown sugar
- 1. 2 drops ginger essential oil
- 1. 4 drops cassia essential oil
- 1. 4 drops clove essential oil

Directions

- 1) In a mixing bowl, combine grapeseed oil along with brown sugar.
- 2) Next, add the essential oils to the mixture; stir with a wooden spoon.
- 3) Put the mixture into a glass jar for storage. Use as an exfoliator.

48. Autumn lip balm

What you need

- 1. 1 tablespoon pumpkin seed oil
- 1. 1 teaspoon cocoa butter
- 1. 1 ½ tablespoons beeswax pastilles
- 1. 1 tablespoon coconut oil
- 1. 2 drops nutmeg essential oil
- 1. 4 drops cinnamon bark essential oil

Directions

- 1) First, melt the pumpkin seed oil along with cocoa butter, beeswax and coconut oil using a double boiler method.
- 2) Once melted, remove from heat; add the essential oils and stir until everything is well combined.
- 3) Afterwards, fill the lip balm tubes with the mixture using a pipette. Allow it to harden before using.

49. Favorite carrot seed sunscreen

What you need

- 1. 1/2 cup almond
- 1. 1/4 cup coconut oil
- 1. 1/4 cup beeswax
- 1. 2 tablespoons zinc oxide
- 1. 1 teaspoon carrot seed oil
- 1. 3-4 drops lavender essential oil
- 1. 2 tablespoons shea butter
- 1. 1 teaspoon Vitamin E

Directions

- 1) Mix all of the above ingredients, except for zinc oxide, in a glass jar. Close the jar with a lid.

- 2) Fill a medium-sized pan with water; place it over medium flame.
- 3) Now put your jar into the pan.
- 4) When your ingredients are completely melted, add the zinc oxide; stir to combine well.
- 5) Afterwards, pour your mixture into a cosmetic jar for storage.

50. Refreshing solid perfume

What you need

- 1. A small chunk of beeswax
- 1. 1 tablespoon almond oil
- 1. 3 drops clove essential oil
- 1. 2 drops orange essential oil
- 1. 3 drops peppermint essential oil

Directions

- 1) First, melt the chunk of beeswax in the microwave.
- 2) Combine the rest of the ingredients. Add the oil mixture to the beeswax mixture. Give it a good stir.
- 3) Then, pour the mixture into a small-sized container; let it sit to harden.

51. Celebrate fall foot scrub

What you need

- 1. 1/2 cup raw cane sugar
- 1. 1/2 cup brown sugar
- 1. 1/4 cup extra-virgin olive oil
- 1. 1/4 teaspoon cinnamon powder
- 1. 2 drops cinnamon essential oil
- 1. 4 drops vanilla essential oil

Directions

- 1) Combine all ingredients in a glass bowl; mix thoroughly using a wooden spoon.
- 2) Store in a glass jar with the screw cap. Scrub feet as needed and rinse with lukewarm water.

52. DIY Chai sugar scrub

What you need

- 1. 2 ½ tablespoons chai tea
- 1. 1/2 cup brown sugar
- 1. 1/2 cup white sugar
- 1. 1/2 cinnamon powder
- 1. 6 tablespoons coconut oil, melted
- 1. 1 teaspoon Manuka honey
- 1. 12 drops vanilla essential oil

Directions

- 1) Put all of your ingredients into a medium-sized bowl; mix well to combine.
- 2) Transfer the mixture to a glass jar for storage and use once a week.

Thanks to chai tea, an amazing ingredient that helps stimulate circulation, this scrub will give you healthy and glowing skin.

53. Vanilla mango body butter

What you need

- 1. 1/2 cup coconut oil
- 1. 1 ½ tablespoons mango butter
- 1. 2 drops sweet almond oil
- 1. 10 drops vanilla essential oil
- 1. 15 drops rosemary essential oil

Directions

- 1) Put the coconut oil, mango butter, and sweet almond oil into a mixing bowl. Beat your mixture with a hand mixer until fluffy.
- 2) Now add the essential oils; continue to mix for 5 more minutes.
- 3) Transfer your body butter to a glass container; close with a lid. Store in a refrigerator.

54. Cocoa and cinnamon lip gloss

What you need

- 1. 3 tablespoons macadamia nut oil
- 1. 1 tablespoon cocoa butter
- 1. 1 tablespoon beeswax pastilles
- 1. 5 drops cinnamon essential oil

Directions

- 1) First, melt the macadamia nut oil using the double boiler method.
- 2) Remove from heat and transfer to a glass bowl.
- 3) Next, melt the cocoa butter and beeswax pastilles. Once melted, combine the mixture with the melted macadamia nut oil.
- 4) Stir in the cinnamon essential oil; fill lip gloss rollers with the mixture and give away to your friends.

55. Red raspberry sunscreen

What you need

- 1. 2 tablespoons shea butter
- 1. 1/2 cup olive oil
- 1. 1/4 cup coconut oil
- 1. 1/4 cup beeswax
- 1. 3-4 drops chamomile essential oil
- 1. 3-4 drops vanilla essential oil
- 1. 1/2 teaspoon red raspberry seed essential oil
- 1. 1 teaspoon carrot seed oil
- 1. 1 teaspoon Vitamin E
- 1. 2 tablespoons zinc oxide

Directions

- 1) Mix all of the above ingredients, except for zinc oxide, in a glass jar. Close the jar with a lid.
- 2) Fill a medium-sized pan with water; place it over medium flame.
- 3) Now put your jar into the pan.
- 4) When your ingredients are completely melted, add the zinc oxide; stir to combine well.
- 5) Afterwards, pour your mixture into a cosmetic jar for storage.

56. Lotion bars for dry skin

What you need

- 1. 1/3 cup shea butter
- 1. 1/3 cup coconut oil
- 1. 1/3 cup beeswax
- 1. 10 drops peppermint essential oil
- 1. 10 drops lavender essential oil
- 1. 10 drops vanilla essential oil
- 1. 10 drops sweet orange essential oil

Directions

- 1) Melt shea butter along with coconut oil and beeswax using a double boiler method.
- 2) Remove from heat; now add essential oils.
- 3) Slowly pour your mixture into empty deodorant containers; let them set until hardened.

57. Serum for brighter skin

What you need

- 1. 1/2 cup base cream
- 1. 1 tablespoon wheat germ oil
- 1. 1 tablespoon hazelnut oil
- 1. 10 drops grapefruit essential oil
- 1. 10 drops mandarin orange essential oil

Directions

- 1) In a mixing bowl, combine all of the ingredients together.
- 2) Store in a dark colored glass bottle.
- 3) Use a few drops once or twice a day.

58. Facial serum for mature skin

What you need

- 1. 1 ounce jojoba oil
- 1. 4 drops rose essential oil
- 1. 4 drops Helichrysum essential oil
- 1. 5 drops geranium essential oil

Directions

- 1) Combine all of the above ingredients in a dark-colored bottle.
- 2) Shake gently before each use.
- 3) Wash your face and use cleaner before applying the serum. Enjoy!

59. Vanilla solid perfume

What you need

1. A small chunk of beeswax
1. 1 tablespoon almond oil
1. 2 drops lemon essential oil
1. 2 drops vanilla essential oil

Directions

- 1) Melt the chunk of beeswax in the microwave.
- 2) Combine the rest of the ingredients. Add the oil mixture to the beeswax mixture. Give it a good stir.
- 3) Then, pour the mixture into a small-sized container; let it sit to harden.

60. Jasmine and vanilla perfume

What you need

- 1. 2 tablespoons vodka
- 1. 30 drops jasmine essential oil
- 1. 5 drops vanilla essential oil
- 1. 5 drops lavender essential oil
- 1. 1 tablespoon distilled water

Directions

- 1) Combine the vodka with the essential oils in a glass bottle; leave for 2 days.
- 2) Add distilled water to your mixture; shake gently to combine ingredients.
- 3) Leave for 4 weeks in a dark and cool place. Lastly, strain through a coffee filter into a perfume container.

61. Moisturizing body butter

What you need

- 1. 1 ½ tablespoons mango butter
- 1. 1/2 cup coconut oil
- 1. 2 drops sweet almond oil
- 1. 10 drops essential oil
- 1. 15 drops rosemary essential oil

Directions

- 1) Put the mango butter, coconut oil and sweet almond oil into a mixing bowl. Whip your mixture with an electric hand mixer until fluffy.
- 2) Now add the essential oils; continue to mix for 5 more minutes.
- 3) Transfer your body butter to a glass container; close with a lid. Store in a refrigerator.

This body butter is beneficial for skin with eczema, dermatitis, acne, and similar conditions.

62. Winter bath salts

What you need

- 1. 2 cups sea salt
- 1. 1 tablespoon fresh mint leaves, chopped
- 1. 1 lemon, juice and zest
- 1. 5 drops lavender essential oil

Directions

- 1) In a mixing bowl, combine together sea salt, mint leaves, lemon juice and zest. Give it a good stir.
- 2) Then add lavender essential oil. Mix to combine well.
- 3) To use, add 1/2 cup of salt to your bath.

63. Facial scrub for oily skin

What you need

- 1. 1 cup brown sugar
- 1. 1/2 cup jojoba oil
- 1. 1/2 teaspoon pumpkin pie spice
- 1. 2 vitamin E capsules
- 1. 3 drops chamomile essential oil

Directions

- 1) Combine all of the ingredients in a mixing bowl; mix until everything is well combined.
- 2) Apply to clean skin. Gently move your scrub around your face, in circular motions, avoiding the eye area.
- 3) Afterwards, rinse with warm water.

64. Fragrant bath salts

What you need

- 1. 1/2 cup baking soda
- 1. 1 cup kosher salt
- 1. 1 cup Epsom salt
- 1. 5 drops bergamot essential oil
- 1. 5 drops eucalyptus essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) Combine all of the above ingredients in a dark glass jar.
- 2) Use about 1/4 – 1/2 cup per bath.

Enjoy a hot bath enriched with these awesome bath salts and pamper yourself after a long busy day.

65. Peppermint lip balm

This amazing lip balm is great for dry lips. Peppermint has antiseptic and antimicrobial properties.

What you need

- 1. 1 tablespoon coconut oil
- 1. 1 tablespoon beeswax granules
- 1. 2 tablespoons Shea butter
- 1. 7 drops peppermint essential oil
- 1. 7 drops lavender essential oil

Directions

- 1) In a pot, melt the coconut oil, beeswax granules, and Shea butter over medium-low heat.
- 2) Once melted, remove from the heat; add peppermint oil and lavender oil. Stir the mixture until everything is well combined.
- 3) Immediately pour the mixture into small-sized baby food jar.

66. Jasmine roll-on

What you need

1. Almond oil
1. 20 drops jasmine essential oil

Directions

- 1) Fill roll-on vials with almond oil; leave a bit of room for the jasmine essential oil.
- 2) Add 20 drops of jasmine essential oil to the vial. Discover a new way to enjoy your favorite scents!

67. Sensual patchouli spray

What you need

- 1. 1/4 cup aloe vera gel
- 1. 1/2 cup witch hazel
- 1. 1/4 teaspoon aluminum-free baking soda
- 1. 5 drops patchouli essential oil
- 1. 5 drops melaleuca essential oil

Directions

- 1) Mix all ingredients in a glass bowl.
- 2) Transfer the mixture to a darkly colored glass spray bottle; shake it well.
- 3) Spray under your arms.

68. Cocoa butter facial moisturizer

What you need

- 1. 1/4 cup cocoa butter
- 1. 1/4 cup coconut oil
- 1. 20 drops lavender essential oil
- 1. 12 drops vetiver essential oil
- 1. 10 drops frankincense essential oil

Directions

- 1) Melt the cocoa butter and coconut oil using a double boiler method.
- 2) Now remove from heat; let it cool for 10 minutes. Next, add the essential oils; transfer the mixture to your fridge for 1 hour.
- 3) Then, beat the mixture with a hand mixer.
- 4) Spoon your cream into a glass jar and cap. Use before bedtime.

69. Spring allergy treatment

What you need

- 1. 20 drops lemon essential oil
- 1. 20 drops lavender essential oil
- 1. 20 drops peppermint essential oil
- 1. 20 drops copaiba essential oil
- 1. 3 tablespoons extra-virgin olive oil

Directions

- 1) Simply drop all of the above ingredients in a roller bottle; cap and shake vigorously.
- 2) Roll onto the nape of the neck and behind ears.

70. Valentine's Day roll-on

What you need

1. Almond oil
1. 10 drops jasmine essential oil
1. 10 drops Ylang-Ylang essential oil

Directions

- 1) Fill roll-on vials with almond oil; leave a bit of room for the essential oils.
- 2) Add the essential oils to the vial. Enjoy!

71. Pumpkin spice scrub for dry/normal skin

What you need

- 1. 1 cup brown sugar
- 1. 1/2 cup coconut oil
- 1. 1/2 teaspoon pumpkin pie spice
- 1. 2 vitamin E capsules
- 1. 3 drops vanilla essential oil

Directions

- 1) Combine all of the ingredients in a glass mixing bowl; mix until everything is incorporated.
- 2) Apply to clean skin. Gently move your scrub around your face, in circular motions, avoiding the eye area.
- 3) Afterwards, rinse with warm water.

72. Summer hand scrub

What you need

- 1. 1/4 cup olive oil
- 1. Juice of 1/4 lemon
- 1. 1/2 cup sea salt
- 1. 5 drops lavender essential oil
- 1. 2 drops sweet orange oil

Directions

- 1) Combine all of the above ingredients in a glass jar. Close your jar with the lid.
- 2) Use once or twice per week. Enjoy!

73. Moisturizing lotion bars

What you need

- 1. 1/3 cup beeswax
- 1. 1/3 cup coconut oil
- 1. 1/3 cup shea butter
- 1. 10 drops carrot seed essential oil
- 1. 10 drops Helichrysum essential oil
- 1. 10 drops grapefruit essential oil
- 1. 10 drops frankincense essential oil

Directions

- 1) Melt beeswax, coconut oil and shea butter using a double boiler method.
- 2) Remove from heat; now add essential oils.
- 3) Slowly pour your mixture into empty deodorant containers; let them set until hardened.

74. Juniper foot cream

What you need

- 1. 1 ounce sweet almond oil
- 1. 2 drops lavender essential oil
- 1. 2 drops rosemary essential oil
- 1. 3 drops juniper essential oil

Directions

- 1) Add all of the above ingredients to a glass jar; shake until everything is well combined. Rub onto your foot.
- 2) This amazing mixture provides foot skin with intense hydration. This is a skin-softening and soothing foot cream that you will love!

75. Natural lotion for stretch marks

What you need

- 1. 1/4 cup coconut oil
- 1. 1/2 cup almond oil
- 1. 1/4 cup beeswax
- 1. 1 teaspoon vitamin E oil
- 1. 1 tablespoon vanilla essential oil

Directions

- 1) Mix the ingredients in a mason jar. Put a lid on the jar.
- 2) Fill a medium-sized pot with water; place it over medium heat. Add the jar to the pot.
- 3) When your mixture is melted completely, pour it into a container.
- 4) Use within 6 months. Enjoy!

76. Cocoa and chamomile moisturizing body lotion

What you need

- 1. 1/2 cup almond oil
- 1. 1/4 cup coconut oil
- 1. 1/4 cup beeswax
- 1. 1 teaspoon Vitamin E oil
- 1. 2 tablespoons cocoa butter
- 1. 5 drops chamomile essential oil
- 1. 5 drops grapefruit essential oil
- 1. 1/2 teaspoon vanilla extracts

Directions

- 1) Combine all of the above ingredients in a glass jar. Close your jar with a lid.

- 2) Pour the water into a medium-sized pot; place it over medium heat.
- 3) Then, place the jar in the pot with the water. The ingredients in the jar will start to melt. Shake to combine well and replace to a storage container (a mason jar works great).
- 4) Use the lotion within 6 months.

77. Lemon and chamomile bath salts

What you need

- 1. 2 cups Epsom salt
- 1. 1 tablespoon fresh mint leaves, chopped
- 1. 1 lemon, juice and zest
- 1. 5 drops chamomile essential oil

Directions

- 1) In a mixing bowl, combine together Epsom salt, mint leaves, lime juice and zest. Give it a good stir.
- 2) Then add chamomile essential oil. Mix to combine well.
- 3) To use, add 1/2 cup of salt to your bath.

78. Nourishing shower tablets

What you need

- 1. 2 tablespoons dried chamomile leaves
- 1. 1 tablespoon dried lavender buds
- 1. 2 cups baking soda
- 1. 1/2 cup water
- 1. Cedarwood essential oil, to your liking
- 1. Lemon essential oil, to your liking

Directions

- 1) First, grind chamomile and lavender using a mortar and pestle; now add the baking soda.
- 2) Add water and mix to make a paste. Pack into small molds.
- 3) Next, preheat oven to 350 degrees F; bake them for about 20 minutes. Allow it to cool completely.
- 4) Sprinkle the tablets with the essential oils. Transfer to a glass jar for storage. Enjoy!

79. Coconut and chamomile hand balm

- 1. 1/2 teaspoon cocoa butter
- 1. 2 tablespoons coconut oil
- 1. 1/2 teaspoon lemon juice
- 1. 3 drops chamomile essential oil

Directions

- 1) Melt the cocoa butter and coconut oil using a double boiler method; remove from heat.
- 2) Stir in lemon juice and chamomile essential oil; pour into a storage container. Enjoy!

80. Uplifting and nourishing bath salts

What you need

- 1. 1 cup kosher salt
- 1. 1 cup Epsom salt
- 1. 1/2 cup baking soda
- 1. 5 drops cedarwood essential oil
- 1. 5 drops clove essential oil
- 1. 10 drops grapefruit essential oil

Directions

- 1) Combine all of the above ingredients in a dark glass jar.
- 2) Use about 1/4 – 1/2 cup per bath.

81. Rose milk bath

What you need

- 1. 1/2 cup Epsom salt
- 1. 1 ½ cups powdered milk
- 1. 3 drops red food coloring
- 1. 1/3 cup dried rose petals
- 1. 4 drops chamomile essential oil
- 1. 4 drops rose essential oil

Directions

- 1) Combine together Epsom salts and powdered milk; now add red food coloring. Mix until a uniform pink color is reached.
- 2) Then add the rose petals and essential oils.
- 3) Lastly, pour prepared milk bath into a bottle for storage.

82. Lavender foot powder

What you need

- 1. 1/4 cup cornstarch
- 1. 1/4 cup arrowroot powder
- 1. 10 drops lavender essential oil
- 1. 5 drops clary sage essential oil
- 1. 5 drops sandalwood essential oil

Directions

- 1) Place the cornstarch, arrowroot powder, lavender oil in a glass bowl; mix to combine well.
- 2) Then, add clary sage essential oil and sandalwood essential oil.
- 3) Dump your powder into the shaker jar.

83. Fragrance body splash

What you need

- 1. 4 ounces filtered water
- 1. 12 drops clary sage essential oil
- 1. 12 drops coriander essential oil

Directions

- 1) Mix all of the ingredients in a glass bowl.
- 2) Then, transfer the ingredients to a spritzer bottle; shake it vigorously.
- 3) Spray onto your body after a shower.

84. Refreshing and nourishing shower tablets

What you need

- 1. 1 tablespoon dried lavender buds
- 1. 2 tablespoons dried chamomile leaves
- 1. 2 cups baking soda
- 1. 10 drops bergamot essential oil
- 1. 10 drops lemon essential oil

Directions

- 1) In a mixing bowl, combine the lavender, chamomile, and baking soda. Stir in the essential oils.
- 2) Transfer the dry mix to an airtight jar. Enjoy!

85. Herbal sun protection

What you need

1. 2 ounces coconut oil
1. 20 drops carrot seed essential oil
1. 10 drops lavender essential oil

Directions

- 1) Put your ingredients into a glass jar; mix with the end of a wooden spoon until everything is well combined.
- 2) Store in your fridge.
- 3) This mixture will provide you with up to 40 SPF protection. This cream is safe for both adults and children.

86. Antiseptic skin toner

Ingredients

- 1. 8 ounces distilled water
- 1. 2 drops lavender essential oil
- 1. 1 drop palmarosa essential oil
- 1. 1 drop rosewood essential oil

Directions

- 1) Pour distilled water into a clean bottle; then, add essential oils. Shake vigorously.
- 2) Apply the toner to your face using a cotton ball. Make sure to shake before each use.

87. Body spray with jojoba oil

What you need

1. 2 ounces jojoba oil
1. 8 ounces witch hazel
1. 50 drops citronella essential oil
1. 50 drops eucalyptus essential oil
1. 50 drops lemongrass essential oil
1. 2 ounces water

Directions

- 1) Start by adding the jojoba oil and witch hazel to the spray bottle.
- 2) Then, add the essential oils to the mixture.
- 3) Afterwards, pour in the water; shake it vigorously.

88. Moisturizing bath salts

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup kosher salt
- 1. 1/2 cup baking soda
- 1. 5 drops rosemary wood essential oil
- 1. 5 drops grapefruit essential oil
- 1. 10 drops geranium essential oil

Directions

- 1) Simply blend all of the above ingredients in a dark glass jar.
- 2) Use about 1/4 – 1/2 cup per bath. Enjoy!

89. Lavender milk bath

What you need

- 1. 1 ½ cups powdered milk
- 1. 1/2 cup Epsom salt
- 1. 3 drops red food coloring
- 1. 1/3 cup dried rose petals
- 1. 8 drops lavender essential oil

Directions

- 1) Combine together powdered milk and Epsom salts; now add red food coloring. Mix until a uniform pink color is reached.
- 2) Then, add the rose petals and lavender essential oils.
- 3) Lastly, pour prepared milk bath into a bottle for storage.

90. Serum for dry cracked heels.

What you need

1. 1/3 cup beeswax granules
1. 3 tablespoons shea butter
1. 1/3 cup coconut oil
1. 5 drops vitamin E oil
1. 4 drops lavender essential oil
1. 4 drops frankincense essential oil

Directions

- 1) Simply drop the first 3 ingredients in a glass jar.
- 2) Now put the jar into a saucepan of simmering water; allow it to simmer until the contents melt.
- 3) Next, remove the jar from heat; pour in vitamin E and essential oils. Stir vigorously until everything is well combined.
- 4) Afterwards, pour the mixture into an empty deodorant tube. Place in your fridge until firm.

Use to repair cracked heels as needed.

91. DIY grapefruit body scrub

What you need

- 1. 1 cup light brown sugar
- 1. 1 ½ tablespoons raw honey
- 1. 3 tablespoons sweet almond oil
- 1. 12 drops grapefruit essential oil
- 1. 4 drops vanilla essential oil

Directions

- 1) In a mixing bowl, combine all ingredients together; mix until a paste-like consistency is reached. Store in a glass jar in a dry place.
- 2) Use this awesome scrub once per week to keep a smooth and healthy skin.

92. Geranium face serum

What you need

- 1. 12 drops geranium essential oil
- 1. 4 drops lavender essential oil
- 1. 2 ounces rose water

Directions

- 1) Add water and essential oils to the bottle (e. g. 2-ounce amber colored mist bottle).
- 2) Cover with a lid and shake to combine well.
- 3) Spray over face, neck, and décolletage.

93. Natural herbal day serum

What you need

- 1. 10 drops sandalwood essential oil
- 1. 10 drops rosewood essential oil
- 1. 10 drops lavender essential oil
- 1. 2 tablespoons avocado oil

Directions

- 1) Mix all of the ingredients in a glass jar.
- 2) This natural day serum with its sweet and spicy aroma has an analgesic, antidepressant, antiseptic and antibacterial properties.

94. Face oil for normal skin

What you need

1. 1 drop geranium essential oil
1. 2 drops lavender essential oil
1. 1 tablespoon sweet almond oil

Directions

- 1) Mix your ingredients in a glass jar.
- 2) Mix with the end of a wooden spoon until everything is well incorporated. Allow it to stand for about 2 days.
- 3) Apply a few drops to your face after cleaning.

95. Citrus bubble bath

What you need

- 1. 1/4 cup glycerin
- 1. 1/2 cup castile soap
- 1. 10 drops lemon essential oil
- 1. 10 drops lime essential oil

Directions

- 1) Pour the glycerin and castile soap into an 8-ounce glass jar; stir to combine well.
- 2) Next, add the essential oils; stir to combine well.
- 3) Close the jar with the lid; shake to combine.
- 4) Add 1/4 cup of bubble bath to warm water.

96. Chamomile blend for dry skin.

What you need

1. 10 drops sweet almond oil
1. 1 drop Roman chamomile essential oil
1. 2 drops Neroli essential oil

Directions

- 1) Simply blend your ingredients in a small glass jar.
 - 2) Allow it to stand for about 2 days. Use a few drops of this mixture.
- It's good to know that neroli oil can help treat acne and regenerate your skin.

97. Peppermint lime lip balm

What you need

- 1. 2 ½ cups beeswax pastilles
- 1. 1/4 cup coconut oil
- 1. 8 drops peppermint essential oil
- 1. 10 drops lime essential oil
- 1. 5 drops vanilla essential oil

Directions

- 1) Combine the beeswax with coconut oil; melt them using a double boiler method over low flame.
- 2) Then, remove from heat; add essential oils. Mix thoroughly.
- 3) Lastly, pour the mixture into empty balm tubes. Let them cool for several hours.

98. Jojoba salt body scrub

What you need

- 1. 1 tablespoon sweet almond oil
- 1. 3 tablespoons sea salt
- 1. 2 tablespoons jojoba oil
- 1. 4 drops peppermint essential oil
- 1. 8 drops lemon essential oil

Directions

- 1) In a glass jar, combine all of the above ingredients; mix to combine.
- 2) Use as a body scrub in the bath or shower.

This amazing body scrub is loaded with Vitamin E which is very important for healthy and clear skin.

99. Winter lip balm

What you need

- 1. 3 tablespoons aloe vera gel
- 1. 2 drops chamomile essential oil
- 1. 3 drops neroli essential oil
- 1. 4 drops geranium essential oil
- 1. 5 drops rose essential oil

Directions

- 1) In a mixing bowl, combine all of the above ingredients.
- 2) Now transfer the mixture to a lip gloss tube.
- 3) Apply to your lips and gently massage in circular motions.

100. Romantic chamomile and rose milk bath

What you need

- 1. 1 ½ cups powdered milk
- 1. 1/2 cup Epsom salt
- 1. 3 drops red food coloring
- 1. 1/3 cup dried rose petals
- 1. 8 drops chamomile essential oil

Directions

- 1) In a mixing bowl, combine together powdered milk and Epsom salts; now add red food coloring. Mix vigorously until a uniform pink color is reached.
- 2) Next, add the rose petals; stir in chamomile essential oils.
- 3) Afterwards, pour prepared milk bath into a bottle for storage.

101. Body lotion for cracked skin

What you need

1. 1/2 cup unscented skin lotion
1. 5 drops patchouli essential oil
1. 10 drops sandalwood essential oil
1. 2 drops carrot seed essential oil

Directions

- 1) In a mixing bowl, combine all of the ingredients; mix to combine well.
- 2) Store your body lotion in an airtight container.
- 3) Rub body lotion into desired areas and enjoy!

102. Cool body powder

What you need

- 1. 10 drops peppermint
- 1. 5 drops spearmint
- 1. 2 tablespoons cornstarch
- 1. 10 drops cypress essential oil
- 1. 5 drops clove essential oil

Directions

- 1) Mix all of the above ingredients. Store in a small-sized glass jar with a lid.
- 2) Apply to your skin and you will feel refreshed.

103. Bath salts for mature skin

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup kosher salt
- 1. 1/2 cup baking soda
- 1. 5 drops cedarwood essential oil
- 1. 5 drops peppermint essential oil
- 1. 10 drops sage essential oil

Directions

- 1) Simply blend all of the above ingredients in a dark glass jar.
- 2) Use 1/4 – 1/2 cup of the mixture per bath. Enjoy!

104. Aromatherapy shower tablets

What you need

- 1. 2 tablespoon dried chamomile leaves
- 1. 1 tablespoon dried lavender buds
- 1. 2 cups baking soda
- 1. 5 drops peppermint essential oil
- 1. 10 drops cedarwood essential oil

Directions

- 1) In a glass bowl, combine the chamomile, lavender, and baking soda. Mix until everything is well combined.
- 2) Add the essential oils to your mixture.
- 3) Transfer your mixture to an airtight jar. Enjoy!

105. Bath scrub for dry skin

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup coarse sea salt
- 1. 10 drops chamomile essential oil
- 1. 3 drops rose essential oil

Directions

- 1) In a glass mixing bowl, combine all of the ingredients together.
- 2) Transfer your ingredients to an airtight container.
- 3) Add 1/2 cup of your body scrub to the bathwater.

106. Aromatherapy bath blend

What you need

- 1. 1 ounce rice bran oil
- 1. 3 drops tea tree oil
- 1. 2 drops thyme essential oil
- 1. 2 drops pine essential oil
- 1. 2 drops cinnamon leaf essential oil
- 1. 3 drops lavender essential oil

Directions

- 1) In a small-sized glass bowl, combine all of the ingredients together.
- 2) Transfer your mixture to a dark colored glass bottle.
- 3) Add a few drops to warm water and enjoy your bath!

107. Nourishing and refreshing oatmeal bath blend

What you need

- 1. 1/2 cup aluminum-free baking soda
- 1. 3/4 cup oats
- 1. 1/4 cup coconut milk powder
- 1. 10 drops chamomile essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) Put the baking soda, oats, and coconut milk powder into your blender. Blend until it resembles a fine powder.
- 2) Pour in the essential oils; whirl the mixture a few more times.
- 3) Store your bath blend in an airtight container in a dry place.
- 4) Add to hot running tub water and enjoy!

108. Nourishing body lotion

What you need

- 1. 1/2 cup skin lotion
- 1. 5 drops chamomile essential oil
- 1. 5 drops sandalwood essential oil
- 1. 5 drops bergamot essential oil
- 1. 2 drops carrot seed essential oil

Directions

- 1) In a glass mixing bowl, combine all of the above ingredients; mix until everything is thoroughly combined.
- 2) Store it in an airtight container.
- 3) Rub body lotion into desired areas and enjoy!

109. Serum for normal skin

What you need

- 1. 2 tablespoons argan oil
- 1. 1 tablespoon jojoba oil
- 1. 1 teaspoon vitamin E oil
- 1. 5 drops tea tree essential oil
- 1. 5 drops lavender essential oil

Directions

- 1) Mix all the ingredients well; store in a dark glass bottle.
- 2) Apply 2-3 drops to your face and neck.

110. Sensual body spray

What you need

- 1. 1 cup witch hazel
- 1. 5 drops lemongrass essential oil
- 1. 2 drops neroli essential oil
- 1. 2 drops jasmine essential oil
- 1. 5 drops bergamot essential oil

Directions

- 1) In a mixing bowl, combine all of the above ingredients thoroughly.
- 2) Transfer the mixture to a spray bottle. Shake before each use and enjoy!

111. Clay face mask

What you need

- 1. 2 tablespoons apple cider vinegar
- 1. 2 tablespoons bentonite clay
- 1. 6 drops frankincense essential oil

Directions

- 1) Put apple cider vinegar and bentonite clay into a small-sized glass bowl; mix to combine.
- 2) Now add the frankincense essential oil to your mixture.
- 3) Apply the mask to your face; allow it to sit for about 20 minutes
- 4) Afterwards, wash off with lukewarm water. Enjoy!

112. Skin-nourishing massage oil for all skin types

What you need

1. 1 ounce sweet almond oil
1. 6 drops grapefruit essential oil
1. 4 drops cypress essential oil

Directions

- 1) In a mixing bowl, combine all of the above ingredients together.
- 2) Store in a dark colored glass bottle.
- 3) Use a few drops per massage.

113. Serum for dry skin

What you need

- 1. 3 tablespoons argan oil
- 1. 1 teaspoon vitamin E oil
- 1. 5 drops chamomile essential oil
- 1. 5 drops lavender essential oil

Directions

- 1) Mix all the ingredients well; store in a dark glass bottle.
- 2) Apply 2-3 drops to your face, neck and décolletage.

114. Eucalyptus and orange bath soak

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup kosher salt
- 1. 1/2 cup baking soda
- 1. 5 drops eucalyptus essential oil
- 1. 5 drops tea tree essential oil
- 1. 10 drops sweet orange essential oil

Directions

- 1) Throw all of the above ingredients in a dark glass jar; mix to combine.
- 2) Use about 1/4 – 1/2 cup per bath. Enjoy!

115. Homemade diaper rash cream

What you need

1. 1/2 ounce beeswax
1. 1 cup unrefined coconut oil
1. 10 drops lavender essential oil

Directions

- 1) Melt the beeswax and coconut oil using a double boiler method; stir continuously.
- 2) Now allow the mixture to cool.
- 3) Pour in lavender essential oil. Pour your cream into a glass jar. Use between diaper changes.

116. Peppermint body scrub

What you need

1. 1/2 teaspoon jojoba oil
1. 5 tablespoons coarse sea salt
1. 4 drops peppermint essential oil

Directions

- 1) In a glass bowl, combine all of the above ingredients. Mix until everything is well incorporated.
- 2) Add a few drops of distilled water.
- 3) Use the scrub once per week.

117. Restorative night cream

What you need

- 1. 1/4 cup coconut oil
- 1. 1/4 cup cocoa butter
- 1. 10 drops frankincense essential oil
- 1. 20 drops lavender essential oil
- 1. 12 drops vetiver essential oil

Directions

- 1) First, melt the coconut oil and cocoa butter using a double boiler method. Once it is completely melted, remove from heat. Let it cool for about 10 minutes.
- 2) Then, add the essential oils; transfer your mixture to the fridge for about 1 hour.
- 3) Next, whip the mixture with a handheld mixer.
- 4) Transfer prepared mixture to a glass jar and cap.

118. Women's shaving cream

What you need

1. 1/2 cup purified water
1. 2/3 cup shea butter
1. 2/3 cup coconut oil
1. 1/4 cup extra-virgin olive oil
1. 10 drops calendula essential oil
1. 2 tablespoons aluminum-free baking soda

Directions

- 1) Add water to a double boiler. Then, add the shea butter, coconut oil, and extra-virgin olive oil.
- 2) Once your ingredients have melted, add the calendula essential oil.
- 3) Refrigerate for about 3 hours to harden.
- 4) Next, beat with an electric hand mixer. Add the baking soda and continue to beat until the mixture has thickened.

119. Aromatherapy for dry skin

What you need

- 1. 1 teaspoon white germ oil
- 1. 1 teaspoon rice bran oil
- 1. 2 tablespoons base cream
- 1. 3 drops sandalwood essential oil
- 1. 3 drops rose essential oil
- 1. 4 drops chamomile essential oil

Directions

- 1) In a mixing bowl, combine all the ingredients together. Then, transfer it to an aircraft container.
- 2) Apply to face, neck, and décolletage.

120. Overnight serum for oily skin

What you need

- 1. 3 tablespoons argan oil
- 1. 1 teaspoon vitamin E oil
- 1. 5 drops chamomile essential oil
- 1. 5 drops lavender essential oil

Directions

- 1) Mix all the ingredients well; store in a dark glass bottle.
- 2) Apply 2-3 drops to your face, neck and décolletage.

121. Sensual homemade body lotion

What you need

- 1. 1/4 cup beeswax
- 1. 1/2 cup olive oil
- 1. 1/4 cup coconut oil
- 1. 1 teaspoon Vitamin E oil
- 1. 2 tablespoons cocoa butter
- 1. 5 drops lavender essential oil

Directions

- 1) Mix the ingredients in a Mason jar and cap with a lid.
- 2) Pour water into a medium saucepan; bring water to a boil. Add Mason jar to the saucepan.
- 3) When your mixture is melted completely, pour it into a glass jar and store in a dark place.
- 4) Use within 6 months. Enjoy!

122. Halloween body butter

What you need

- 1. 1 cup coconut oil
- 1. 5 drops pumpkin essential oil
- 1. 2 drops clove essential oil
- 1. 1 teaspoon Vitamin E oil

Directions

- 1) Put all of the above ingredients into a mixing bowl; then, whip with an electric mixer.
- 2) Transfer to a glass jar for storage.

123. Luxurious cocoa and citrus soap bars

What you need

- 1. 1/2 cup cocoa butter
- 1. 1/4 cup castor oil
- 1. 1/2 cup coconut oil
- 1. 1 ½ cups extra-virgin olive oil
- 1. 1 cup palm oil
- 1. 4 ounces lye
- 1. 1 ½ cups pure distilled water
- 1. 5 drops carrot seed essential oil
- 1. 3 drops lemon essential oil
- 1. 3 drops citronella essential oil

Directions

- 1) Mix cocoa butter and oils in a glass bowl. Mix to combine well.
- 2) In a separate bowl, mix together the lye and distilled water. Add this mixture to the oil mixture. Beat your mixture with a stick blender.
- 3) Then, stir in the essential oils.
- 4) After that, quickly pour the soap mixture into molds.
- 5) Cover your molds with some brown paper; then, cover with a kitchen towel; allow it to sit for 48 hours.
- 6) Afterwards, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.
- 7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

124. Luxurious citrus soap bars

What you need

1. 1 ½ cups goat's milk soap base
1. 5 drops grapefruit essential oil
1. Zest of 3 large-sized lemons, dried

Directions

- 1) Broke soap base into pieces and microwave in 30-second intervals.
- 2) Once soap base has liquefied, add the essential oil and the lemon zest; mix well to combine.
- 3) Pour the mixture into soap molds; allow it to harden.

125. Cinnamon and honey face wash

What you need

- 1. 1/3 cup raw honey
- 1. 1 drop cinnamon essential oil
- 1. 1 drop rosemary essential oil
- 1. 2 tablespoons sweet almond oil
- 1. 1 drop clove essential oil
- 1. 1/3 cup castile soap
- 1. 3 tablespoons purified water

Directions

- 1) Put all ingredients into a liquid soap dispenser; then, shake until everything is well combined.
- 2) Use on face both morning and night. Rinse with lukewarm water.

You can combat acne with this awesome face wash.

126. Overnight repair facial serum

What you need

- 1. 1 tablespoon jojoba oil
- 1. 2 tablespoons argan oil
- 1. 5 drops tea tree essential oil
- 1. 5 drops lavender essential oil
- 1. 1 teaspoon vitamin E oil

Directions

- 1) Mix all the ingredients well; store in a dark glass bottle.
- 2) Apply 2-3 drops to your face, neck and décolletage.

127. Coconut night cream

What you need

- 1. 1 cup coconut oil
- 1. 3 drops frankincense essential oil
- 1. 3 drops tea tree essential oil
- 1. 2 drops lavender essential oil
- 1. 4 drops sandalwood essential oil

Directions

- 1) Put all of the above ingredients into a glass jar.
- 2) Stir until everything is well combined. Cap your jar.

128. Coconut day cream

What you need

- 1. 3/4 cup coconut oil
- 1. 5 drops neroli essential oil
- 1. 5 drops helichrysum essential oil
- 1. 5 drops rose essential oil
- 1. 5 drops roman chamomile
- 1. 1 teaspoon vitamin E oil

Directions

- 1) Simply drop all of the above ingredients into a mixing bowl; beat with a hand mixer until your mixture is creamy,
- 2) Pour the mixture into a glass jar. Cap the jar tightly.
- 3) Use after washing the face in the morning.

129. Almond and mango fragrance soap

Ingredients

- 1. 1/2 cup shea butter
- 1. 1 cup coconut oil
- 1. 1/4 cup sweet almond oil
- 1. 1 cup pure distilled water
- 1. 3 ounces lye
- 1. 1/2 ounce mango fragrance oil

Directions

- 1) Mix shea butter with coconut and sweet almond oils in a glass bowl. Mix to combine well.
- 2) In a separate bowl, mix together the distilled water and lye. Add this mixture to the shea butter mixture. Beat your mixture with a stick blender.
- 3) Then, stir in the mango fragrance oil.
- 4) After that, quickly pour the soap mixture into molds.
- 5) Cover your molds with some brown paper; then, cover them with a

kitchen towel; allow them to sit for 48 hours.

6) Afterwards, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.

7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

130. Sleepy time bath soak

What you need

1. 1 cup mild liquid body soap
1. 1/4 cup pure vegetable glycerin
1. 1 teaspoon vanilla essence
1. 2-3 drops chamomile essential oil

Directions

- 1) Combine all of the above ingredients in a sealable bottle.
- 2) Stir to combine well.
- 3) Afterwards, pour about 1/2 cup under running water and enjoy!

131. Calming bath scrub

What you need

- 1. 1/4 cup glycerin
- 1. 1 tablespoon brown sugar
- 1. 5 drops chamomile essential oil
- 1. 5 drops lavender essential oil

Directions

- 1) In a mixing bowl, combine together all of the above ingredients.
- 2) Stir until sugar is dissolved. Enjoy!

132. Heal scars naturally

What you need

1. 2 ounces argan oil
1. 15 drops carrot seed essential oil
1. 15 drops frankincense essential oil

Directions

- 1) Mix all ingredients together in a glass jar; cover with a lid.
- 2) Use up to 3 times a day.

133. Facial oil for dehydrated skin

What you need

- 1. 3 tablespoons avocado oil
- 1. 2 tablespoons jojoba oil
- 1. 2 tablespoons rosehip oil
- 1. 10 drops jasmine
- 1. 4 drops sandalwood

Directions

- 1) Add all of the above ingredients to a dark colored glass bottle.
- 2) Remember to shake before each use. Label your bottle. Enjoy!

134. Homemade dandruff treatment

What you need

- 1. 1 ounce apricot kernel oil
- 1. 1 ounce calendula liquid extract
- 1. 10 drops Tea Tree essential oil
- 1. 10 drops orange essential oil
- 1. 20 drops eucalyptus essential oil
- 1. 10 drops peppermint essential oil

Directions

- 1) Fill a glass bottle with the apricot kernel oil.
- 2) Then, add the calendula, followed by the remaining ingredients.
- 3) Close the lid and give it a good shake. Transfer to a spray bottle.
- 4) Gently massage into scalp. Enjoy!

135. Honey and vanilla bubble bath

What you need

- 1. 1/2 cup raw honey
- 1. 1 cup baby oil
- 1. 1/2 cup unscented shampoo
- 1. 1 teaspoon vanilla essence

Directions

- 1) In a mixing bowl, combine your ingredients; mix until everything is well blended.
- 2) Pour your mixture into a plastic squeezable bottle.
- 3) Shake before each use.

136. Moisturizing bubble bath

What you need

1. 1/2 cup castile soap
1. 1/4 cup glycerin
1. 15 drops sweet orange essential oil
1. 5 drops lavender essential oil

Directions

- 1) Mix your ingredients together.
- 2) Pour the mixture into a container (an olive oil dispenser works great).
Enjoy!

137. Awesome foot soak

What you need

- 1. 2 cups baking soda
- 1. 1 cup sea salt
- 1. 1 cup Epsom salt
- 1. 10 drops peppermint essential oil

Directions

- 1) First, in a mixing bowl, combine the baking soda and salts.
- 2) Now add essential oils; mix well to combine. Store this awesome mixture in a glass jar with lid. Place 1/4 cup of your mixture into hot water and enjoy.

Remove dead skin cells and enjoy softer foot. This mixture will soothe your tired feet, too.

138. Restorative skin balm

What you need

- 1. Hot water
- 1. 1/4 cup coconut oil
- 1. 1/4 cup extra-virgin olive oil
- 1. 2 tablespoons beeswax granules
- 1. 20 drops lavender essential oil

Directions

1) Fill a small-sized pot with hot water. Put the coconut oil, olive oil, and beeswax granules into a jar; put your jar into the water. Stir it every few minutes.

2) Once the mixture is completely melted, add the lavender essential oil. Stir to combine. Now pour the mixture into lip balm tubes.

This oil mixture hydrates and repairs chapped skin.

139. Makeup remover wipes

What you need

- 1. A glass jar with lid
- 1. Cotton pads
- 1. 1/2 teaspoon glycerin
- 1. 1 tablespoon castile soap
- 1. 3 tablespoons fractionated coconut oil
- 1. 2 cups purified water
- 1. 1/2 teaspoon vitamin E oil
- 1. 10 drops lavender essential oil

Directions

1) Stack your jar with cotton pads. Add coconut glycerin, soap, fractionated coconut oil, water, and vitamin E oil to a mixing glass bowl. Stir to

combine well.

2) Lastly, add the lavender essential oil.

3) Mix to combine and pour your mixture over the cotton pads in the glass jar. Cap the jar tightly and store it in a cool, dry place.

140. Coconut vanilla body scrub

What you need

- 1. 1/2 cup raw brown sugar
- 1. 1/4 cup finely ground dry coffee
- 1. 4 drops vanilla essential oil
- 1. 2 tablespoons coconut oil
- 1. 2 tablespoons castor oil

Directions

- 1) Put the sugar along with coffee into a medium-sized bowl.
- 2) Add the vanilla essential oil; mix well to combine.
- 3) Add the remaining ingredients to your mixture; mix again.
- 4) Transfer your mixture to a glass jar and cover with a lid. Enjoy!

141. Rose wellness bath salts

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup kosher salt
- 1. 1/2 cup baking soda
- 1. 5 drops rose essential oil
- 1. 10 drops tea tree essential oil

Directions

- 1) Throw all of the above ingredients in a dark glass jar; mix until everything is well blended.
- 2) Use about 1/4 – 1/2 cup per bath. Enjoy!

142. Jojoba and Manuka shower gel

What you need

- 1. 2/3 cup castile soap
- 1. 2 tablespoons Manuka honey
- 1. 1 teaspoon vitamin E oil
- 1. 1 teaspoon Jojoba oil
- 1. 10 drop Ylang-Ylang essential oil
- 1. 5 drops Idaho Blue Spruce essential oil
- 1. 1 tablespoon vegetable glycerin

Directions

- 1) Put all of the above ingredients into a glass bowl; whisk until everything is well combined.
- 2) Pour shower gel into a glass jar. Enjoy your shower!

143. Naturally moisturizing body butter

What you need

- 1. 1/2 cup coconut oil
- 1. 1 cup shea butter
- 1. 1 teaspoon vitamin E oil
- 1. 50 drops vanilla essential oil

Directions

- 1) Put all of the above ingredients into a mixing bowl; then, beat with an electric mixer until uniform and fluffy.
- 2) Store in a glass jar.

144. Winter bath oil

What you need

- 1. 1/2 cup coconut oil
- 1. 5 drops rose oil
- 1. 6 drops lavender oil
- 1. 5 drops lemon balm

Directions

- 1) In a mixing bowl, combine all the above ingredients together. Mix until everything is well incorporated.
- 2) Transfer your mixture to a clean medium-sized jar.
- 3) Use your oil in the bath or after bathing.

145. Sugar lip exfoliating scrub

What you need

- 1. 2 tablespoons raw brown sugar
- 1. 1 ½ tablespoons coconut oil
- 1. 1 ½ tablespoons Manuka honey
- 1. 2 drops wild orange essential oil
- 1. 2 drops peppermint essential oil

Directions

- 1) In a glass mixing bowl, mix the sugar, coconut oil, and Manuka honey.
- 2) Now, stir in your essential oils. Store the lip scrub in an airtight container. Apply to your lips as needed.

146. Baby body lotion

What you need

- 1. 1/4 cup beeswax
- 1. 1/4 cup coconut oil
- 1. 1/2 cup olive oil
- 1. 1 drop chamomile essential oil
- 1. 1 drop calendula essential oil
- 1. 1 teaspoon vitamin E oil

Directions

- 1) Add beeswax, coconut oil and olive oil to a double boiler and melt the mixture.
- 2) Remove it from heat; stir in the essential oils and Vitamin E oil.
- 3) Stir until everything is well incorporated; store in a glass jar.

147. Citrus body perfume

What you need

- 1. 1 teaspoon jojoba oil
- 1. 1 teaspoon clear alcohol
- 1. 3 drops juniper essential oil
- 1. 5 drops orange essential oil

Directions

- 1) Combine jojoba oil with alcohol in the bottle.
- 2) Now add the essential oils, one drop at a time, shaking after each addition.
- 3) Store in a cool and dark place for 2 weeks.

148. Baby's bubble bath

What you need

- 1. 1 cup castile soap
- 1. 1/3 cup vegetable glycerin
- 1. 1 tablespoon distilled water
- 1. 10 drops lavender essential oil
- 1. 10 drops chamomile essential oil

Directions

- 1) Measure out your castile soap and vegetable glycerin. Add water and mix to combine.
- 2) Stir in your essential oils.
- 3) Pour into a container that is easy to pour.

149. Exfoliating salt hand scrub

What you need

1. 1/2 cup coconut oil, softened at room temperature
1. 1 cup coarse Himalayan pink salt
1. 5 drops grapefruit essential oil

Directions

- 1) Put all of the above ingredients into the glass jar; mix well using a wooden spoon.
- 2) Use on your hands to remove skin cells and restore moisture. Rinse with lukewarm water.

150. Calendula and lavender body lotion

What you need

- 1. 1/2 tablespoon raw honey
- 1. 1/2 tablespoon aloe vera
- 1. 3 tablespoons calendula oil
- 1. 10 drops lavender essential oil

Directions

- 1) Add all of the above ingredients to a clean bottle; shake until everything is well combined.
- 2) Store in your refrigerator.

151. Pumpkin bath salts

What you need

- 1. 1 cup Epsom salts
- 1. 10 drops pumpkin essential oil
- 1. Yellow food coloring

Directions

- 1) Put the Epsom salts into a mixing bowl; then, add pumpkin essential oil and food coloring.
- 2) Give it a good stir; dump into a glass jar, cover with the lid and enjoy.

152. Bath soak for relaxing

What you need

- 1. 10 drops patchouli essential oil
- 1. 4 drops rose essential oil
- 1. 2 tablespoons sweet almond oil

Directions

- 1. In a mixing bowl, mix the essential oils together with the sweet almond oil.
- 1. Add your mixture to running bath water. Relax in the aromatic tub for as long as you like.

153. Kid's bubble bath

What you need

- 1. 1 cup castile soap
- 1. 1/3 cup vegetable glycerin
- 1. 1 tablespoon distilled water
- 1. 10 drops Palma Rosa essential oil
- 1. 10 drops sandalwood essential oil

Directions

- 1) Measure out your castile soap and vegetable glycerin. Add distilled water and mix to combine.
- 2) Stir in the essential oils.
- 3) Pour into a container that is easy to pour.

154. Cheap and easy body powder

What you need

1. 30 drops lavender essential oil
1. 4 ounces arrowroot powder

Directions

- 1) Mix your ingredients thoroughly.
- 2) Store in a body powder sifter container.

155. Lavender and jasmine bath oil

What you need

1. 2 ounces apricot kernel oil
1. 5 drops lavender oil
1. 10 drops jasmine oil

Directions

- 1) Pour your oils into a brown glass bottle. Cover and shake until the mixture is blended.
- 2) Add your bath oil to the tub and enjoy.

156. Homemade foot soak for dry feet

What you need

- 1. 1/4 cup Epsom salts
- 1. 1/4 cup citric acid
- 1. 1/8 aloe vera powder
- 1. 20 drops orange essential oil
- 1. 5 drops peppermint essential oil

Directions

- 1) Place first three ingredients in a blender; blend until everything is well incorporated.
- 2) Now add the essential oils to your mixture; mix to combine well.
- 3) Store this awesome mixture in a glass jar.
- 4) Add 1 tablespoon to the hot water; soak your feet for 20 minutes.

157. Anti-cellulite treatment

What you need

- 1. 1/2 cup argan oil
- 1. 15 drops rosemary essential oil
- 1. 15 drops juniper essential oil
- 1. 15 drops orange essential oil

Directions

- 1) Add your oils to a glass jar; mix to combine well.
- 2) Store in a dark, dry place.
- 3) Rub your oil into the affected areas in a circular motion.

158. Refreshing bath salt

What you need

1. 3 cups dead sea salt
1. 1 tablespoon jojoba oil
1. 10 drops orange essential oil
1. 5 drops ginger essential oil

Directions

- 1) Add all of the ingredients to a mixing bowl. Mix to combine well.
- 2) Transfer the bath salts to the jar; screw the lid on tightly.
- 3) Add a few tablespoons of bath salts to your tub.

159. Summer body scrub

What you need

- 1. 4 drops peppermint essential oil
- 1. 5 tablespoons coarse sea salt
- 1. 1/2 teaspoon grapeseed oil
- 1. Water

Directions

- 1) Mix all of the ingredients in a glass jar.
- 2) Massage into skin and rinse.

Using a body scrub can make your skin feel youthful and glowing. This process is known as exfoliation and it helps you to get rid of the old skin cells.

160. Restorative face mask

What you need

- 1. 2 tablespoons bentonite clay
- 1. 2 tablespoons apple cider vinegar
- 1. 6 drops frankincense essential oil

Directions

- 1) Put bentonite clay and apple cider vinegar into a small-sized glass bowl. Mix with a wooden spoon until everything is well incorporated.
- 2) Then, add the frankincense essential oil.
- 3) Apply the mask to the clean face; allow it to sit for about 20 minutes.

161. Natural citrus face cleanser

What you need

- 1. 4 tablespoons avocado essential oil
- 1. 4 drops lemon essential oil
- 1. 6 drops orange essential oil
- 1. 4 tablespoons liquid soap base

Directions

- 1) Simply combine all of the above ingredients in a glass bottle.
- 2) Shake well to combine. Shake before each use.

162. Citrus facial scrub

What you need

- 1. 3 drops lemon essential oil
- 1. 3 drops orange essential oil
- 1. 1 teaspoon liquid aloe vera
- 1. 1/2 cup granulated sugar

Directions

- 1) In a glass jar, combine all of the above ingredients.
- 2) Massage your skin with the facial scrub for about 1 minute. Rinse the scrub off your face with cold water. Afterwards, moisturize your skin.

Use this natural scrub once per week. Your skin will be softer and smoother. Using a facial scrub can make your skin feel glowing and beautiful.

163. Spicy and energizing bath oil

What you need

- 1. 1 cup apricot kernel oil
- 1. 20 drops ginger root essential oil
- 1. 15 drops Palma Rosa essential oil
- 1. 20 drops pine needle essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) Add your oils to a brown (or blue) glass jar; shake well to ensure proper mixing.
- 2) Then, allow your mixture to sit for 24-hours before using.
- 3) Add 2 tablespoons to hot bath water. Enjoy!

Ginger oil helps relieve muscle pain and rheumatism, as well as fractures. Palma Rosa has antiviral and antiseptic properties. Lavender oil improves sleep, reduces stress and anxiety, and slows aging. As you can see, there are many good reasons to use this awesome bath oil.

164. Rose perfume for her

What you need

- 1. 5 drops vanilla essential oil
- 1. 10 drops sandalwood essential oil
- 1. 20 drops geranium essential oil
- 1. 10 drops rose essential oil
- 1. 15 drops sweet orange essential oil
- 1. 4 ounces vodka
- 1. 1 teaspoon pure vanilla extract

Directions

- 1) Combine essential oils in the perfume bottle. Allow the oils to sit in the bottle for 3 days.
- 2) Then, add the vodka and vanilla extract; put the cap back on.
- 3) Shake the perfume; store it in a dark place around 30 days before using.

165. Natural cologne for him

What you need

- 1. 8 drops juniper berry essential oil
- 1. 2 tablespoons grapeseed oil
- 1. 3 drops peppermint essential oil
- 1. 15 drops fir needle essential oil
- 1. 20 drops vitamin E oil

Directions

- 1) Add the essential oils to a colored glass dropper bottle.
- 2) Then, pour in vitamin E oil.
- 3) Cap the bottle. You can use your cologne right now.

166. Massage and nourishing oil

What you need

1. 6 drops lavender oil
1. 1 ounce grapeseed oil

Directions

- 1) Mix all of the ingredients. You can use it immediately.
- 2) This oil can be helpful in treating emotional stress and depression. Lavender oil is one of the best essential oils in the treatment of acne and other inflammatory skin disorders.

167. Almond homemade cleanser

What you need

- 1. 1 tablespoon beeswax, grated
- 1. 1/2 cup almond oil
- 1. 1 tablespoon distilled water
- 1. 4 drops lavender essential oil
- 1. 2 drops frankincense essential oil

Directions

- 1) Combine beeswax and almond oil in a double boiler over medium heat.
- 2) Then, drop a Pyrex jar in a pan of simmering water. Then, pour in the distilled water.
- 3) Once the wax is melted, add 1/2 of warm water. Then, remove from the heat. Add the remaining water, drop by drop, whisking thoroughly.
- 4) When the mixture starts to thicken, add lavender oil and frankincense essential oil. Pour your cleanser into jars and cover.

168. Valentine's Day body mist

What you need

- 1. 4 ounces distilled water
- 1. 2 drops geranium oil
- 1. 1 drop eucalyptus oil
- 1. 3 drops peppermint oil

Directions

- 1) First, pour the distilled water into a spray bottle.
- 2) Add the essential oils and shake to combine.
- 3) Spray all over your body after a shower. Enjoy!

169. Rosemary wellness bath salts

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup kosher salt
- 1. 1/2 cup baking soda
- 1. 5 drops rosemary essential oil
- 1. 5 drops geranium essential oil
- 1. 10 drops clove essential oil

Directions

- 1) Throw all of the above ingredients in a dark glass jar; mix until everything is well blended.
- 2) Use about 1/4 – 1/2 cup per bath. Enjoy!

170. Patchouli hand lotion

What you need

- 1. 1/4 cup Shea butter
- 1. 10 drops sweet almond oil
- 1. 1 tablespoon beeswax
- 1. 6 drops tangerine essential oil
- 1. 3 drops patchouli essential oil

Directions

- 1) Place butter, almond oil, and beeswax in a glass bowl; then, melt it in a double boiler.
- 2) Then, remove from heat; pour into glass jars immediately. Allow it to cool slightly.
- 3) Add essential oils and stir with the end of your wooden spoon. Allow to set. Enjoy!

171. Coffee bean face oil (anti-aging)

What you need

1. 2 tablespoons rosehip oil
1. 1/4 teaspoon coffee bean essential oil

Directions

- 1) Combine your oils until everything is well incorporated.
- 2) Store in a dark, glass jar in a cool, dry place. Apply 1 to 2 drops to your skin. Enjoy!

172. Valentine's Day bath oil

What you need

- 1. 3 drops patchouli essential oil
- 1. 1 drop ylang ylang essential oil
- 1. 1 drop geranium essential oil
- 1. 2 drops clary sage essential oil
- 1. 3/4 cup Epsom salts

Directions

- 1) Place essential oils together with Epsom salts in a bowl. Mix to combine well.
- 2) Next, pour the mixture into a tub filled with hot water.
- 3) Allow it to soak before using.

173. Awesome bubble bath

What you need

1. 1 cup castile soap
1. 1/2 cup vegetable glycerin
1. 2 tablespoons purified water
1. 20 drops rose essential oil

Directions

- 1) In a glass bowl, combine all of the above ingredients.
- 2) Give it a good stir and pour the mixture into a glass jar.
- 3) Pour 1/4 cup of bubble bath into hot tub water. Enjoy!

174. Skin shaving cream

What you need

- 1. 1/3 cup coconut oil
- 1. 1/4 cup fractionated coconut oil
- 1. 1/3 cup shea butter
- 1. 5 drops sandalwood oil
- 1. 5 drops peppermint oil
- 1. 5 drops tea tree oil

Directions

- 1) Put coconut oil, fractionated coconut oil and shea butter into a double boiler; melt the mixture over medium-low heat. Then, allow the mixture to cool for about 4 minutes.
- 2) Now, add the remaining ingredients and stir with the end of a wooden spoon.
- 3) Next, whip the shaving cream with a hand mixer until it becomes fluffy. Store covered in a glass jar.

175. Sensual eye cream

What you need

- 1. 2 tablespoons avocado oil
- 1. 6 tablespoons carrot infused oil
- 1. 1 tablespoons beeswax, grated
- 1. 1/2 cup rose water

Directions

- 1) In a double boiler, combine first three ingredients.
- 2) Then, add rose water in a Pyrex jar. Place it in a pot with simmering water.
- 3) Add the 1/2 of warm rose water to the wax mixture, drop by drop. Then, remove your mixture from the heat and add the remaining 1/2 of rose water. Stir frequently.
- 4) When the mixture thickens, pour it into a clean glass jar. Cover it with the lid.

176. Winter roll on

What you need

1. Almond oil
1. 10 drops lavender essential oil
1. 10 drops jasmine essential oil

Directions

- 1) Fill roll-on vials with almond oil; leave a bit of room for the essential oils.
- 2) Add the essential oils to the vial. A lavender scent is great for relaxation. Enjoy!

177. Coconut lip scrub

What you need

1. 1 teaspoon coconut oil
1. 2 teaspoons coconut sugar

Directions

- 1) In a mixing bowl, combine your ingredients until everything is well combined.
- 2) Store in a small glass container.

How to use? Rub your lips in small circular motions for about 30 seconds using your finger. Use it once a week for the best results. This lip scrub can be kept in a dry place for up to 2 years. It serves 30 applications.

178. Romantic essential oil for all skin types

What you need

1. 6 drops chamomile oil
1. 4 drops rose oil
1. 2 drops neroli essential oil

Directions

- 1) Combine all of the above ingredients; mix well to combine.
- 2) Store in a dark glass bottle and enjoy!

Neroli essential oil is an antidepressant, antiseptic, bactericidal, and disinfectant. It will make your skin smooth and clear, as well as it will keep your skin moisturized.

179. Firming and anti-aging serum

What you need

- 1. 2 tablespoons sweet almond oil
- 1. 2 tablespoons rosehip seed oil
- 1. 7 drops of frankincense oil
- 1. 10 drops Cypress essential oil
- 1. 10 drops geranium essential oil

Directions

- 1) Mix all of the above ingredients in a glass bottle. Apply to your face, neck and décolletage.
- 2) Use at night for the best results.

180. Moisturizing shaving cream

What you need

1. 1 cup cocoa butter
1. 2 tablespoons avocado oil
1. 4 tablespoons coconut oil
1. 4 tablespoons witch hazel
1. 4 drops carrot essential oil
1. 1 tablespoon cucumber juice

Directions

- 1) Melt the cocoa butter in a double boiler over medium flame. Remove it from heat.
- 2) Add avocado oil, followed by coconut oil and witch hazel.
- 3) Add essential oils and cucumber juice. Mix to combine well.
- 4) Pour prepared mixture into a clean glass jar. Store in a fridge for up to two weeks.

181. Shea butter lip balm

What you need

- 1. 1 tablespoon shea butter
- 1. 1 tablespoon beeswax
- 1. 2 tablespoons coconut oil
- 1. 1/2 teaspoon rose colored mica powder
- 1. 2 drops peppermint essential oil

Directions

- 1) Drop the first three ingredients in a glass jar.
- 2) Put the jar into a pot of boiling water; allow your content to melt.
- 3) Add the remaining ingredients. Next, give it a good stir.
- 4) Transfer your mixture to the lip balm tins. Allow it to completely cool.

182. Coconut facial cleanser

What you need

- 1. 6 activated charcoal capsules
- 1. 1 cup coconut oil
- 1. 2 tablespoons aluminum-free baking soda
- 1. 5 drops lavender essential oil
- 1. 5 drops rosemary essential oil

Directions

- 1) Break charcoal capsules over a bowl.
- 2) Now add the coconut oil and baking soda and mix together.
- 3) Next, pour in the essential oils; mix to combine well.
- 4) Pour the mixture into the glass jar; afterwards, cap with a lid.

183. Uplifting shower bomb

What you need

- 1. 1/3 cup filtered water
- 1. 1 cup baking soda
- 1. 10 drops eucalyptus essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) Mix the filtered water and baking soda until you have a thick paste. Pour your mixture into the lined muffin tins.
- 2) Bake in the preheated oven at 350 degrees for about 20 minutes. Allow it to cool.
- 3) Add essential oils. Place 1 bomb onto the shower floor.

Shower bomb is a great way to taking your shower to the next level. Enjoy your mornings!

184. Citrus shower bombs

What you need

- 1. 1 cup baking soda
- 1. 1/2 cup citric acid
- 1. 1/2 cup cornstarch
- 1. 30 drops lemongrass essential oil
- 1. 30 drops orange essential oil
- 1. 30 drops lavender essential oil

Directions

- 1) In a mixing bowl, combine together the baking soda, citric acid, and cornstarch.
- 2) Slowly and gradually pour in the essential oils; mix to combine. Add water until your mixture resembles wet sand.
- 3) Afterwards, press your mixture into silicone molds and let it set.

185. Summer skin spritz

What you need

- 1. 2 tablespoons vegetable glycerin
- 1. 1/4 cup green tea, cooled
- 1. 1 teaspoon hazelnut oil
- 1. 5 drops vitamin E oil
- 1. 8 drops lime essential oil

Directions

- 1) Mix all your ingredient thoroughly; transfer to a small-sized BPA-free plastic misting bottle. Shake to combine well.
- 2) Spray onto skin liberally. Enjoy!

186. Creamed body scrub

What you need

- 1. 1 cup extra-virgin olive oil
- 1. 1/2 cup coffee grounds
- 1. 1/2 cup brown sugar
- 1. 10 drops peppermint essential oil

Directions

- 1) Put olive oil, coffee grounds, and sugar into a glass jar; mix with a wooden spoon.
- 2) Next step, add the essential oils; mix again to combine well. Put a lid on your jar.

Thanks to its awesome properties, this body scrub can help stimulate blood flow and tighten the skin. Therefore, it fights cellulite and boosts collagen production, too. Enjoy!

187. Citrus refreshing bath soak

What you need

- 1. 6 tablespoons aluminum-free baking soda
- 1. 2 tablespoons citric acid
- 1. 24 drops lemon essential oil
- 1. 24 drops tangerine essential oil

Directions

- 1) Combine all ingredients together in a mixing bowl.
- 2) Pour into a 4-ounce dark colored glass jar.
- 3) To use, add 2 tablespoons to warm bath water.

188. Lime peppermint summer spray

What you need

1. 2 ounces filtered water
1. 12 drops lime essential oil
1. 6 drops peppermint essential oil

Directions

- 1) Combine all of the ingredients in the spray bottle; cap and shake to combine.
- 2) Use the spray on the clean skin.

189. Blueberry oil face serum

What you need

1. 1 ounce sweet almond oil
1. 1 ounce blueberry seed oil
1. 24 drops roman chamomile essential oil

Directions

- 1) Add all of your ingredients to the 2-ounce amber colored glass bottle; shake your bottle.
- 2) Use the serum on the clean face, avoiding the eyes.

190. Healing summer body lotion

What you need

- 1. 4 ounces white lotion base
- 1. 15 drops patchouli essential oil
- 1. 10 drops geranium essential oil
- 1. 10 drops rose essential oil

Directions

- 1) Mix all ingredients until everything is well blended. You can use a bamboo stick if desired.
- 2) Then, transfer the mixture to a glass jar.
- 3) Massage into your skin.

191. Natural body lotions

What you need

- 1. 3 ounces cocoa butter
- 1. 1 ounce grapeseed oil
- 1. 3 drops ylang ylang essential oil
- 1. 3 drops tangerine essential oil
- 1. 12 drops vanilla essential oil

Directions

- 1) In a small-sized saucepan, over low flame, melt the cocoa butter.
- 2) Then, add the grapeseed oil; remove from heat.
- 3) Add the essential oils; stir to combine well. Pour the mixture into a glass jar and cap.
- 4) Allow it to sit for 24 hours.

192. Natural exfoliating face scrub

What you need

- 1. 1 tablespoon plain yogurt
- 1. 4 tablespoons almond meal
- 1. 2 tablespoons Manuka honey
- 1. 1/2 teaspoon cinnamon, ground
- 1. 2 drops cinnamon essential oil
- 1. 2 drops sweet orange essential oil

Directions

- 1) In a glass bowl, combine all of the above ingredients.
- 2) Apply to your face and massage gently; make sure to avoid your eyes. Rinse with lukewarm water. Lastly, apply argan oil to your face for the best results.

193. Aloe Vera skin moisturizer

What you need

- 1. 1 tablespoon Aloe Vera gel
- 1. 3 tablespoons jojoba oil
- 1. 1 tablespoon carrot infused oil
- 1. 8 drops geranium essential oil
- 1. 6 drops lavender essential oil

Directions

- 1) In a glass bowl, mix all of the ingredients; mix until everything is well combined.
- 2) Transfer the mixture to a glass jar and cover with the lid. Make sure to shake well before each use.

194. Antibacterial facial mist

What you need

1. 2 ounces purified water
1. 12 drops geranium essential oil

Directions

- 1) Pour your ingredients into a 2-ounce dark colored glass spray bottle; cap and shake your bottle.
- 2) Close your eyes and mist over a clean facial area.

This awesome mist has antibacterial properties and it can be used as a natural deodorant.

195. Natural sunscreen for babies

Ingredients

- 1. 1 ounce sesame oil
- 1. 10 drops helichrysum essential oil
- 1. 3 drops chamomile essential oil
- 1. 5 drops lavender essential oil

Directions

- 1) Put all of the above ingredients into a glass spray bottle; cap and shake vigorously.
- 2) Spray this natural sunscreen onto baby's body and face.

196. Natural Ylang-Ylang perfume

What you need

- 1. 1 ounce rice bran oil
- 1. 10 drops jasmine essential oil
- 1. 10 drops rose essential oil
- 1. 10 drops ylang-ylang essential oil

Directions

- 1) In a glass bowl, combine all of the ingredients; blend until everything is well incorporated.
- 2) Transfer your perfume to a dark colored glass bottle.
- 3) Use perfume on pulse points.

197. Baby massage oil

What you need

1. 1 teaspoon coconut oil
1. 1 drop vanilla essential oil

Directions

- 1) Put the coconut oil into your palm, followed by the vanilla essential oil.
- 2) Then, massage your baby with warm hands.

This antibacterial and antifungal oil will calm baby's skin and give her a great nourishment.

Coconut oil is one of the best oils for baby's sensitive skin. This awesome oil is an effective treatment for problems like rashes, eczema, patchy skin, *etc.*

198. Citrus facial cleanser

What you need

- 1. 1 tablespoon witch hazel
- 1. 1 tablespoon castile soap
- 1. 5 drops lemon essential oil
- 1. 10 drops orange essential oil
- 1. 3 drops grapefruit essential oil
- 1. Distilled water

Directions

- 1) Add all of the ingredients to a bottle and cap.
- 2) Shake vigorously. Use in the morning and wake up more easily!

199. Night face cleanser

What you need

- 1. 1 tablespoon witch hazel
- 1. 1 tablespoon castile soap
- 1. 10 drops chamomile essential oil
- 1. 10 drops calendula essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) Place all ingredients in a bottle, cap, and shake. Use before bed to calm and nourish your skin.
- 2) Then, wash away using lukewarm water.

200. The best soothing baby oil

What you need

- 1. 1 cup dry organic chamomile flowers
- 1. 1/2 cup dry calendula petals
- 1. 4 ounces organic sweet almond oil
- 1. 4 ounces organic olive oil

Directions

- 1) Add chamomile flowers and calendula petals to a glass jar; fill the jar with the oils.
- 2) Next step, strain oil using a cheese cloth (amber colored dropper bottle is the best choice).
- 3) Pour your oil into a clean container.

201. Perfume oil for girls

What you need

1. 2 tablespoons apricot kernel oil
1. 1 drop sweet orange essential oil
1. 2 drops vanilla essential oil

Directions

- 1) Combine the ingredients together. Mix until everything is well incorporated.
- 2) Next, add the mixture to the dropper bottle (amber or blue colored).
- 3) Cap your bottle and shake well.

Apricot kernel seed oil gently moisturizes girl's skin and it can be used on any skin type.

202. Restorative face mist

What you need

1. 1 cup purified water
1. 1 green tea bag
1. 2 drops tea tree essential oil

Directions

- 1) Pour water into a medium-sized saucepan. Bring to a boil.
- 2) Now steep green tea bag for about 10 minutes. Remove tea bag. Then, add tea tree essential oil. Pour the mixture into a small-sized glass misting bottle.
- 3) Cover with the lid and shake before each use.
- 4) Spray onto your face.

203. Awesome natural treatment for body acne

What you need

- 1. 1 ounce filtered water
- 1. 2 ounces witch hazel
- 1. 10 drops tea tree oil

Directions

- 1) Combine all of the ingredients in a mixing glass bowl.
- 2) Then, transfer the mixture to the glass spray bottle.
- 3) Make sure to shake before each use. Spray onto your skin and rub in with a cotton pad.

204. Natural foot bath

What you need

- 1. 1 teaspoon sesame oil
- 1. 4 drops myrtle essential oil
- 1. 4 drops grapefruit essential oil
- 1. 3 drops cajuput essential oil
- 1. 4 drops spearmint essential oil

Directions

- 1) Add all of the above ingredients to a small-sized bowl; mix to combine.
- 2) Pour your mixture into a basin of warm water; soak your feet for 10 minutes.

205. Romantic perfume bar

What you need

- 1. 2 tablespoons beeswax pastilles
- 1. 2 tablespoons sweet almond oil
- 1. 2 drops clove essential oil
- 1. 2 drops vanilla essential oil
- 1. 4 drops jasmine essential oil

Directions

- 1) First, melt the beeswax pastilles using a double boiler method.
- 2) In a glass mixing bowl, combine the oils. Add the oils to the melted beeswax.
- 3) Allow your mixture to harden. Rub on your skin and enjoy this romantic scent.

206. Facial sunscreen for oily skin

What you need

- 1. 2 tablespoons beeswax pastilles
- 1. 2 tablespoons jojoba oil
- 1. 1/4 cup shea butter
- 1. 1 teaspoon vitamin E oil
- 1. 10 drops red raspberry seed essential oil
- 1. 1 tablespoons zinc oxide powder

Directions

- 1) Melt beeswax pastilles together with jojoba oil, shea butter, and vitamin E oil using the double boiler method.
- 2) Once melted, remove from heat. Stir in red raspberry seed essential oil and zinc oxide powder.
- 3) Store in a glass jar and enjoy sunbathing.

207. Belly balm for pregnant mamas

What you need

- 1. 2 tablespoons beeswax, grated
- 1. 1/2 cup cocoa butter
- 1. 1/4 cup coconut oil
- 1. 1/4 cup sweet almond oil
- 1. 10 drops lavender essential oil

Directions

- 1) Put the first 3 ingredients into a double boiler pan; then, melt it, stirring frequently.
- 2) Now remove from heat. Add the remaining ingredients to the mixture; mix till everything is well combined.
- 3) Pour the mixture into a glass jar and let sit approximately 3 hours.

208. Stretch mark balm

What you need

1. 2 ounces shea butter
1. 2 tablespoons jojoba oil
1. 5 drops geranium essential oil

Directions

- 1) Melt the shea butter using a double boiler method.
- 2) Now add the jojoba oil; mix to combine. Add geranium essential oil to the melted mixture.
- 3) Store your balm in a glass jar in a dark place. Apply the balm to the affected area.

DIY SOAP MAKING RECIPES

Homemade soap recipes

The beauty of making homemade soaps is that you can choose the ingredients and the fragrances that you like. As you can see in this chapter, soap making can be very simple. On the other hand, there are a bit more complicated methods you can use at home. Anyway, it will take some practice. Once you've learned the basics, you will enjoy soap making.

Bring your tools and ingredients together and let the magic begin!

209. Facial lavender cream soap

What you need

- 1. 1.75 ounces cream soap base
- 1. 1/2 teaspoon pink clay
- 1. 1/4 teaspoon lactic acid
- 1. 1/2 teaspoon preservative
- 1. 3 drops lavender essential oil
- 1. Pure distilled water

Directions

- 1) Pour the cream soap base into a mixing bowl.
- 2) Add the clay, lactic acid, and preservative; stir until everything is well combined.
- 3) Next, add the lavender essential oil. Now add a bit of the pure distilled water.
- 4) Afterwards, pour the mixture into a jar and cover with the lid.

210. Sweet orange honey body wash

What you need

- 1. 1/3 cup castile soap
- 1. 1/3 cup raw honey
- 1. 1/3 cup refined avocado oil
- 1. 30 drops sweet orange essential oil
- 1. 30 drops vanilla essential oil

Directions

- 1) Add all ingredients to a mixing bowl; mix until everything is thoroughly combined.
- 2) Pour into a pump-top container. Shake well before using. Use on a soft natural sponge.
- 3) Shelf life: up to one year.

211. Rosemary chamomile soap

What you need

- 1/2 cup distilled water
 - 1 cup castile soap
1. 1 teaspoon aluminum-free baking soda
 1. 1 teaspoon fractionated coconut oil
 1. 12 drops rosemary essential oil
 1. 8 drops chamomile essential oil

Directions

- 1) Pour water into a large-sized mixing bowl.
- 2) Now add soap to the mixing bowl. Mix to combine well.
- 3) Next, add the rest of the above ingredients. Stir using a whisk.
- 4) Pour into a glass jar; screw on the pump top. Enjoy!

212. Cocoa shaving soap

What you need

- 1. 2 tablespoons cocoa butter
- 1. 1/4 cup coconut oil
- 1. 1/4 cup castile soap
- 1. 2 tablespoons baking soda, aluminum-free
- 1. 1 drop chamomile essential oil
- 1. 2 drops peppermint essential oil

Directions

- 1) First, put the cocoa butter and coconut oil into a double boiler; heat until completely melted. Then, transfer the melted mixture to a bowl.
- 2) Add the castile soap and baking soda; stir to combine.
- 3) After that, add the essential oils to the mixture; beat using a hand mixer. Place into a glass jar for storage. Enjoy!

213. Rosemary and eucalyptus soap

What you need

- 1. 4 ounces solid glycerin soap base
- 1. 10 drops eucalyptus essential oils
- 1. 10 drops lemon essential oil
- 1. 1 tablespoon dried rosemary
- 1. 1/2 tablespoon dried eucalyptus

Directions

- 1) Broke the glycerin soap into small chunks. Melt it according to package instructions.
- 2) Next, slowly add the essential oils. Give it a good stir.
- 3) Put the dried rosemary and eucalyptus into the molds; carefully fill each mold with the melted mixture.
- 4) Allow it to stand for about 1 hour.

214. Foaming chamomile shaving soap

What you need

- 1. 1/4 cup Aloe Vera gel
- 1. 1/4 cup liquid Castile soap
- 1. 1 tablespoon olive oil
- 1. 1/4 cup warm distilled water
- 1. 2 capsules Vitamin E
- 1. 5 drops chamomile essential oil

Directions

- 1) Mix all of the above ingredients in an 8-ounce foaming soap bottle; mix to combine well.
- 2) Shake before each use. Enjoy!

215. Sweet orange bar soap

What you need

1. 13 ounces lye
1. 4 cups pure distilled water
1. 1 cup palm oil
1. 2 cups coconut oil
1. 2 ½ C soybean oil
1. 1 cup avocado oil
1. 2 cups olive oil
1. 1/2 cup grapeseed oil
1. 1/2 cup cocoa butter, melted
1. 1/2 cup shea butter, melted

1. 1 ounce lavender essential oils

1. 1 ounce sweet orange essential oil

1. Soap colorants of choice

Directions

1) In a bowl, combine lye and distilled water. Stir with a whisk until everything is well combined.

2) Mix your butters and oils in another glass bowl.

3) Now add water mixture to the oil mixture. Whip the mixture with a stick hand blender.

4) When your soap is ready, you can add essential oils and soap colorants of choice.

5) Next, quickly pour the soap mixture into molds.

6) Cover the molds with some brown paper followed by a towel; allow it to sit for 48 hours.

7) Lastly, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.

8) After a few days, cut your soap into bars. Allow the soap bars to sit for about 6 weeks before using. Enjoy!

216. Chamomile body wash for sensitive skin

What you need

- 1. 2/3 cup liquid castile soap
- 1. 1/4 cup raw honey
- 1. 2 teaspoons olive oil
- 1. 1 teaspoon Vitamin E oil
- 1. 50 drops chamomile essential oils

Directions

- 1) Add all of the above ingredients to a bottle with a squirt top; shake to mix well.
- 2) Shake gently before each use.
- 3) This body wash has a long shelf life of up to a year. Enjoy!

217. Rosewood glycerin soap

What you need

- 1. 1 pound clear glycerin soap base
- 1. 1 tablespoon avocado oil
- 1. 1 tablespoon liquid Aloe Vera
- 1. 1 vitamin E capsule
- 1. 6 drops rosewood essential oil
- 1. 4 drops soap colorant

Directions

- 1) Melt your glycerin soap base along with avocado oil using a double boiler method.
- 2) Once your ingredients have melted, add the Aloe Vera and the vitamin E capsule.
- 3) Remove from heat; add the essential oil and soap colorant.
- 4) Pour the mixture into the molds. When your soap bars have set, remove from molds. Enjoy!

218. Lavender jojoba liquid soap

What you need

- 1. 2 tablespoons jojoba oil
- 1. 1 teaspoon guar gum
- 1. 15 drops lavender essential oil
- 1. 1/4 cup castile soap
- 1. 1/2 cup distilled water

Directions

- 1) Add jojoba oil to a mixing bowl.
- 2) Now stir in the guar gum; mix until everything is well combined.
- 3) In a separate bowl, combine together the rest of the ingredients. Stir in jojoba oil mixture; mix to combine well.
- 4) Stir for a few minutes and transfer to a container for storage.

219. Hibiscus nourishing soap

What you need

- 1. 4 ounces solid glycerin soap base
- 1. 10 drops orange essential oil
- 1. 10 drops lavender essential oil
- 1. 2 tablespoons dried rosemary
- 1. 1 tablespoon dried hibiscus

Directions

- 1) Broke the glycerin soap into small chunks. Melt it according to package instructions.
- 2) Next, slowly add the essential oils. Give it a good stir.
- 3) Put the dried rosemary and hibiscus into the molds; carefully fill each mold with the melted mixture.
- 4) Allow it to stand for about 1 hour.

220. Kids nourishing bath

What you need

- 1. 1 cup castile soap
- 1. 1/3 cup vegetable glycerin
- 1. 1 tablespoon distilled water
- 1. 5 drops carrot seed essential oil
- 1. 15 drops chamomile essential oil

Directions

- 1) In a mixing bowl, combine the castile soap along with vegetable glycerin and distilled water; give it a good stir.
- 2) Stir in the essential oils.
- 3) Pour into a container that is easy to pour

221. Body wash for girls

What you need

- 1. 1/3 cup castile soap
- 1. 1/3 cup raw honey
- 1. 1/3 cup sweet almond oil
- 1. 30 drops sweet orange essential oil
- 1. 30 drops lavender essential oil

Directions

- 1) Add all ingredients to a glass mixing bowl; mix until everything is combined.
- 2) Pour into a pump-top container. Shake before using; use on a soft natural sponge.

222. Vanilla bubble bath

What you need

- 1. 1/2 cup almond oil
- 1. 1/4 cup Manuka honey
- 1. 1/2 cup mild liquid hand soap
- 1. 1 egg white
- 1. 1 tablespoon vanilla extract

Directions

- 1) Combine all of the above ingredients together.
- 2) Add 1/4 cup to the water. Enjoy!

223. Tea tree shaving soap

What you need

- 1. 1/4 cup liquid Castile soap
- 1. 1/4 cup aloe vera gel
- 1. 1 tablespoon almond oil
- 1. 1/4 cup warm distilled water
- 1. 2 capsules Vitamin E
- 1. 5 drops tea tree essential oil
- 1. 2 drops lavender essential oil

Directions

- 1) Mix all of the above ingredients in an 8-ounce foaming soap bottle; mix to combine well.
- 2) Shake before each use. Enjoy!

224. Multicolored bath bombs

What you need

- 1. 1 cup baking soda
- 1. 1 cup citric acid powder
- 1. 1/2 cup cornstarch
- 1. 1/2 cup canola oil
- 1. 6 drops lavender essential oil
- 1. 6 drops peppermint essential oily skin
- 1. Food coloring

Directions

- 1) In a large-sized bowl, combine all of your ingredients together, except for the food coloring. Next, divide the mixture into several parts and add different food coloring.
- 2) Transfer the mixture to the plastic egg molds. Let it stand overnight.

3) Then, pry the bath bombs from the bottom mold; let stand for one more day. Use an egg in the bath. Enjoy!

225. Juniper berry soap

What you need

1. 4 ounces solid glycerin soap base
1. 10 drops grapefruit essential oil
1. 10 drops chamomile essential oils
1. 4 tablespoons dried juniper berries

Directions

- 1) Cut the glycerin soap into small-sized pieces. Melt them according to manufacturer's directions.
- 2) Next, gradually add the grapefruit essential oil and chamomile essential oil. Mix to combine well.
- 3) Drop the dried juniper berries in the molds; carefully and slowly fill each mold with the melted mixture.
- 4) Let it sit for at least 1 hour. This soap can help with infections, dermatitis, acne, and similar skin conditions.

226. Shaving cream soap

What you need

- 1. 1.75 ounces cream soap base
- 1. 1/4 teaspoon pro-vitamin B5 (panthenol)
- 1. 1/4 teaspoon dimethicone
- 1. 1/2 teaspoon preservative
- 1. 3 drops chamomile essential oil

Directions

- 1) Pour the cream soap base into a mixing bowl.
- 2) Add the remaining ingredients, stirring continuously to mix.
- 3) Pour mixture into a glass jar and cover with the lid.

227. Sweet orange soap

What you need

- 1. 1.75 ounces cream soap base
- 1. 1.75 ounces pure distilled water
- 1. 1 teaspoon liquid aloe vera
- 1. 1/4 teaspoon preservative
- 1. 4 drops sweet orange essential oil

Directions

- 1) Pour the cream soap and distilled water into a mixing bowl; stir until everything is well combined.
- 2) Add the aloe vera and preservative; stir to mix.
- 3) Lastly, add the sweet orange essential oil and stir again.
- 4) Store in a pump bottle.

228. Geranium body wash for mature skin

What you need

- 1. 2/3 cup liquid castile soap
- 1. 1/4 cup Manuka honey
- 1. 2 teaspoons grapeseed oil
- 1. 1 teaspoon Vitamin E oil
- 1. 50 drops geranium essential oil

Directions

- 1) Combine all of the above ingredients in a bottle with a squirt top; shake until everything is well combined.
- 2) Shake before each use.
- 3) This body wash has a long shelf life of up to a year. Enjoy!

229. Chocolate bar soap

What you need

- 1. 1 pound coconut melt and pour soap base
- 1. 1/2 teaspoon cocoa butter
- 1. 1/2 teaspoon shea butter
- 1. 1 teaspoon olive oil
- 1. 1/4 cup goat's milk powder
- 1. 1 tablespoon unsweetened cocoa powder
- 1. 1 tablespoon chocolate fragrance oil

Directions

- 1) Melt the soap base, cocoa butter and shea butter using a double boiler method.
- 2) When the mixture has melted, remove from heat.
- 3) Add olive oil, milk powder, and cocoa powder. Mix to combine. Now,

add chocolate fragrance oil to the mixture; mix to combine.

4) Afterwards, pour the mixture into molds.

230. Macadamia nut liquid soap

What you need

- 1. 2 tablespoons macadamia nut oil
- 1. 1 teaspoon guar gum
- 1. 15 drops grapefruit essential oil
- 1. 1/4 cup castile soap
- 1. 1/2 cup distilled water

Directions

- 1) Pour macadamia nut oil into a small mixing bowl.
- 2) Now stir in the guar gum; give it a good stir until you have a uniform mixture.
- 3) In a separate bowl, combine grapefruit essential oil, castile soap, and distilled water. Stir in your mixture with macadamia nut oil; stir again to combine.
- 4) Stir for a few more minutes and transfer to a container for storage.

231. Summer bubble bath

What you need

- 1. 1 cup castile soap
- 1. 1/3 cup vegetable glycerin
- 1. 1 tablespoon distilled water
- 1. 5 drops carrot seed essential oil
- 1. 15 drops grapefruit essential oil

Directions

- 1) In a mixing bowl, combine the castile soap along with vegetable glycerin and distilled water; give it a good stir.
- 2) Stir in the essential oils.
- 3) Pour into a container that is easy to pour.

232. Aloe Vera and grapefruit soap

What you need

- 1. 1/4 cup liquid Castile soap
- 1. 1/4 cup aloe vera gel
- 1. 1 tablespoon almond oil
- 1. 1 teaspoon grapefruit seed extract
- 1. 1/4 cup distilled water, warm
- 1. 4 drops lavender essential oil

Directions

- 1) Mix all of the above ingredients in a foaming soap bottle; stir until everything is uniform.
- 2) Shake before each use. Enjoy!

233. Citrus fragrant soap

What you need

- 1. 1/2 pound white melt and pour soap base
- 1. 2 drops grapefruit essential oil
- 1. 2 drops sweet orange essential oil
- 1. 4 drops soap colorant

Directions

- 1) Melt the soap base using a double boiler method. Remove from heat.
- 2) Now add the essential oils and colorant.
- 3) Pour into molds and allow to set.

234. Winter lemon glycerin soap

What you need

1. 1/2 pound white melt and pour soap base
1. 3 drops lemon essential oil
1. 4 drops yellow food grade colorant

Directions

- 1) First, melt the soap base using a double boiler method.
- 2) Remove from heat; add lemon essential oil and colorant.
- 3) Pour into soap molds and allow to set.

235. Men's body wash

What you need

- 1. 1/3 cup castile soap
- 1. 1/3 cup raw honey
- 1. 1/3 cup jojoba oil
- 1. 30 drops rosemary essential oil
- 1. 30 drops lavender essential oil

Directions

- 1) Add all ingredients to a glass mixing bowl; mix until everything is combined.
- 2) Pour into a pump-top container. Shake before each use. Makes a great gift.

236. Lemon liquid soap

What you need

1. 1/4 of bar soap (1 ounce), finely grated
1. 1 quart of water
1. 5 drops lemon essential oil

Directions

- 1) In a small-sized saucepan, place the bar soap along with water.
- 2) Then, turn to medium heat; stir constantly until the soap has dissolved completely. Add the lemon essential oi.
- 3) Let it cool completely; pour into the container for storage.
- 4) After 24 hours, shake well. Enjoy!

237. Winter mint soap

What you need

1. 1/2 pound goat's milk soap base
1. 1/2 pound shea butter soap base
1. 4-5 drops peppermint essential oil

Directions

- 1) Cut your soap bases into small-sized chunks; transfer them to a microwave-safe glass bowl.
- 2) Then, melt the mixture on high for about 30 seconds. When they have completely blended together, add the peppermint essential oil.
- 3) Pour the soap mixture into prepared molds and leave it to harden before using.

238. Body and facial wash for dry skin

What you need

- 1. 1/4 cup full fat coconut milk
- 1. 1/3 cup liquid castile soap
- 1. 5 drops chamomile essential oils
- 1. 10 drops patchouli essential oil

Directions

- 1) Combine all of the above ingredients in a mixing bowl; mix to combine well.
- 2) Transfer your mixture to a squeeze bottle.
- 3) Shake before using.

239. Jojoba tea tree liquid soap

What you need

- 1. 1/2 cup distilled water
- 1. 1/2 cup liquid castile soap
- 1. 1 tablespoon vitamin E oil
- 1. 1 tablespoon jojoba oil
- 1. 15 drops tea tree essential oil
- 1. 10 drops lavender essential oil

Directions

- 1) In a recycled soap dispenser, add the distilled water; then, add the liquid castile soap, followed by the remaining ingredients. Shake the ingredients vigorously.
- 2) Shake the soap dispenser before using. Enjoy!

240. Mediterranean tomato soap

What you need

- 1. 5 ounces lye
- 1. 1 cup pure distilled water
- 1. 2 ounces cocoa butter
- 1. 2 ounces shea butter
- 1. 1 cup palm oil
- 1. 1 cup coconut oil
- 1. 1 ½ cups extra virgin olive oil
- 1. 6 drops basil essential oil
- 1. 1 cup ripe tomatoes pureed
- 1. 1 tablespoon powdered basil

Directions

- 1) In a bowl, combine lye and distilled water. Stir with a whisk until everything is well combined.
- 2) Mix the kinds of butter and oils in another glass bowl. Now add the water mixture to the oil mixture. Whip the mixture with a stick hand blender.
- 3) When your soap is ready, you can add basil essential oil, tomato, and powdered basil.
- 4) Next, quickly pour the soap mixture into molds.
- 5) Cover the molds with some brown paper followed by a towel; allow it to sit for 48 hours.
- 6) Lastly, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.
- 7) After a few days, cut your soap into bars. Allow the soap bars to sit for about 6 weeks before using. Enjoy!

241. Spring body wash

What you need

- 1. 1 ½ cups coconut milk
- 1. 1 ¾ cups aloe vera gel
- 1. 3 drops cinnamon essential oil
- 1. 3 drops vanilla essential oil

Directions

- 1) In a glass bowl, mix all of the above ingredients together.
- 2) Transfer your mixture to ice cube trays and freeze.
- 3) To use, thaw out one cube. Enjoy!

242. Sandalwood hair and body wash

What you need

- 1. 1 cup liquid Castile soap
- 1. 1/2 cup coconut milk
- 1. 1/2 cup raw honey
- 1. 4 tablespoons coconut oil
- 1. 3-4 vitamin E capsules
- 1. 20 drops sandalwood essential oil
- 1. 20 drops sweet orange essential oil
- 1. 20 drops cedar wood essential oil

Directions

- 1) In a mixing bowl, combine all of the above ingredients together; mix to combine thoroughly.

- 2) Pour the mixture into a bottle.
- 3) Shake before each use.

243. Patchouli body wash for cracked and chapped skin

What you need

- 1. 2/3 cup liquid castile soap
- 1. 1/4 cup Manuka honey
- 1. 2 teaspoons jojoba oil
- 1. 1 teaspoon Vitamin E oil
- 1. 60 drops patchouli essential oil

Directions

- 1) Combine all of the above ingredients in a bottle; shake until everything is well combined.
- 2) Shake before each use.
- 3) This body wash has a long shelf life of up to a year. Enjoy!

244. Tender care lavender soap

What you need

1. 1/2 pound white melt and pour soap base
1. 3 drops lavender essential oil
1. 4 drops soap colorant

Directions

- 1) Melt your soap base using a double boiler method.
- 2) Remove from heat and add lavender essential oil and soap colorant.
- 3) Pour into soap molds and allow to set. Enjoy!

245. Frozen summer bath soap

What you need

1. 1 ½ cups coconut milk
1. 1 ¾ cups aloe vera gel
1. 3 drops orange essential oil

Directions

- 1) In a mixing bowl, combine all of the above ingredients.
- 2) Pour your mixture into ice cube trays and freeze.
- 3) To use, thaw out one cube and add it to your bath.

246. Babassu oil soap

What you need

- 1. 1 cup babassu oil
- 1. 1 cup coconut oil
- 1. 1 ¼ cup extra virgin olive oil
- 1. 1/4 cup sweet almond oil
- 1. 2/3 cup apricot kernel oil
- 1. 1/4 cup cocoa butter
- 1. 1/4 cup shea butter
- 1. 5 ounces lye
- 1. 1 ½ cup pure distilled water
- 1. 1 ounce orange fragrance oil

1. Soap colorants

Directions

- 1) Mix the oils and along with kinds of butter in a glass bowl. Mix to combine well.
- 2) In a separate bowl, mix together the lye and distilled water. Add this mixture to the oil mixture. Beat your mixture with a stick blender.
- 3) Then, stir in fragrance oil and soap colorants.
- 4) After that, quickly pour the soap mixture into molds.
- 5) Cover your molds with some brown paper; then cover with a kitchen towel; allow it to sit for 48 hours.
- 6) Afterwards, to remove your soap easily and effectively; place the molds in your freezer for 1/2 hour or so.
- 7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

247. Citronella glycerin soap

What you need

- 1. 1/2 cup coconut oil
- 1. 1 pound clear glycerin melt and pour soap base
- 1. 2 tablespoons liquid aloe vera
- 1. 2 vitamin E capsules
- 1. 4 drops sandalwood essential oil
- 1. 5 drops citronella essential oil

Directions

- 1) In a double boiler over medium heat, combine the coconut oil, soap base, and aloe vera.
- 2) Then, add the liquid from the vitamin E capsules. When everything has melted, remove from heat.
- 3) Stir in the essential oils.
- 4) Next, pour the mixture into soap molds. Afterwards, let it set for an hour or so.

248. Eucalyptus body wash

What you need

- 1. 1/4 cup coconut oil
- 1. 1/4 cup Manuka honey
- 1. 1 teaspoon vitamin E
- 1. 15 drops eucalyptus essential oil
- 1. 15 drops sweet orange essential oil
- 1. 1/2 cup liquid castile soap

Directions

- 1) Melt coconut oil in a microwave-safe bowl for about 30 seconds.
- 2) Add Manuka honey, vitamin E, and essential oils; whisk the ingredients together.
- 3) Stir in castile soap; give it a good stir until a uniform consistency is reached. Transfer to a glass bottle.
- 4) Shake before each use.

249. Refreshing summer bath soak

What you need

- 1. 1/3 cup vegetable glycerin
- 1. 1 cup castile soap
- 1. 1 tablespoon distilled water
- 1. 10 drops bergamot essential oil
- 1. 10 drops peppermint essential oil

Directions

- 1) In a mixing bowl, combine the vegetable glycerin, castile soap, and distilled water; give it a good stir.
- 2) Stir in the essential oils.
- 3) Pour into a container that is easy to pour.

250. Orange winter soap

What you need

- 1. 4 ounces solid glycerin soap base
- 1. 10 drops sweet orange essential oil
- 1. 10 drops chamomile essential oil
- 1. 4 tablespoons dried orange peels

Directions

- 1) Cut the glycerin soap into pieces. Melt them according to manufacturer's directions.
- 2) Then, gradually add the essential oils. Mix to combine well.
- 3) Throw the dried orange peels in the molds; carefully and slowly fill each mold with the melted mixture.
- 4) Let it sit for at least 1 hour.

251. Sweet orange body wash for dull and oily skin

What you need

- 1. 2/3 cup liquid castile soap
- 1. 2 teaspoons sweet almond oil
- 1. 1 teaspoon Vitamin E oil
- 1. 1/4 cup Manuka honey
- 1. 55 drops sweet orange essential oil

Directions

- 1) Mix your ingredients in a bottle; shake until everything is well incorporated.
- 2) Shake before each use.
- 3) This body wash has a long shelf life of up to a year. Enjoy!

252. Vanilla grapefruit soap bars

What you need

- 1. 5 ounces lye
- 1. 1 cup pure distilled water
- 1. 2 ounces mango butter
- 1. 2 ounces shea butter
- 1. 1 cup coconut oil
- 1. 1 cup palm oil
- 1. 1 ½ cups extra virgin olive oil
- 1. 6 drops vanilla essential oil
- 1. 4 drops grapefruit essential oil
- 1. Soap colorants of choice

Directions

- 1) In a bowl, combine lye and distilled water. Stir with a whisk until everything is well combined.
- 2) Mix your butters and oils in another glass bowl. Now add this mixture to the lye mixture. Whip the mixture with a stick hand blender.
- 3) When your soap is ready, you can add essential oils and soap colorants.
- 4) Next, quickly pour the soap mixture into molds.
- 5) Cover the molds with some brown paper followed by a towel; allow it to sit for 48 hours.
- 6) Lastly, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.
- 7) After a few days, cut your soap into bars. Allow the soap bars to sit for about 6 weeks before using. Makes a great gift, too. Enjoy!

253. Best olive oil soap ever

What you need

1. 5 ounces lye
1. 2 cups pure distilled water
1. 5 cups extra virgin olive oil
1. 4 drops vanilla essential oil
1. 4 drops lavender essential oil
1. Soap colorants of choice

Directions

- 1) In a mixing bowl, combine lye and distilled water. Stir with a whisk to combine well.
- 2) Add the olive oil. Whip the mixture with a stick hand blender.
- 3) Then, add essential oils and soap colorants.
- 4) Next, quickly pour the soap mixture into molds.
- 5) Cover the molds with some brown paper followed by a towel; allow it to sit for 48 hours.

6) Lastly, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.

7) After a few days, cut your soap into bars. Allow the soap bars to sit for about 6 weeks before using. Makes a great gift, too. Enjoy!

254. Coconut body and facial wash

What you need

- 1. 1/3 cup liquid castile soap
- 1. 1/4 cup full fat coconut milk
- 1. 10 drops ylang-ylang essential oil
- 1. 10 drops sweet orange essential oil

Directions

- 1) Combine all of the above ingredients in a mixing bowl; mix to combine well.
- 2) Transfer your mixture to a squeeze bottle.
- 3) Shake before each use. Enjoy!

255. Milk chamomile soap bar

What you need

- 1. 1 pound goat's milk melt and pour soap base
- 1. 1/2 cup coconut oil
- 1. 1 tablespoon liquid aloe vera
- 1. 1 vitamin E capsule
- 1. 3 drops chamomile essential oil
- 1. 1 drop rose essential oil

Directions

- 1) Melt soap base and coconut oil using a double boiler method.
- 2) When ingredients have melted, add the aloe vera and the vitamin E.
- 3) Remove from heat; stir in the essential oils. Pour into oval soap molds and allow it to set.

256. Citrus glycerin soap

What you need

- 1. 1 pound white glycerin melt and pour soap base
- 1. 1/3 cup coconut oil
- 1. 2 tablespoons shea butter
- 1. 2 tablespoons liquid aloe vera
- 1. 5-6 drops lemon essential oil
- 1. 3 drops sweet orange essential oil
- 1. 4 drops soap dye

Directions

- 1) First, melt the soap base, coconut oil, shea butter, and aloe vera using a double boiler method.
- 2) When everything has melted and blended completely, remove from heat.
- 3) After that, add essential oils and soap dye. Pour the mixture into soap molds.

257. Body wash for irritated skin and acne

What you need

- 1. 2/3 cup liquid castile soap
- 1. 2 teaspoons sesame oil
- 1. 1 teaspoon Vitamin E oil
- 1. 1/4 cup raw honey
- 1. 50-60 drops ylang-ylang essential oil

Directions

- 1) Mix your ingredients in a bottle; shake until everything is well incorporated.
- 2) Shake before each use. Enjoy!

258. Coconut honey body wash

What you need

- 1. 1/4 cup coconut oil
- 1. 1/4 cup raw honey
- 1. 5 drops tea tree essential oil
- 1. 10 drops chamomile essential oil
- 1. 15 drops lavender essential oil
- 1. 1 teaspoon vitamin E
- 1. 1/2 cup liquid castile soap

Directions

- 1) Melt coconut oil in a microwave-safe bowl for about 30 seconds.
- 2) Add raw honey, essential oils, and vitamin E; mix to combine well.
- 3) Next, add castile soap to the mixture; give it a good stir. Transfer to a glass bottle.

4) Shake before each use.

259. Lavender milk soap

What you need

1. 15 goat's milk soap cubes
1. 1/2 cup dried lavender flowers
1. 2 drops purple food-grade colorant
1. 3 drops lavender essential oil

Directions

- 1) First, combine the goat's milk soap cubes along with lavender flowers in a double boiler over medium heat.
- 2) Now add the colorant, stirring frequently until everything is well combined and melted.
- 3) Remove from heat; stir in the lavender essential oil. Pour the mixture into soap molds.

260. Mint liquid soap

What you need

- 1. 1/2 cup distilled water
- 1. 1/2 cup liquid castile soap
- 1. 1 tablespoon sweet almond oil
- 1. 10 drops peppermint essential oil
- 1. 15 drops tea tree essential oil
- 1. 1 tablespoon vitamin E oil

Directions

- 1) In a recycled soap dispenser, place the distilled water; then, add the liquid castile soap, followed by the remaining ingredients. Shake the ingredients vigorously.
- 2) Shake the soap dispenser before using. Enjoy!

261. Tender care lavender soap

What you need

1. 1/2 pound white melt and pour soap base
1. 3 drops essential oil
1. 4 drops soap colorant

Directions

- 1) Melt your soap base using a double boiler method.
- 2) Remove from heat and add lavender essential oil and soap colorant.
- 3) Pour into soap molds and allow to set. Enjoy!

262. Good morning soap

What you need

1. 1 cup clear glycerin soap base
1. 2 tablespoons water
1. 2 tablespoons olive oil
1. 2 tablespoons ground coffee
1. Soap mold container

Directions

- 1) Broke the glycerin soap base into cubes; now melt in the microwave.
- 2) Let the soap cool slightly; add the water, olive oil and coffee.
- 3) Whisk everything together for several minutes.
- 4) Lastly, pour the mixture into your molds; let it harden.

263. Coconut liquid soap

What you need

- 1. 2 ounces soap, shaved
- 1. 4 cups boiling water
- 1. 1 tablespoon coconut oil
- 1. 1 tablespoon liquid aloe vera
- 1. 1 tablespoon vitamin E oil
- 1. 15 drops tea tree essential oil

Directions

- 1) Place shaved soap in a mixing bowl.
- 2) Add the water, coconut oil and aloe vera. Mix until the soap has dissolved. Whisk until everything is well incorporated.
- 3) Now you can add vitamin E and tea tree essential oil.
- 4) Pour into a pump-topped container. Enjoy!

264. Moisturizing hand soap

What you need

- 1. 2 tablespoons almond oil
- 1. 1 teaspoon guar gum
- 1. 1/2 cup filtered water
- 1. 1/4 cup castile soap
- 1. 15 drops sweet orange essential oil

Directions

- 1) Measure almond oil and transfer it to a small-sized mixing bowl.
- 2) Stir in the guar gum and mix to combine well.
- 3) In another bowl, mix the remaining ingredients together. Add the almond oil mixture and continue stirring.
- 4) Stir for a few minutes and transfer to a container.

265. Winter cinnamon soap

What you need

- 1. 1/2 cup clear glycerin soap base
- 1. 2 tablespoons water
- 1. 2 tablespoons sweet almond oil
- 1. 1/4 cup oatmeal
- 1. 1 tablespoon cinnamon

Directions

- 1) Broke the glycerin soap base into cubes; now melt in the microwave.
- 2) Let the soap cool slightly; add the water, sweet almond oil, oatmeal, and cinnamon. Whisk everything for several minutes.
- 3) Lastly, pour the mixture into your molds; let it harden.

266. Strawberry soap balls

What you need

- 1. 1 pound glycerin soap base
- 1. 1 tablespoon liquid aloe vera
- 1. 1 vitamin E capsule
- 1. 5 drops strawberry essential oil
- 1. 3 drops red food grade colorant

Directions

- 1) First, melt the glycerin soap base using a double boiler over medium heat.
- 2) Add the aloe vera; pour in the liquid from the vitamin E capsule. Then, remove from heat.
- 3) Stir in the strawberry essential oil and colorant; stir until everything is well mixed.
- 4) Fill the halves of plastic balls with your mixture, saving a little amount of the mixture. Now, let it sit until hardened.
- 5) Re-heat the rest of the mixture; use this mixture to stick the halves together in order to create balls.

267. Exfoliating chia soap

What you need

1. 1/2 cup clear glycerin soap base
1. 4 tablespoons aloe vera
1. 2 tablespoons chia seeds

Directions

- 1) Cut the glycerin soap base into chunks; melt it in the microwave.
- 2) Let the soap cool for about 10 minutes; add aloe vera and chia seeds. Whisk everything for several minutes.
- 3) Lastly, pour the mixture into prepared soap molds; let it harden. Enjoy!

268. Soap chocolate cupcakes

What you need

- 1. 1 pound goat's milk melt and pour soap base
- 1. 1/4 cup coconut oil
- 1. 1 tablespoon liquid aloe vera
- 1. 1 vitamin E capsule
- 1. 1 tablespoon cocoa powder
- 1. 1 tablespoon chocolate fragrance oil

Directions

- 1) Melt 3/4 of the soap base along with coconut oil using a double boiler method.
- 2) When your ingredients have melted together, add the aloe vera and the vitamin E capsule.
- 3) Remove from heat; add the remaining ingredients and give it a good stir.
- 4) Pour the mixture into cupcake molds. Lastly, melt the rest of the soap base; pour over the top of your cupcakes.

269. Sweet orange soap

What you need

- 1. 1 pound clear glycerin soap base
- 1. 1 tablespoon coconut oil
- 1. 1 tablespoon liquid aloe vera
- 1. 1 vitamin E capsule
- 1. 6 drops sweet orange essential oil
- 1. 4 drops orange food grade colorant

Directions

- 1) First, melt the soap base along with coconut oil using a double boiler method.
- 2) Once your ingredients have melted, add the aloe vera and the vitamin E capsule.
- 3) Remove from heat; add the sweet orange essential oil and food grade colorant. Pour the mixture into the molds. When the soap has set, remove from molds.

270. Refreshing rosemary soap

What you need

1. 5 ounces lye
1. 2 cups pure distilled water
1. 5 cups extra-virgin olive oil
1. 4 drops rosemary essential oil
1. 4 drops lemon essential oil
1. Soap colorants of choice

Directions

- 1) In a glass bowl, combine lye and distilled water. Mix with a whisk to combine well.
- 2) Add extra-virgin olive oil. Whip the mixture with a hand blender.
- 3) Then, add rosemary and lemon essential oils and soap colorants.
- 4) Next, immediately pour the soap mixture into molds.
- 5) Cover the molds with some brown paper; then, cover with a kitchen towel; allow it to sit for 48 hours.

6) Afterwards, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.

7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

271. Orange ginger soap

What you need

- 1. 3 ounces solid glycerin soap base
- 1. 1 tablespoon liquid aloe vera
- 1. 2 drops orange food grade coloring
- 1. 1 drop ginger essential oil
- 1. 2 drops gingerbread scent

Directions

- 1) First, melt the glycerin soap base along with the liquid aloe vera using a double boiler method.
- 2) When ingredients have melted completely, remove it from heat.
- 3) Stir in the rest of ingredients. Pour into molds and let it set for an hour or so.
- 4) You can poke a hole in the top of the soap bars; then, string decorative ribbon through your soaps. It makes a great gift.

272. Coconut glycerin soap

What you need

1. 1/2 cup coconut oil
1. 1 pound clear glycerin melt and pour soap base
1. 2 tablespoons liquid aloe vera
1. 2 vitamin E capsules

Directions

- 1) In a double boiler over medium heat, combine the coconut oil, soap base, and aloe vera.
- 2) Then, add the liquid from the vitamin E capsules. When everything has melted, remove from heat.
- 3) Next, pour the mixture into soap molds. Afterwards, let it set for an hour or so.

273. Exfoliating soap for sensitive skin

What you need

- 1. 1/2 cup clear glycerin soap base
- 1. 3 tablespoons calendula-infused oil
- 1. 2 tablespoons water
- 1. 1/4 cup cornmeal

Directions

- 1) Cut the glycerin soap base into chunks; melt soap chunks in your microwave.
- 2) Let the soap cool for about 10 minutes; add the rest of the ingredients. Mix until everything is well combined.
- 3) Afterwards, pour the mixture into prepared soap molds; let it harden. Enjoy!

274. Cocoa mint soap bars

What you need

1. Shea butter soap base
1. 1 tablespoon cocoa powder
1. 2 tablespoons fresh mint leaves, chopped
1. 8 drops peppermint essential oil

Directions

- 1) Using a microwave-safe container, melt the shea butter soap base in the microwave until it is liquefied.
- 2) Now, add the rest of the above ingredients.
- 3) Give it a good stir and pour prepared mixture into your mold. Let it sit until it hardens.

275. Homemade soothing soap bars

What you need

- 1. 1/2 cup cocoa butter
- 1. 1/4 cup castor oil
- 1. 1/2 cup coconut oil
- 1. 1 ½ cups olive oil
- 1. 1 cup palm oil
- 1. 4 ounces lye
- 1. 1 ½ cups pure distilled water
- 1. 5 drops Juniper Berry essential oil
- 1. 5 drops valerian essential oil

Directions

- 1) Mix cocoa butter and the oils in a glass bowl. Mix to combine well.
- 2) In a separate bowl, mix together the lye and distilled water. Add this mixture to the oil mixture. Beat your mixture with a stick blender.
- 3) Then, stir in the essential oils.
- 4) Next step, immediately and slowly pour the soap mixture into molds.
- 5) Cover your molds with some brown paper; then, cover with a kitchen towel; allow it to sit for 48 hours.
- 6) Afterwards, to remove your soap easily and effectively, place the molds in the freezer for 1/2 hour or so.
- 7) After a couple of days, cut the soap into bars. Allow the soap bars to sit for about 6 weeks before using. Enjoy!

276. Lemon glycerin soap

What you need

- 1. 4 ounces solid glycerin soap base
- 1. 10 drops lemon essential oil
- 1. 10 drops rosemary essential oil
- 1. 2 tablespoons dried hibiscus
- 1. 2 tablespoons dried lemon peels

Directions

- 1) Cut the glycerin soap into pieces. Melt them according to manufacturer's directions.
- 2) Then, gradually add the lemon essential oil and rosemary essential oil. Mix until everything is well combined.
- 3) Throw the dried hibiscus and lemon peel in the silicone trays; pour the melted mixture into the molds.
- 4) Let it sit for at least 1 hour.

277. Mother's Day rose soap

What you need

1. 1/2 pound shea butter soap base
1. 1/4 cup dried rose petals, crumbled
1. 2 tablespoons vanilla essence

Directions

- 1) Melt the shea butter soap base in the microwave.
- 2) Add roses and vanilla essence.
- 3) Mix well and pour the mixture into the mold. Let the mixture sit until it hardens.

278. Cooling and refreshing body wash

What you need

- 1. 2/3 cup liquid castile soap
- 1. 2 teaspoons jojoba oil
- 1. 1 teaspoon Vitamin E oil
- 1. 1/4 cup raw honey
- 1. 20 drops tea tree essential oil
- 1. 5 drops peppermint essential oil
- 1. 20 drops sandalwood essential oil

Directions

- 1) Mix your ingredients in a bottle; shake well to combine.
- 2) Shake before each use. Enjoy!

279. Antiseptic mandarin soap balls

What you need

- 1. 1 pound glycerin soap base
- 1. 1 tablespoon liquid aloe vera
- 1. 1 vitamin E capsule
- 1. 5 drops geranium essential oil
- 1. 2 drops mandarin essential oil
- 1. 3 drops red food grade colorant

Directions

- 1) Melt the glycerin soap base using a double boiler over medium heat.
- 2) Add the aloe vera; pour in the liquid from the vitamin E capsule. Then, remove from heat.
- 3) Stir in the essential oils and colorant; stir until everything is well mixed.
- 4) Fill the halves of plastic balls with your mixture, saving a little amount of the mixture. Now, let it sit until hardened.
- 5) Re-heat the rest of the mixture; use this mixture to stick the halves

together in order to create balls.

280. Sweet orange liquid soap

What you need

- 1. 2 tablespoons sweet almond oil
- 1. 1 teaspoon guar gum
- 1. 15 drops sweet orange essential oil
- 1. 1/4 cup castile soap
- 1. 1/2 cup boiled water, cooled

Directions

- 1) Add sweet almond oil to a mixing bowl.
- 2) Stir in the guar gum and mix until everything is well incorporated.
- 3) In a separate bowl, combine together the remaining ingredients. Stir in sweet almond oil mixture; mix to combine well.
- 4) Stir for a few minutes and transfer to a container.

281. Antiseptic hibiscus soap

What you need

1. 4 ounces solid glycerin soap base
1. 10 drops sage essential oil
1. 10 drops Ylang-Ylang essential oil
1. 3 tablespoons dried hibiscus

Directions

- 1) Cut the glycerin soap into pieces. Melt them according to manufacturer's directions.
- 2) Then, gradually add the essential oils. Mix until everything is well combined.
- 3) Throw the dried hibiscus in the silicone trays; pour the melted mixture into the molds.
- 4) Let it sit for at least 1 hour.

282. Festive soap bar

What you need

1. 1 pound clear glycerin melt and pour soap base
1. 1/4 cup coconut oil
1. 2 drops chamomile essential oil
1. 3 drops frankincense essential oil
1. 3-4 drops yellow food grade colorant or soap dye
1. 1 tablespoon food grade gold glitter

Directions

- 1) Melt the soap base along with coconut oil using a double boiler method.
- 2) Next, remove from heat; add the chamomile and frankincense essential oils, colorant, and glitter.
- 3) Pour the mixture into molds and allow to set.

283. Moisturizing tea tree soap bar

What you need

- 1. 1 pound white glycerin melt and pour soap base
- 1. 1/2 cup coconut oil
- 1. 5 drops spearmint essential oil
- 1. 3 drops tea tree essential oil
- 1. 7 drops soap dye of choice

Directions

- 1) In a double boiler over medium heat, melt the soap base and coconut oil.
- 2) When ingredients have melted, remove from heat; add the essential oils.
- 3) Add the colorant to the mixture. Pour into soap molds. Allow to set.

284. Refreshing spearmint soap

What you need

1. 5 ounces lye
1. 2 cups pure distilled water
1. 5 cups extra virgin olive oil
1. 4 drops spearmint essential oil
1. 4 drops cedar wood essential oil
1. Soap colorants of choice

Directions

- 1) First, combine lye and distilled water in a mixing bowl. Give it a good stir.
- 2) Stir in extra virgin olive oil. Beat your mixture with a stick blender.
- 3) Then, add the essential oils and soap colorants.
- 4) After that, immediately pour the soap mixture into molds.
- 5) Cover your molds with some brown paper; then cover with a kitchen towel; allow it to sit for 48 hours.

6) Afterwards, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.

7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

285. Glycerin beauty soap

What you need

- 1. Glycerin soap base
- 1. 2 drops rosemary essential oil
- 1. 2 drops lemongrass essential oil
- 1. 2 drops rose essential oil
- 1. 4 drops geranium essential oil
- 1. 1 tablespoon aloe vera
- 1. 6 drops green food coloring

Directions

- 1) First, melt the glycerin soap base using a double boiler over medium-low heat.
- 2) Once melted, add the essential oils and aloe vera. Add the food coloring,
- 3) Stir until everything is well mixed. Pour the soap mixture into the mold;

let it sit until hardened.

286. Lavender loofah soap

What you need

- 1. 1 loofah sponge
- 1. 1 pound glycerin soap base
- 1. 1/4 cup coconut oil
- 1. 1 tablespoon liquid aloe vera
- 1. 4 drops chamomile essential oil
- 1. 2 drops lavender essential oil
- 1. 3 drops pink food grade colorant

Directions

- 1) Cut the loofah sponge into chunks. Then, put them into molds.
- 2) Next, melt the glycerin soap base along with coconut oil using a double boiler method.
- 3) When it has melted, add the rest of the ingredients; mix until everything

is well combined.

4) Pour your mixture into prepared molds; allow to set.

287. Homemade anise soap

What you need

- 1. 1 pound white glycerin melt and pour soap base
- 1. 1/2 cup coconut oil
- 1. 5 drops lemon essential oil
- 1. 3 drops anise essential oil
- 1. 7 drops soap dye of choice

Directions

- 1) In a double boiler over medium heat, melt the soap base and coconut oil.
- 2) When ingredients have melted, remove from heat; add the essential oils.
- 3) Add the soap dye to the mixture. Pour into soap molds. Allow to set.

288. Grapefruit liquid soap

What you need

- 1/2 cup water
- 1 cup castile soap
- 1. 1 teaspoon aluminum-free baking soda
- 1. 1 teaspoon fractionated coconut oil
- 1. 12 drops grapefruit essential oil
- 1. 8 drops basil essential oil

Directions

- 1) Bring water to a boil over medium-high heat. Now let it cool completely. Transfer cooled water to a large-sized mixing bowl.
- 2) Now add soap to the mixing bowl.
- 3) Next, add the remaining ingredients. Stir thoroughly using a whisk.
- 4) Pour into a glass jar; screw on the pump top. Enjoy!

289. Holiday chocolate soap

What you need

1. Shea butter soap base
1. 1 tablespoon cocoa powder
1. 2 tablespoons lavender leaves, chopped
1. 8 drops lavender essential oil

Directions

- 1) Using a microwave-safe container, melt the shea butter soap base in the microwave until it is liquefied.
- 2) Now add the rest of the above ingredients.
- 3) Give it a good stir and pour prepared mixture into your mold. Let it sit until it hardens.

290. Cucumber cleansing and hydrating soap

What you need

- 1. 2 cups canola oil
- 1. 4 cups coconut oil
- 1. 3 ½ cups extra virgin olive oil
- 1. 2 ½ cups palm oil
- 1. 1/2 cups shea butter
- 1. 2 ½ cups pure distilled water
- 1. 1 ½ cups lye
- 1. 2 cups pureed cucumber

Directions

- 1) First, combine the oils and shea butter in a mixing bowl. Give it a good stir.

- 2) In another bowl, mix thoroughly distilled water and lye. Add this mixture to the oil mixture.
- 3) Beat your mixture with a stick blender.
- 4) Then, add the pureed cucumber.
- 5) After that, quickly pour the soap mixture into molds.
- 6) Cover your molds with some brown paper; then cover with a kitchen towel; allow it to sit for 48 hours.
- 7) Afterwards, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.
- 8) After a couple of days, cut the soap into bars. Allow the soap bars to sit for about 6 weeks before using. Enjoy!

291. Oatmeal cinnamon soap

What you need

1. 2 pounds oatmeal soap base
1. 20 drops cinnamon essential oil

Directions

- 1) Cut the oatmeal soap base into small chunks; then, add it to a double boiler.
- 2) Gently heat until everything is completely melted.
- 3) Remove from heat; add cinnamon essential oil; mix to combine well.
- 4) Pour prepared mixture into soap molds; allow it to sit until firm.

292. Sweet orange soap bars

What you need

1. 2 pounds glycerin soap base
1. 2 tablespoons liquid aloe vera
1. 4 drops sweet orange essential oil
1. 4 drops orange food grade colorant

Directions

- 1) First, melt 1 pound of glycerin soap base using a double boiler method.
- 2) Add 1 tablespoon aloe vera to the soap base; remove from heat.
- 3) Add 2 drops sweet orange essential oil and the orange food grade colorant; stir to mix well.
- 4) Next, pour the mixture into soap molds. When the mixture is set, wrap two bars.
- 5) Now, cut the other 2 bars into chunks. Melt the rest of the glycerin soap base; add the rest of aloe vera.
- 6) Remove from heat and add remaining 2 drops of sweet orange essential oil. Then pour the mixture into soap molds, 1/4 of the way. Once your soaps are set, scatter a few of the prepared soap chunks on top.
- 7) Afterwards, fill the molds with the glycerin mixture.

293. Coconut lemon soap

What you need

- 1. 1/4 cup coconut oil
- 1. 1 pound glycerin soap base
- 1. 1 tablespoon liquid aloe vera
- 1. 1 vitamin E capsule
- 1. 4 drops lemon essential oil
- 1. 3 drops pink food grade colorant

Directions

- 1) In a double boiler over medium heat, combine coconut oil and glycerin soap base.
- 2) Then, add the aloe vera and vitamin E.
- 3) Remove from heat, and add the rest of the ingredients.
- 4) Pour your mixture into molds; allow to set.

294. Cardamom scented soap bar

What you need

- 1. 1 pound white glycerin melt and pour soap base
- 1. 1/2 cup coconut oil
- 1. 5 drops cardamom essential oil
- 1. 7 drops soap dye of choice

Directions

- 1) Melt the soap base and coconut oil using a double boiler.
- 2) When ingredients have melted, remove from heat; add the essential oil.
- 3) Add the soap dye to the mixture. Pour the mixture into the soap molds. Allow to set.

295. Citrus luxurious soap bar

What you need

- 1. 1 pound goat's milk melt and pour soap base
- 1. 1 pound shea melt and pour soap base
- 1. 6 drops sweet orange essential oil
- 1. 4 drops grapefruit essential oil
- 1. 6 drops food grade colorant

Directions

- 1) In a double boiler over medium heat, melt the soap bases.
- 2) Next, remove from heat; add the essential oils and colorant.
- 3) Pour into molds and allow to set.

296. Moisturizing lemongrass soap

What you need

- 1. 2 tablespoons sweet almond oil
- 1. 1 teaspoon guar gum
- 1. 15 drops lemongrass essential oil
- 1. 1/4 cup castile soap
- 1. 1/2 cup pure filtered water

Directions

- 1) Add sweet almond oil to a glass bowl. Stir in the guar gum; mix to combine well.
- 2) In another bowl, combine together the rest of the above ingredients.
- 3) Stir the mixture into sweet almond oil mixture; mix again until everything is well incorporated.
- 4) Stir for a few minutes longer; transfer to a storage container.

297. Winter citrus body wash

What you need

- 1. 6 cups pure distilled water
- 1. 1/2 bar of shea butter soap, shaved and blended to a fine powder
- 1. 1/2 cup coconut oil
- 1. 1 tablespoon Bentonite clay
- 1. 10 drops lemon essential oil

Directions

- 1) Pour the water along with soap into a large-sized pot. Place it over medium-high heat until everything is melted.
- 2) Add the coconut oil. Now stir in the clay. Add some water to the clay to make a paste.
- 3) Next, remove your pot from the heat; stir in lemon essential oil.
- 4) Pour prepared soap mixture into your containers.

298. Calming body and facial wash

What you need

1. 1/3 cup liquid castile soap
1. 1/4 cup full fat coconut milk
1. 10 drops basil essential oil

Directions

- 1) Combine your ingredients in a glass mixing bowl; give it a good stir with a wooden spoon; stir until everything is well combined.
- 2) Transfer your mixture to a squeeze bottle.
- 3) Shake before each use. Enjoy!

299. Creamy guest soap bars

What you need

- 1. 1 pound goat's milk melt and pour soap base
- 1. 1 pound shea melt and pour soap base
- 1. 10 drops frankincense essential oil
- 1. A few drops food grade colorant, optional

Directions

- 1) In a double boiler over medium heat, melt the soap bases.
- 2) Next, remove from heat; add the essential oil and colorant (if desired).
- 3) Pour into molds and allow to set.

300. Shea butter shaving cream

What you need

- 1. 1/4 cup coconut oil
- 1. 2 tablespoons shea butter
- 1. 1/4 cup raw honey
- 1. 1 tablespoon white cosmetic clay
- 1. 1 tablespoon baking soda
- 1. 1/4 cup liquid Castile soap
- 1. Vitamin E

Directions

- 1) Melt the coconut oil and shea butter using a double boiler method
- 2) Remove from heat; add the rest of your ingredients. Whip for several minutes.
- 3) Lastly, transfer to a container for storage.

301. Spring refreshing soap

What you need

1. 1 pound clear melt and pour soap base
1. 3 ounces Ocean Rain fragrance oil
1. 6 drops soap dye

Directions

- 1) First, melt the soap base using a double boiler method.
- 2) Remove it from heat; add the fragrance oil and soap dye.
- 3) Give it a good stir using a wooden spoon; pour the mixture into soap molds; allow to set.

302. Mother's Day tangerine soap

What you need

1. 5 ounces lye
1. 2 cups pure distilled water
1. 5 cups extra virgin olive oil
1. 4 drops Palma Rosa essential oil
1. 4 drops tangerine essential oil
1. Soap colorants of choice

Directions

- 1) In a glass bowl, combine lye and distilled water. Mix with a whisk to combine well.
- 2) Add extra virgin olive oil. Whip the mixture with a hand blender.
- 3) Then, add the essential oils and soap colorants.
- 4) Next, immediately pour the soap mixture into molds.
- 5) Cover the molds with some brown paper; then, cover with a kitchen towel; allow it to sit for 48 hours.
- 6) Afterwards, to remove your soap easily and effectively, place the molds

in your freezer for 1/2 hour or so.

7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

303. Striped spearmint soap

What you need

1. 1 pound goat's milk melt and pour soap base
1. 1/2 cup coconut oil
1. 3 drops spearmint essential oil
1. 3 drops lavender essential oil
1. A few drops red food grade colorant or soap dye

Directions

- 1) Melt the soap base and coconut oil using a double boiler.
- 2) When everything has melted, remove from heat; add the spearmint and lavender essential oil.
- 3) Divide your soap mixture in half; add red colorant (soap dye) to one half. Pour the mixture into molds in layers in order to create a striped pattern.

304. Winter green soap

What you need

- 1. 1 pound white melt and pour soap base
- 1. 1/2 cup coconut oil
- 1. 3 drops lavender essential oil
- 1. 5 drops pine essential oil
- 1. 4 drops green soap dye

Directions

- 1) Melt the soap base and coconut oil using a double boiler.
- 2) Then, remove from heat; add the essential oils and colorant.
- 3) Pour into soap molds and allow to set. Enjoy!

305. Clary sage soap bars

What you need

- 1. 1 pound goat's milk melt and pour soap base
- 1. 1 pound shea melt and pour soap base
- 1. 5 drops clary sage essential oil
- 1. 5 drops chamomile essential oil
- 1. A few drops food grade colorant, optional

Directions

- 1) In a double boiler over medium heat, melt the soap bases.
- 2) Then, remove it from heat; add the essential oils and colorant (if desired).
- 3) Pour into molds and allow to set.

306. Moisturizing Palma Rosa body wash

What you need

- 1. 2/3 cup liquid castile soap
- 1. 2 teaspoons jojoba oil
- 1. 1 teaspoon Vitamin E oil
- 1. 1/4 cup raw honey
- 1. 50 drops Palmarosa essential oil

Directions

- 1) Mix your ingredients in a bottle; shake well to combine.
- 2) Shake before each use. Enjoy!

307. Sweet dreams chocolate soap

What you need

1. 1 pound goat's milk melt and pour soap base
1. 6 drops chocolate fragrance oil
1. Brown food grade colorant

Directions

- 1) In a double boiler over medium heat, melt the soap base.
- 2) Remove from heat; add the fragrance oil and food grade colorant.
- 3) Give it a good stir; pour into soap molds and allow to set.

308. Moisturizing honey soap

What you need

1. Bubble wrap
1. 1/2 pound goat's milk melt and pour soap base
1. 1 ounce essential oils of choice
1. 1/2 teaspoon bee pollen powder
1. 2 tablespoons Manuka honey
1. 5 drops yellow food grade colorant

Directions

- 1) Line your soap molds with bubble wrap.
- 2) Then, melt your soap base using a double boiler method.
- 3) Remove from heat and stir in the rest of the above ingredients.
- 4) Pour into prepared soap molds; allow to set. Afterwards, peel away the bubble wrap.

309. Almond and cocoa shave cream

What you need

- 1. 1/4 cup almond oil
- 1. 2 tablespoons cocoa butter
- 1. 1 tablespoon white cosmetic clay
- 1. 1 tablespoon baking soda
- 1. 1/4 cup liquid Castile soap
- 1. 1/4 cup raw honey
- 1. Vitamin E

Directions

- 1) Melt the almond oil and cocoa butter using a double boiler method
- 2) Remove from heat; add the remaining ingredients. Whip for several minutes.
- 3) Lastly, transfer to a container for storage.

310. Shaving soap with olive oil

What you need

- 1. 1 bar of natural soap, grated
- 1. 1 tablespoon olive oil
- 1. 2 tablespoons white clay

Directions

- 1) First, melt grated soap along with olive oil using a double boiler method.
- 2) Once melted, stir in the white clay.
- 3) Pour the mixture into molds (e.g. old mugs). Makes a great gift.

311. Luxurious avocado and soy soap

What you need

1. 1/2 cup avocado oil

1. 2 cups coconut oil

1. 1 ½ cups palm oil

1. 1 cup soybean oil

1. 1/2 cup sunflower oil

1. 1/4 cup shea butter

1. 7 ounces lye

1. 2 cups pure distilled

Directions

1) First, combine the oils and shea butter in a mixing bowl. Give it a good stir.

- 2) In another bowl, mix the lye with distilled water. Add this mixture to the oil mixture. Beat your mixture with a stick blender.
- 3) After that, quickly pour the soap mixture into molds.
- 4) Cover your molds with some brown paper; then, cover with a kitchen towel; allow it to sit for 48 hours.
- 5) Afterwards, to remove the soap easily, place the molds in your freezer for 1/2 hour or so.
- 6) After a couple of days, cut the soap into bars. Allow the soap bars to sit for about 6 weeks before using. Enjoy!

312. Liquid soap for all skin types

What you need

- 1. 2/3 cup liquid castile soap
- 1. 2 teaspoons jojoba oil
- 1. 1 teaspoon Vitamin E oil
- 1. 1/4 cup raw honey
- 1. 10 drops clary sage essential oil
- 1. 20 drops lemon essential oil
- 1. 20 drops sweet orange essential oil

Directions

- 1) Mix your ingredients in a bottle; shake well to combine.
- 2) Shake before each use. Enjoy!

313. Sweet orange and cinnamon soap

What you need

- 1. 1 pound clear glycerin melt and pour soap base
- 1. 3 tablespoons liquid aloe vera
- 1. 2 vitamin E capsules
- 1. 3 drops sweet orange essential oil
- 1. 6 drops cinnamon essential oil
- 1. 4 drops soap colorant

Directions

- 1) Melt the soap base and aloe vera using a double boiler method; now add liquid from vitamin E capsules.
- 2) When ingredients have melted, remove from heat; add the essential oils and soap colorant.
- 3) Pour the mixture into soap molds; allow to set.

314. Peppermint and rosemary soap bars

What you need

- 1. 2 cups extra virgin olive oil
- 1. 1 cups coconut oil
- 1. 1 cup palm oil
- 1. 5 ounces lye
- 1. 2 cups pure distilled water
- 1. 10 drops peppermint essential oil
- 1. 10 drops rosemary essential oil

Directions

- 1) Simply throw the oils in a mixing bowl; mix until everything is well incorporated.
- 2) In another bowl, mix the lye with distilled water. Add this mixture to the oil mixture. Beat your mixture with a stick blender.
- 3) Stir in the essential oils.

- 4) After that, quickly pour the soap mixture into molds.
- 5) Cover your molds with some brown paper; then, cover with a kitchen towel; allow it to sit for 48 hours.
- 6) Afterwards, to remove your soap easily, place the molds in your freezer for 1/2 hour or so.
- 7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

315. Classic shaving soap with almond oil

What you need

- 1. 1 bar of natural soap, grated
- 1. 1 tablespoon almond oil
- 1. 2 tablespoons French clay

Directions

- 1) Melt grated soap along with almond oil using a double boiler method.
- 2) Once melted, stir in French clay.
- 3) Pour the mixture into molds (e.g. old mugs). Makes a great gift.

316. Lavender rosemary soap

What you need

1. 1/4 cup infusion of lavender flowers and rosemary leaves
1. 3 cups glycerin soap base
1. 1 1/2 teaspoons lavender essential oil
1. 1/2 teaspoon rosemary essential oil

Directions

- 1) To make infusions: pour 1 cup of steaming water over 3 tablespoons of dried lavender flowers and rosemary leaves.
- 2) Steep for about 10 minutes.
- 3) Combine melted soap base and herbal ingredients. Add the essential oils. Then, give it a good stir until everything is well mixed.
- 4) Lastly, pour into molds and allow it to set.

317. Luxurious tea tree soap

What you need

1. 1 pound white melt and pour soap base
1. 1/2 cup coconut oil
1. 5 drops tea tree essential oil
1. Soap colorant of choice

Directions

- 1) Melt the soap base and coconut oil using a double boiler.
- 2) Then, remove from heat; add the essential oil and colorant.
- 3) Pour into soap molds and allow to set. Enjoy!

318. Nourishing lavender body wash

What you need

- 1. 6 cups pure distilled water
- 1. 1/2 bar of shea butter soap, shaved and blended to a fine powder
- 1. 1/2 cup coconut oil
- 1. 1 tablespoon Bentonite clay
- 1. 10 drops lavender essential oil

Directions

- 1) Add your distilled water along with soap to a large-sized pot. Melt over medium-high flame.
- 2) Add the coconut oil. Now stir in the clay. Add some water to the clay to make a paste.
- 3) Next, remove your pot from the heat; stir in lavender essential oil.
- 4) Lastly, pour prepared soap mixture into your storage containers.

319. Luxurious cocoa and orange soap bars

What you need

- 1. 1/2 cup cocoa butter
- 1. 1/4 cup castor oil
- 1. 1/2 cup coconut oil
- 1. 1 ½ cups extra-virgin olive oil
- 1. 1 cup palm oil
- 1. 4 ounces lye
- 1. 1 ½ cups pure distilled water
- 1. 5 drops sweet orange essential oil
- 1. 5 drops basil essential oil
- 1. 3 drops bergamot essential oil

Directions

- 1) Mix cocoa butter and oils in a glass bowl. Mix to combine well.
- 2) In a separate bowl, mix together the lye and distilled water. Add this mixture to the oil mixture. Beat your mixture with a stick blender.
- 3) Then, stir in the essential oils.
- 4) After that, quickly pour the soap mixture into molds.
- 5) Cover your molds with some brown paper; then cover with a kitchen towel; allow it to sit for 48 hours.
- 6) Afterwards, to remove your soap easily and effectively, place the molds in your freezer for 1/2 hour or so.
- 7) After a couple of days, cut your soap into bars. Allow your soap bars to sit for about 6 weeks before using. Enjoy!

320. Juniper Berry essential oil

What you need

1. 1 pound white melt and pour soap base
1. 1/2 cup coconut oil
1. 3 drops frankincense essential oil
1. 3 drops Juniper Berry essential oil
1. Soap colorant of choice

Directions

- 1) Melt the soap base and coconut oil using a double boiler.
- 2) Then, remove from heat; add the essential oils and colorant.
- 3) Pour into soap molds and allow to set. Enjoy!

321. Good morning oatmeal soap

What you need

1. 8 cubes of goat's milk soap suspension formula
1. 40 drops sweet almond oil
1. 1/4 cup oatmeal

Directions

- 1) Melt milk soap cubes in your microwave for about 1 ½ minutes on high. Add sweet almond oil.
- 2) Then, process oatmeal in your blender to make grains smaller. Add the oatmeal to the melted mixture.
- 3) Pour your mixture into soap molds and allow to set. Enjoy!

DIY FACE MASKS

DIY face masks for glowing skin

There are countless ways to incorporate ingredients you already have in your kitchen and bathroom into your beauty routine. If you are looking for ways to avoid harsh chemicals and toxic beauty products, natural cosmetic is a key to a great and healthy skin. Keep reading for twenty gorgeous face masks for every skin type that your skin will love. Stop spending a fortune on cosmetic products and enjoy a natural beauty!

322. Yerba flax face mask

This is a homemade facial mask for all skin types.

Yerba flax face mask will feed your skin with vitamins, minerals, antioxidants, amino acids and other beneficial nutrients.

What you need

- 1. 1/8 cup water
- 1. 1 tablespoon loose leaf yerba mate
- 1. 1 tablespoon ground flax meal
- 1. 1 teaspoon honey
- 1. 1/2 teaspoon olive oil
- 1. A coffee grinder, saucepan, tea strainer, mixing bowl, and fork

Directions

- 1) In a small-sized saucepan, bring water to a boil.
- 2) Grind the yerba mate using a coffee grinder.

3) Add the yerba mate and flax meal to the bowl; pour in the boiling water. Allow the mixture to stand for about 10 minutes.

4) Add the honey and olive oil; mix to combine until you have a thick paste.

5) It is time to apply your mask. Spread a thick layer of the mask onto your skin. Leave on skin for about 15 minutes; rinse off with lukewarm water.

Use this mask once per week for the best results.

323. Matcha and honey mask

What you need

1. 1 teaspoon Matcha green tea powder
1. 1 teaspoon Manuka honey

Directions

- 1) Mix your ingredients to form a paste.
- 2) Spread the mask over your face, neck and décolletage. Leave on for about 15 minutes.
- 3) Lastly, remove your mask with a warm and wet washcloth.

This awesome mask may be helpful for increasing skin elasticity.

324. Get glowing skin – blackberries

This facial mask is great for sun damaged skin.

Use the ingredients from your kitchen and nourish your skin from the inside and out. The consumption of blackberries maintains the elasticity of your skin.

Blackberries are rich in Vitamin C and Vitamin A. Blackberries are loaded with antioxidants so they are great for reducing damage from some environmental factors.

What you need

1. 10 blackberries

Directions

- 1) Rinse your blackberries; mash them in a small-sized bowl using a fork.
- 2) Apply to a clean face; leave on for about 15 minutes.
- 3) Wash your face with lukewarm water; pat dry.

325. Avocado facial mask

This facial mask makes wonders for dry skin.

What you need

1. 1 ripe avocado
1. 1 tablespoon honey

Directions

- 1) Mash the avocado pulp using a fork. Add honey and mix to combine.
- 2) Apply to your skin with a spoon. Then, leave on for 15 minutes; rinse with lukewarm water.

326. A summer facial mask – grapes

This facial mask is for all skin types.

Grapes are loaded with vitamins, minerals and antioxidants so they have many beauty benefits. Grapes cleanse your skin and make it glowing instantly. Grapes are anti-aging fruit and they prevent sunburn.

You can simply take a few grapes and squeeze them; then, rub on your face. You can mash them and apply as a facial mask. Your face will get freshness and glow right now!

327. Soothing face mask – rose petals

This mask is beneficial for all skin types, especially sensitive, overexposed, and sun-damaged skin.

What you need

- 1. 1/3 small-sized cucumber
- 1. 1/4 cup fresh rose petals
- 1. 1 teaspoon grapeseed oil
- 1. A blender, knife, cutting board

Directions

- 1) Cut the cucumber into small chunks and remove any excess water.
- 2) Then, add cucumber to your blender, together with rose petals. Blend for 1 minute and add the grapeseed oil.
- 3) To use, add a thick layer of your mask to a clean skin. Leave on skin approximately 20 minutes; rinse off with lukewarm water.

328. An amazing elixir mask – yerba mate

An easy to make facial mask for all skin types.

Yerba mate is rich in vitamins, minerals, amino acids, and polyphenols. Then, acai berries have a plethora of antioxidants and coconut milk, which contains the vitamins as well as lots of minerals. This mask serves as a wonderful multivitamin for your skin.

What you need

- 1. 1/2 cup boiling water
- 1. 1 tablespoon yerba mate leaves
- 1. 1 teaspoon acai berry powder
- 1. 1 teaspoon coconut cream
- 1. 1 cup glass measuring cup
- 1. tea strainer and mixing bowl

Directions

- 1) Pour the boiling water into the measuring cup. Now add yerba mate leaves and let it steep approximately 20 minutes.

- 2) Discard the yerba mate leaves.
- 3) Add the remaining ingredients to the mixing bowl; stir to combine.
- 4) Add the brewed yerba mate to the bowl, a little at a time; stir until you have a spreadable paste.
- 5) Afterwards, apply your mask onto clean skin, to your face, neck, and décolletage; leave on your skin for about 20 minutes. Rinse off with warm water.

329. Anti-aging mask

An easy to make face mask for mature skin.

This amazing facial mask has anti-inflammatory effects on your skin. Use this regenerative mask fresh.

What you need

- 1. 2 teaspoons rose petal powder
- 1. 1/2 teaspoon extra-virgin olive oil
- 1. 1/4 teaspoon agave syrup
- 1. 1 teaspoon water

Directions

- 1) In a mixing bowl, combine together the rose petal powder, olive oil, and agave syrup.
- 2) Now pour in the water, a little at a time; stir until you reach the consistency of a thick paste.
- 3) Use right now; it will help to glow your skin instantly!

330. Natural homemade beauty – red wine and carrot seed essential oil

This is an anti-aging mask.

Red wine contains resveratrol that is a powerful antioxidant which is very important for slowing down the aging process. Carrot seed essential oil improves the tone of aging skin and has a rejuvenating effect on your skin, especially mature skin.

What you need

1. 1/4 cup wine
1. 1/4 cup kaolin clay (you can find it at local health-food store)
1. 2 tablespoons carrot seed essential oil
1. 1 tablespoon organic oat flour (you can find it at local health-food store)

Directions

- 1) In a mixing bowl, combine all of the above ingredients.
- 2) Apply to the face and leave on your skin for 10 to 15 minutes. Rinse with lukewarm water.
- 3) Use a dab of coconut oil afterwards as a moisturizer. Enjoy your beauty!

331. Green avocado moisture mask

This mask can be used for all skin types, especially for dry and sensitive skin.

This green rich facial mask moisturizes, hydrates and nourishes your skin. As you probably already know, avocado is loaded with vitamins, minerals, and emollients. Spirulina is rich in vital antioxidants and it is a skin-food for a natural healthy glow.

What you need

- 1. 1/2 small avocado
- 1. 1/4 teaspoon lemon juice
- 1. 1 teaspoon spirulina
- 1. 1/2 teaspoon water

Directions

- 1) In a mixing bowl, combine together all of the above ingredients.
- 2) Now mix until you reach the consistency of a thick paste. Use right now; the mask does wonders for your skin!

332. Honey and avocado facial mask – healthy and radiant skin

This moisturizing facial mask can be used for all skin types.

What you need

1. 1 tablespoon of raw honey
1. 1/2 of ripe avocado

Directions

- 1) In a mixing bowl, combine your ingredients.
- 2) Apply to your face and let it stand for about 15 minutes.
- 3) Afterwards, wipe your mask off with a warm washcloth.

If you have no time or money to visit your local spa, try this mask and enjoy its benefits. Your skin will thank you.

333. Natural Botox face mask – banana

This facial mask is beneficial for skin tightening.

Banana will relax the skin so it will be softer and more beautiful. Bananas are rich in nutrients and they are great for soothing wrinkles.

What you need

1. 1 ripe banana

Directions

- 1) Mash up your banana; gently apply mashed banana to the face, neck, and décolletage.
- 2) Then, rinse it off with warm water after 15 minutes. Then, wash your face with cold water.

334. Yogurt and honey mask – a natural acne remedy

This homemade mask is beneficial for acne-prone skin types. This wonderful and refreshing treatment will revitalize tired skin. Yogurt fights skin infections and acne, as well as fades blemishes.

What you need

1. 1/4 cup plain yogurt
1. 2 tablespoons Manuka honey
1. 1 ripe banana

Directions

- 1) Mix all the above ingredients in a small-sized bowl.
- 2) You will have 2 masks. This mask is best fresh.

335. Get a gorgeous skin – honey and almond oil

This powerful herbal face mask is beneficial for dry and sensitive skin.

This is a secret to a beautiful skin. Natural ingredients! Honey can help moisturize and fight bacteria. It is important to use a raw honey if you are able because it contains better antioxidants and enzymes.

What you need

- 1. 1 tablespoon milk powder
- 1. 1 teaspoon honey
- 1. 1 tablespoon almond oil

Directions

- 1) Mix all of the above ingredients; apply the mixture to your face, neck, and décolletage.
- 2) Wait for 15 minutes. Afterwards, wash your face with cold water.

336. Manuka and parsley mask

This homemade mask is beneficial for oily and acne-prone skin types.

Honey can help moisturize and fight bacteria. Parsley has skin lightening properties so it will help to fade acne scars.

What you need

- 1. 1/2 cup fresh parsley leaves
- 1. 1 teaspoon lemon juice
- 1. 1 tablespoon raw honey
- 1. 2 teaspoons kaolin

Directions

- 1) Put the parsley, lemon juice and honey into your food processor or a blender. Blend until uniform and smooth.
- 2) Add the kaolin, a little at a time, until you have a spreadable paste.

For the best results, use this mask once per week.

337. Chamomile and flaxseed mask

This gentle and moisturizing facial mask will nourish all skin types.

What you need

1. 1/2 cup water
1. 1 tablespoon cup flaxseeds
1. 1 drop chamomile essential oil

Directions

- 1) Drop the water and flaxseeds in the saucepan; cook over medium-high heat. Make sure to stir occasionally using a whisk.
- 2) When your mixture starts to thicken slightly, reduce the heat to low; keep stirring until the seeds start suspending in the liquid. Remove the pan from heat.
- 3) Then, strain liquid into the mixing bowl, discarding the seeds. Add the chamomile essential oil and whisk to blend. Allow to cool completely before use.
- 4) Use a dab of coconut oil afterwards as a moisturizer. Enjoy!

338. Green tea mask

An easy to make face mask for sun-damaged skin.

What you need

1. 2 green tea bags
1. 1 tablespoon of honey

Directions

- 1) In a bowl, combine the green tea with honey.
- 2) Now apply to the skin. Leave on for 20 minutes; rinse with lukewarm water.

339. Yogurt mask for dull skin

If you are struggling with dull skin, this is a great DIY solution for you. Yogurt provides your skin with gentle exfoliation, as well as improves elasticity of the skin. Honey improves the moisturizing qualities of this awesome mask. Give it a try!

What you need

1. 3 tablespoons plain yogurt
1. 1 teaspoon organic honey

Directions

- 1) Combine the ingredients in a small glass bowl. Apply your mask all over your face using a cotton ball.
- 2) Leave for approximately 15 minutes.
- 3) Lastly, rinse with lukewarm water and pat your skin dry.

340. Face mask for acne scars

What you need

- 1. 4 tablespoons Manuka honey
- 1. 4 teaspoons lemon juice
- 1. 3 teaspoons plain yogurt
- 1. 1 egg white

Directions

- 1) In a glass mixing bowl, combine all of the above ingredients.
- 2) Mix with a fork until everything is well combined.
- 3) Dip a clean rag into the mixture. Place the rag over your face for about fifteen minutes. Rinse your face with lukewarm water. Enjoy!

341. Yogurt and coffee exfoliating face mask

What you need

- 1. 1/4 cup plain yogurt
- 1. 2 tablespoons coffee grounds
- 1. 1 tablespoon coconut oil, melted
- 1. Juice from 1 small-sized lemon

Directions

- 1) In a glass bowl, mix ingredients together; massage the mask onto your face.
- 2) Let it sit for about 15 minutes. Rinse with lukewarm water.

DIY NATURAL BEAUTY RECIPES

Hello, beauty!

Getting beautiful has never been faster and easier! This chapter includes homemade easy-to-make beauty recipes you will love. Put yourself on your priority list and take time for yourself right now! Grab some ingredients from your kitchen and make amazing natural balsams, lotions, creams, scrubs, bath salts, and so on. Say goodbye to dull, dry and cracked skin!

These recipes contain secret formulas for a more beautiful you. Give it a try!

342. Blackberry lip balm

What you need

1. 1 teaspoon beeswax
1. 2 tablespoons coconut oil
1. 1/2 tablespoon dried blackberries, ground

Directions

- 1) Melt the beeswax and coconut oil using a double broiler method.
- 2) Then, stir in ground dried blackberries; mix to combine well.
- 3) Transfer to a container with the lid.

343. Chocolate cinnamon lip balm

What you need

- 1. 1 tablespoon shea butter
- 1. 1 teaspoon grated beeswax
- 1. 1 teaspoon honey
- 1. 1 tablespoon almond oil
- 1. 5 white chocolate chips
- 1. 4 drops cinnamon extract

Directions

- 1) Melt shea butter and beeswax using a double boiler method. Add honey and almond oil.
- 2) Now add the rest of your ingredients. Mix until everything is well incorporated.
- 3) Quickly transfer your mixture to a clean container; wait for it to solidify. Make a great gift, too. Enjoy!

344. Halloween lip balm

What you need

- 1. 1 teaspoon beeswax
- 1. 2 tablespoons sweet almond oil
- 1. 1 teaspoon honey
- 1. 1/4 teaspoon pumpkin spice mix

Directions

- 1) Melt beeswax and sweet almond oil using a double boiler method.
- 2) Remove from heat; stir in the honey and pumpkin spice mix. Afterwards, pour the mixture into a lip balm container. Let it harden.

345. Cinnamon lip scrub

What you need

- 1. 2 tablespoons brown sugar
- 1. 1/2 tablespoon olive oil
- 1. 1/2 teaspoon cinnamon powder
- 1. 1/2 tablespoon Manuka honey

Directions

- 1) Combine all of the above ingredients in a glass mixing bowl.
- 2) Apply to your lips with fingertips; slough off dry skin cells.
- 3) Rinse with lukewarm water.

346. Calming bath salts

What you need

1. 1/3 cup body wash of choice
1. 1/2 cup Rock salt
1. 3 cups Epsom salt
1. 10 drops chamomile essential oil

Directions

- 1) Mix your ingredients together in a large-sized bowl.
- 2) Transfer into an air-tight container.
- 3) Add 1-2 scoops to your running bath water.

347. Natural unisex deodorant

What you need

- 1. 1/2 cup beeswax
- 1. 1/2 cup coconut oil
- 1. 1/4 cup mango butter
- 1. 1/4 cup cocoa butter
- 1. 1 teaspoon Vitamin E oil
- 1. 1/3 cup organic arrowroot powder
- 1. 3 capsules of high-quality probiotics
- 1. 10 drops lavender essential oil
- 1. 10 drops sweet orange essential oil

Directions

- 1) Combine beeswax, coconut oil, mango butter, and cocoa butter in a glass jar with the lid. Place your jar in a small saucepan of boiling water until the ingredients are melted.
- 2) Stir your mixture constantly until it's completely melted.
- 3) Remove from heat; add the Vitamin E, arrowroot powder, probiotics, and essential oils. Gently stir until everything is well incorporated.
- 4) Lastly, pour the mixture into muffin molds.

348. Aromatherapy bath soak – calming and nourishing

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup kosher salt
- 1. 1/2 cup baking soda
- 1. 10 drops lavender essential oil
- 1. 10 drops geranium essential oil

Directions

- 1) Combine salts and baking soda in a jar; mix to combine well.
- 2) Stir in the essential oils and store in cool, dark place.
- 3) Use about 1/4 cup per bath.

349. Rose facial scrub

What you need

- 1. 1 tablespoon oats
- 1. 2 tablespoons dried rose petals
- 1. 2 tablespoons raw honey
- 1. 1/4 cup sesame oil

Directions

- 1) Simply throw the oats and dried flowers in a coffee grinder; pulse until they are finely ground.
- 2) Transfer to a sealable container; add honey and sesame oil.
- 3) Gently apply the scrub with hands, using a circular motion; afterwards, rinse with lukewarm water. Enjoy!

350. Ginger body scrub

What you need

1. 1/2 cup Epsom salt
1. 1 tablespoon fresh ginger, chopped
1. 1 tablespoon orange juice

Directions

- 1) Add Epsom salt along with ginger to a food processor. Pulse until everything is well blended.
- 2) Transfer your mixture to a small-sized bowl; add orange juice.
- 3) Use once or twice per week.

351. Rose and lemon toner

What you need

- 1. 1/2 cup rose water
- 1. 1/2 cup witch hazel
- 1. 1 tablespoon fresh lemon juice

Directions

- 1) Combine all of the above ingredients together. Now pour the mixture into a sealed container.
- 2) Clean your face and apply toner with a cotton ball.

352. Cocoa milk bath

What you need

1. 1 cup powdered milk
1. 2 tablespoons cocoa powder, unsweetened
1. 1 tablespoon cornstarch

Directions

- 1) Combine all of the above ingredients together in a glass mixing bowl.
- 2) Transfer the contents to a small container; close with a lid.
- 3) Add 1/2 cup of the mixture to warm bath water.

353. Coconut sugar scrub

What you need

- 1. 1/2 cup coconut milk
- 1. 1/2 cup turbinado sugar
- 1. 1 tablespoon coconut oil

Directions

- 1) Combine all of the above ingredients and melt them in a microwave.
- 2) Use once a week and enjoy!

354. Oatmeal coconut bath

What you need

1. 1/2 cup old fashioned oatmeal, ground
1. 1 ½ cups coconut milk
1. 1 tablespoon Manuka honey

Directions

- 1) In a glass mixing bowl, combine all of the above ingredients thoroughly.
- 2) While running a lukewarm bath, add your mixture. Soak for about 15 minutes for rejuvenated skin. Enjoy!

Oatmeal can heal skin and open pores. It also provides soothing relief from skin irritations.

355. Sugar scrub cubes

What you need

1. 1/4 cup coconut oil
1. 1/2 cup unscented soap, shredded
1. 1 cup brown sugar

Directions

- 1) Melt the coconut oil and soap together in a microwave-safe bowl.
- 2) You can add scents if desired. Add brown sugar to the mixture.
- 3) Pour the mixture into a mold; you can place it in a freezer.

356. Chamomile facial scrub

What you need

- 1. 2 tablespoons dried chamomile flowers
- 1. 1 tablespoon oats
- 1. 2 tablespoons raw honey
- 1. 1/4 cup almond oil

Directions

- 1) Drop the dried chamomile and oats in a coffee grinder; pulse until they are finely ground. Transfer to a sealable container; add honey and almond oil.
- 2) Gently apply the scrub with hands, using a circular motion; afterwards, rinse with lukewarm water. Enjoy!

357. Detox body scrub

What you need

1. 1/2 cup Epsom salt
1. 1 tablespoon fresh ginger, chopped
1. 1 tablespoon lemon juice

Directions

- 1) Add Epsom salt along with ginger to a food processor. Pulse until the ginger is ground.
- 2) Transfer your mixture to a small-sized bowl; add lemon juice.
- 3) Use once or twice per week.

358. Raspberry lip balm

What you need

1. 2 tablespoons coconut oil
1. 1 teaspoon beeswax
1. 1/2 tablespoon dried raspberries, ground

Directions

- 1) Melt the coconut oil and beeswax using a double broiler.
- 2) Then, stir in ground dried raspberries; mix to combine well.
- 3) Transfer to a container with the lid.

359. Halloween lip scrub

What you need

- 1. 1 teaspoon pumpkin pie spice
- 1. 2 tablespoons coconut oil
- 1. 1 tablespoon honey
- 1. 1 tablespoon brown sugar

Directions

- 1) Combine your ingredients in a mixing bowl.
- 2) Now transfer the mixture to a jar; cover with the lid.
- 3) Apply to your lips and gently rub back and forth.

360. Natural deodorant bars for sensitive skin

What you need

- 1. 1/2 cup coconut oil
- 1. 1/2 cup shea butter
- 1. 1/2 cup beeswax
- 1. 1 teaspoon Vitamin E oil
- 1. 1/3 cup organic arrowroot powder
- 1. 3 capsules of high-quality probiotics
- 1. 20 drops frankincense essential oil

Directions

- 1) Combine coconut oil, shea butter, and beeswax. Melt them using a double boiler method.
- 2) Stir your mixture constantly until it's completely melted.
- 3) Remove from heat; add the remaining ingredients. Gently stir by hand.

4) Afterwards, pour the mixture into muffin tins.

361. Bubbling bath salts

What you need

1. 3 cups Epsom salt
1. 1/2 cup Rock salt
1. 1/3 cup body wash
1. 10 drops lavender essential oil

Directions

- 1) Mix your ingredients together in a large-sized bowl.
- 2) Transfer to an air-tight container.
- 3) Add 1-2 scoops to your running bath water.

362. Anti-ageing bath salts

What you need

- 1. 1 cup Epsom salt
- 1. 1 cup kosher salt
- 1. 1/2 cup baking soda
- 1. 10 drops sage essential oil
- 1. 10 drops peppermint essential oil

Directions

- 1) Combine salts and baking soda in a jar; mix to combine well.
- 2) Stir in your essential oils and store in cool, dark place.
- 3) Use about 1/4 – 1/2 cup per bath.

363. Rose and chamomile facial scrub

What you need

- 1. 1 tablespoon oats
- 1. 1 tablespoon roses, dried
- 1. 1 tablespoon chamomile, dried
- 1. 2 tablespoons honey
- 1. 1/4 cup almond oil

Directions

- 1) Add the oats together with dried flowers to a coffee grinder; pulse until your mixture is finely ground.
- 2) Transfer to a storage container; add honey and almond oil. Mix to combine.
- 3) Use twice a week. Enjoy!

364. Chocolate mint lip balm

What you need

- 1. 1 tablespoon shea butter
- 1. 1 teaspoon grated beeswax
- 1. 1 teaspoon honey
- 1. 1 tablespoon almond oil
- 1. 5 white chocolate chips
- 1. 4 drops peppermint extract

Directions

- 1) Melt shea butter and beeswax using a double boiler method. Add honey and almond oil.
- 2) Now add the rest of your ingredients. Mix until everything is well incorporated.
- 3) Quickly transfer your mixture to a clean container; wait for it to solidify. It makes a great gift, too. Enjoy!

365. Green tea body lotion

What you need

1. 1 cup coconut oil
1. 2 tablespoons loose green tea

Direction

- 1) First, melt the coconut oil using a double boiler. Stir in the green tea.
- 2) Now simmer on lowest heat setting for 1 hour. Strain green tea from oil using a cheesecloth. Allow it to cool.
- 3) Lastly, whip your mixture until creamy and uniform.