

## 504 Relaxing Bath and Beauty Recipes

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### Bath

#### 1. Apple Tart Soap

4oz. Clear, Unscented Glycerine Soap  
1 Tablespoon Liquid Soap  
1 teaspoon Liquid Glycerine  
1/2 teaspoon Apple Fragrance Oil  
2 Drops Red Food Color  
1/2 teaspoon Ground Cinnamon

Melt soap in small pan over low heat or in a glass cup in the microwave. Add Liquid Soap and glycerine and stir gently but well. Add fragrance, color and cinnamon. Stir and let stand a couple minutes, just enough to start to thicken so when you stir again the cinnamon will be more evenly distributed. Pour into molds. Allow to set completely (in or out of freezer).

Wrap in plastic wrap or use cellophane candy bags.

#### 2. Apricot Freesia Tarts

Ingredients For Tart:

1 lb White Glycerin Soap Base  
12 Drops Cosmic Color Canary Yellow  
11 Drops Cosmic Color Red  
1 t. Apricot Freesia FO

Ingredients For "Whipped Cream" Topping:

4 oz White Glycerin Soap Base  
1/4 t. Apricot Freesia FO  
A "Shake" of Super Sparkle Gold Sparkle Dust™

Melt soap base for tart in a double boiler.  
Once melted, add color and fragrance.  
Pour into a muffin tin and allow to harden.

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Remove from tin. Melt soap base for topping and add a shake of Sparkle Dust.

With an electric mixer, mix until thick and bubbly.

Spray tarts with rubbing alcohol and spoon the topping onto the tarts while allowing some to run over tarts.

Top with a dash of Sparkle Dust if desired.

### 3. Aspen Dreams Bath Salts

This scent is very woody, and is suited for soothing your muscles and relaxing in the tub. It is very masculine in scent, I think. I enjoy this after a long day at work, it makes me feel comfortable and content. Women love it as well as men do.

The ingredients are:

2 cups of Epsom salts (or a mixture epsom/sea)

2 tablespoons of baking soda

essential oils:

5 drops of rosewood

2 drops cedarwood

2 drops Chamomile

a nice jar with a tight fitting lid

To make the salts:

Mix the salts and baking soda in a bowl very well.

Mix oils in a small cup. Take them and pour them evenly over the salt.

Mix the two very well.

Let sit for over an hour before placing in a jar and sealing.

If you are going to color these use yellow and red to make a light brown.

### 4. Balancing Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops

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Jar--4 oz

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

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

### 5. Balancing Epson Salt Bath

Epson Salt--2 tbsp

Sea Salt--1 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops

Jar--4 oz

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

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

### 6. Balancing Fizzy Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Citric Acid--1 tbsp

Essential Oils--8 drops

Jar--4 oz

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

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

### 7. Balancing Red Earth Salts

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Sea Salt--2 tbsp  
Baking Soda--3 tbsp  
Powdered Red Earth Clay--1 tbsp  
Essential Oils--8 drops  
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.  
Add sea salt, baking soda, powdered red earth clay and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

### 8. Balancing Seaweed Salts

Sea Salt--2 tbsp  
Baking Soda--3 tbsp  
Powdered Kelp--1 tbsp  
Essential Oils--8 drops  
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.  
Add sea salt, baking soda, powdered kelp and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

### 9. Basic Bubble Bath

Ingredients:  
5 drops fragrant oil or essential oil (your choice)  
1 quart water  
1 bar castille soap (grated or flaked)  
1 1/2 ounces glycerin  
Directions:

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

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### 10. Basil and Lime Bath Salts

You will need:

5 cups of Sea Salt (or Epsom salt, or a combination of both)

1 Tsp. of Baking Powder

2 Tsp. of Almond Oil

5 drops Lime Scented Oil

4 drops Basil Oil

1 drop green coloring

1 drop yellow coloring

All you have to do is mix the salt and the baking powder in a bowl. In a another smaller bowl mix together all liquids and add to salts, stirring well. You should let them sit so they can soak up the scent and the coloring all

of the way through. After they have sat for about two hours take them and place

them in jars with cork stoppers. To create a good seal dip the cork in melted wax (green

to match salts) and put cork into bottle.

### 11. Bath Cookies

2 cups finely ground sea salt

1/2 cup baking soda

1/2 cup cornstarch

2 tbs. light oil

1 tsp. vitamin E oil

2 eggs

5-6 drops essential oil

Preheat oven to 350 F. Mix together all the ingredients. Take a teaspoon of the dough and roll it gently into a ball about 1" in diameter. Continue doing this with all the dough and place the balls on an ungreased cookie

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sheet. (You can decorate the cookies with clove buds, anise seeds, or dried citrus peel if you wish.) Bake the cookies for 10 minutes, until they are lightly browned. Do not overbake. Allow the cookies to cool completely.

To use, drop 1 or 2 cookies into a warm bath and allow to dissolve. Do not eat! Yield: 24 cookies, enough for 12+ baths.

### 12. Bath Bombs / Bath Fizzies

2 tbs. citric acid (you can get this at a pharmacy)

2 tbs. cornstarch

1/4 cup baking soda

3 tbs. coconut oil (or any other emollient oil like almond, avocado or apricot kernel oil)

1/4 tsp. fragrance oil

3-6 drops of food coloring (if desired)

Paper candy cups

Place all of the dry ingredients (first 3) into a bowl and mix well. Place coconut oil into a small glass bowl and add fragrance and food coloring. Slowly add oil mixture into dry ingredients and mix well. Scoop up small amounts of the mixture and shape into 1" balls. Let the balls rest on a sheet of waxed paper for about 2 to 3 hours, then place each ball into a candy cup to let dry and harden for 24 to 48 hours. Store bombs in a closed, air-tight container. To use, drop 1 to 3 bombs into warm bath water.

### 13. Bridal Bath Salts

(in 4 layers ~ makes 16oz.)

2 Cups Rock Salt

1/2 Teaspoon of Each Fragrance Oil

Rose, Sage, Lavender, Rosemary

Food Color

Divide salt into four equal amounts, place each in a container with sealable lids. That's 1/2 cup in each container or for 8 ounces of bath salts use 1/4

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cup in each container and half the amount of fragrance oil and food color. Add 1/2 teaspoon Rose fragrance oil and 4 Drops of red food color (or you can leave it white), put lid on and shake well. To the next one add 1/2 teaspoon Chamomile-Sage (or just sage if you have it) and 4 drops of green and 2 drops of blue food color and shake. To the third add 1/2 teaspoon Lavender fragrance oil, 3 drops of red and 4 drops of blue food color and shake well. To the last container add 1/2 teaspoon Rosemary fragrance oil, 4-8 drops of green food color and shake. On separate pieces of wax paper, spread out each color and air dry for several hours. When the salt is completely dry layer it in the container. Rosemary ~ Lavender ~ Sage ~ Rose (on top) To speed up the drying process you can put the wax paper on a cookie sheet and put it in the oven and let the pilot light work on it or for an electric oven, pre-heat at lowest temperature and turn off before putting salt in the oven. You have just made lovely layered bath salts that also has special meaning.

Red Rose - Means Unity White Rose - Represents Pure Spiritual Love

Sage - Represents Good Health and Long Life Lavender - Means Devotion

Rosemary - Lasting Friendship and Remembrance

### 14. Bubble Bags

Used in the shower, when there is no time to take a soaking bath.

2 parts oatmeal

2 parts dried herbs

1 part grated soap

Place ingredients in a cloth bag and use as a washcloth

### 15. Candy Cane Bath Salts

Ingredients:

3 cups of Epsom salts

3 Teaspoons of Sweet Almond Oil

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9 drops of Peppermint Essential Oil  
1 drop of red food coloring ( more if you like)  
1 drop of green food coloring

To decorate:

several jars with turn lids or cork seals  
red, green and white Christmas ribbon  
several gift tags shaped like candy canes OR  
several candy canes (small ones)

To make the salts separate each of the three cups of salts into three bowls.  
Separate each teaspoon of almond oil into three bowls.

Into one bowl of almond oil add the drop of red food coloring, into the second add the green. Into each of the three bowls of oil add three drops of peppermint oil. Mix each bowl well. After mixing pour each of the bowls of oils

and coloring into one of the bowls of salt. This will leave you with a bowl of green a bowl of red and a bowl of white scented salts. Let sit for a few hours covered.

To create the candy cane effect layer layers of each color, a layer of red, a layer of green , a layer of white, over and over until you fill the jar.

### 16. Candy Cane Swirl

You will need:

$\frac{1}{2}$  lb. MP opaque base

1 tsp. Stearic acid

red colorant

Candy Cane fragrance oil

candy cane cookie cutters

wax paper lined pan or tray

\*\*you could also use the Wilton mini cake pan candy cane mold

Melt the MP base and stearic acid separately. Combine them when they are both liquefied. Whisk well. Add the fragrance oil and pour into a wax paper lined pan or tray. Take a bit of red coloring (just a bit on the tip of the



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toothpick) and swirl into the soap until it is marblized. When it is firm enough, take cookie cutter and cut out candy cane shapes. These are great for Christmas!!!

### 17. Chamomile Fields Shampoo

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

4 tbs. pure soap flakes

1-1/2 tbs. glycerin

Let the tea bags steep in 1-1/2 cups boiled water for 10 minutes. Remove the tea bags and with the remaining liquid add the soap flakes. Let stand until the soap softens. Stir in glycerin until mixture is well blended. Pour into a bottle. Keep in a dark, cool place.

### 18. Champagne Bubble Bath

1/4 C foaming concentrate

3/4 C distilled water

1/2 tsp. table salt(not sea salt)

1 TBSP. glycerin

1/4 tsp. Champagne or white wine fragrance oil

Buy a split of champagne- drink it or toss it but keep the bottle. Heat water(not boiling just hot), stir in concentrate and glycerin until completely dissolved. Add

fragrance oil and stir well. Add salt stirring until dissolved. Allow mixture to cool. If it

is not as thick as you would like add another 1/4 tsp. salt stirring until dissolved.

pour into a clean champagne split and seal bottle. Using a pink or white paint pen create labels for the front and back on gold stickers. with a square of candy foil

cover the cork, twisting at the neck

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### 19. Camphor and Clary Sage Soap

2 c. M&P soap base  
2 T. camphor oil  
1/4 c. clary sage infusion  
AND/OR  
1 tsp. clary sage oil

Combine melted soap and herbal ingredients. Stir until blended, and pour into molds. Keep soap wrapped or store in a cool dark place. It will be good for about 18 months. Note: This also works well for poison Ivy.

### 20. Cherry Berry Bubble Bath

1/2 cup unscented shampoo  
3/4 cup water  
1/2 tsp. salt (regular table salt is fine)  
15 drops cherry fragrance oil

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

### 21. Cherry Cheesecake Soap

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

1-1/2 lbs. White M & P Base  
1/2 lb Clear M & P Base  
2-1/2 tsp. Oatmeal, Milk & Honey Fragrance  
1 tsp. Blending Vanilla  
1 Tbs. Cherry (not Maraschino) Fragrance  
Dash of Lemon Fragrance  
Red Colorant

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Green Colorant

Yellow Colorant

1-2 Tbs. Finely Ground Oatmeal

Life of the Party Mold - AO52

4-1/2 inch springform pans

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

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

Melt 1 lb of white base. Add a few drops (only) of yellow colorant. Add 1-3/4 tsp of OM&H Fragrance, 1 tsp of blending vanilla (will add amber glow) and a small dash of lemon fragrance.

Mist brown base with alcohol and pour creamy base evenly into pans - be sure

to leave about 1/4 to 1/2 inch head room. Allow to cool about 20 minutes until surface is fairly solid.

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

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

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

## 22. CHOCOLATE SOAP

12 oz grated soap

5 oz water

1/4 cup instant cocoa powder

1/8 oz Chocolate Fragrance oil

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Combine the grated soap and water in a saucepan, and set on medium heat. When the soap has melted, add the cocoa powder, and chocolate fragrance. Stir well, then pack into molds and let sit until hardened.

### 23. Citronella Soap

1 cup grated Castile soap  
1/2 cup water  
10 drops citronella essential oil  
5 drops eucalyptus essential oil  
1 T. dried, crushed pennyroyal leaves

Mix the ingredients into the melted soap/water mixture. With an electric mixer, whip the soap until it has doubled in volume. Spoon the soap into the prepared molds, pushing it into the molds as best you can (the beating action cools the mix, so work quickly). If the mixture has cooled off and thickened so much you can't put it into the molds, hand mold the soap into large balls.

### 24. Citrus Yum

You will need:

1/2 lb. Transparent MP base  
1/2 TB. Coconut oil  
3 drops lemon oil  
3 drops grapefruit oil  
3 drops orange oil  
fruit wedges mold  
orange/yellow colorant

Melt the MP base and coconut oil. Remove from heat and whisk well. Add essential oils and whisk well. Add a few drops of yellow/orange dye. I mixed red and yellow food coloring. Pour into molds. When I want to do each the "correct" color and flavoring for each fruit wedge, I use plastic leftover yogurt

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cups, pour my base into it (after heated) then do the color mixing and flavoring.

### 25. City Shampoo (Removes Impurities from Hair)

3/4 cup distilled water

1/4 cup shampoo concentrate (or substitute with 1/2 cup unscented shampoo and increase salt to 1 tsp.)

1/2 tsp. table salt

1 tbs. dried thyme

1 tbs. dried peppermint

1 tbs. dried lavender

1 tsp. witch hazel

1 tsp. almond oil

7 drops cinnamon oil

3 drops ylang-ylang oil

This shampoo is known to be effective in removing impurities such as smog and city grime from the hair. In a heavy saucepan, bring the water to a boil and add the dried thyme, peppermint and lavender. Remove the pan from the heat and let steep for 30 minutes. Strain the herbs from the water and pour the herbally infused water into a ceramic bowl. Add the shampoo concentrate and stir until well mixed. Add the salt, witch hazel, almond oil, cinnamon oil and ylang-ylang oil to the mixture, stirring until thick. Bottle and close.

### 26. Cookie Cutter Soaps

Melt and Pour soap base(opaque)

Scent (optional)

Color (must be liquid, like gels)

cookie sheet (must have at least a 1/2 in. edge on it)

knife (to swirl your colors!)

cookie cutters

Melt down the soap base and scent. You can give the main base a color if you

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wish or leave it white. Pour the base on the cookie sheet and add colors and swirl them all over - be creative! When this dries, pop the block of soap out of the cookie sheet. Use cookie cutters to cut up the soap.

There are lots of different things you can do with this... Some ideas:

Christmas Soap: Swirl red & green into white and use cookie cutters

Candy Cane Soap: Swirl red into white with peppermint scent and candy cane cutters

Easter/Spring: Swirl multiple pastels and find some fun cookie cutters

4th of July: Patriotic white soap with a beautiful red & blue swirl (find a nice star cutter!

### 27. Cold Cream Soap

4 oz M&P soap

2 tsp cold cream

10 drops fragrance oil

1 drop coloring (optional)

Melt soap, then add cold cream and stir until melted. Remove from heat; add fragrance and color, and then mold.

### 28. Cranberry Bubble Bath

8 oz. unscented liquid soap

2 oz. distilled water

7 drops bergamot oil

5 drops lime oil

3 drops vanilla fragrance oil

2 drops gardenia fragrance oil

Mix all together and pour into a container.

### 29. Creamy Rosemary

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You will need:

One Pound Soap Base (any variety)

One Cup of Whole Milk

1/2 Teaspoon Rosemary pure Essential Oil (see EO caution below)

One-foot length of PVC pipe with one end cap or other tube

This is a wonderfully creamy soap to wake up to in the morning! And everyone LOVES the scent of pure Rosemary! Men even go nuts for it! Make sure you spray your mold with a vegetable spray. Pour all of the soap mixture into the mold. After a couple of hours, push it out of the mold and slice the soap into round soaps!

\*\*\*Rosemary EO is not recommended for individuals with high blood pressure or epilepsy.

### 30. Chocolate Cookie Soap

You will need:

1 lb. Opaque MP

1 TB. Cocoa butter

Cocoa powder for colorant (or brown dye)

1 TB. Chocolate FO

Round or cookie molds

Melt the MP soap. Remove from heat and slowly stir in the cocoa butter and enough cocoa powder to make it a pale brown or tan. Add fragrance oil. Reserve enough of the soap to make a darker brown color. Pour the lighter shade of brown soap into round/cookie molds. Add more cocoa powder to the reserved batch of MP base to make a darker brown. Marble into the pale brown soap.

### 31. Cinnamon Soap

You will need:

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4 oz. MP base  
10 drops cinnamon oil  
1 drop red food coloring (optional)

Melt MP base. Remove from heat and stir in the cinnamon oil and coloring until well mixed. Pour the soap into a mold and let set for three hours.

### 32. Citrus & Calendula Soap

You will need:

1 # M & P transparent soap base  
A handful of calendula petals (dried) , about 1/4 cup  
15 drops of yellow food coloring  
3/4 tsp. grapefruit EO  
1/2 tsp. tangerine EO  
1 TBSP melted shea butter ..melted separately

Melt the soap base and at the same time melt the shea butter in a custard cup placed in a pan of boiling water or in the microwave. Add calendula petals to the melted base, a few drops of yellow food coloring, the EO and then the melted shea butter. Try to have this the same temp as the melt and pour. Keep stirring the soap/shear butter mixture. As it starts to set up spoon into heart molds. ( By spooning you have more control how many of the calendula leaves go into each mold.) I like to let my molds set at room temp until they are skimmed over fairly firm then I chill them in the freezer for about a half hour before removing them from the mold and place them on a rack to finish drying completely.

This is a very pretty soap. Makes 8 heart soaps. Enjoy!!!!

\*\*\*\*\*By stirring the soap/shear butter mixture as it cools the butter will not float to the top and make little circles of butter which might look like mold to those that don't know.

### 33. COFFEE & CREAM SOAP



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- 1 4oz. bar glycerin soap
- 1 teaspoon ground espresso
- 1 teaspoon powdered milk
- 10 drops coffee fragrance oil

In a small saucepan over low heat, melt the bar of glycerin soap until liquefied. Remove from heat and stir in ground espresso, powdered milk, and coffee fragrance oil. Pour soap into a mold and let set for three hours or until hardened.

### 34. Coffee and Cream Soap 2

You will need:

- 2 tsp. Coffee beans (can replace with 1 tsp. instant espresso)
- 4 oz. MP base
- 1 tsp. Heavy whipping cream
- 1 tsp. Aloe vera gel

Grind two teaspoons of your favorite coffee beans to espresso grade in coffee grinder. Melt the MP. Remove from heat and add the ground coffee, whipping cream, and aloe vera gel, stirring until well blended. Pour the mixture into a mold and let set for three hours or until hardened.

### 35. Creamsicle Soap

You will need:

- 8 oz. MP base (divided into 4 oz. quantities)
- 10 drops orange oil
- 1 drop orange food coloring
- 3 TB. Heavy whipping cream
- 10 drops vanilla fragrance oil

Melt soap and remove from heat. Add the orange oil and food coloring, stirring until well mixed. Pour half of the mixture into each soap mold and

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let it set for on hour. When the orange soap has set, melt the second half of MP base. Remove from heat and stir in the whipping cream and the vanilla fragrance oil. Pour the melted soap into the molds on top of the orange soap. Let it set for three hours. Your finished bars should come out half orange and half white. Enough for 2 bars.

### 36. Cucumber Loofah Soap

3 oz. opaque soap  
2 tsp. powdered loofah  
15 drops cucumber fragrance oil  
1 T. Aloe Vera gel  
green coloring  
mold

Shred the soap in a food processor and set aside. Boil 1/2 cup of water over low heat and stir in the shredded soap. Continue stirring until the mixture becomes a sticky mass, approximately four minutes. Remove from heat and stir

in the aloe vera gel, the fragrance oil and the coloring until well blended. Spoon the mixture into a mold and let set for six hours or until hardened. Wrap finished soaps in cellophane.

### 37. Custom - Scented Bath Crystals

Rock salt or sea salt (you can also use water softener salt for this; it is much cheaper than sea salt)

Essential oils

1/2 quart glass or clear plastic jar with tight-fitting lid

Add approximately 4 teaspoons of the essential oil to the rock salt in a 1/2 quart container. If container is larger or smaller, add or subtract oil as needed. Cap the lid tightly and wait at least two days before using.

### 38. . Custom - Scented Bath Oil

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Sunflower oil

Essential oil or potpourri refresher oil in your choice of scent(s)

Corked container

Crystal beads, dried flowers, little seashells, etc. (optional - for bottle decoration)

Pour sunflower oil through a funnel into the corked container, leaving a little space at the top, at least an inch. Add 4 teaspoons of the essential oil per 1/2 quart. Cork the container and agitate the bottle gently. Let it sit for 2 to 3 days before using. You may add things to the container to make it as pleasing to the eye as it is to the nose... whatever you want or will match the decor of your bathroom.

### 39. Custom - Scented Bath Powder

1/2 cup cornstarch

2 tbs. arrowroot powder

2 tbs. baking soda

Few drops of essential oil of your preference

Combine ingredients in a bowl and mix well. Let stand a few days to dry, then sift through a flour sifter. Pour into a powder shaker / container.

### 40. Custom - Scented Bath Salts

1 cup epsom salt

1 cup sea salt

2 cups baking soda

Essential oil(s)

10 drops food coloring (optional)

Combine the first 3 ingredients in a large bowl, then add 4 teaspoons of essential oil in any fragrance or combination. Stir. You may also tint the bath salts if you so desire by adding 10 drops of food coloring to the bowl after you add the essential oils. Stir again. Store bath salts in a

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tightly capped container for 2 to 3 days before using. You can also divide the bath salts equally between 2 large bowls, tint them different colors, and then carefully pour them into a clear container, making what appears to be "sand art". Or tint one red, and scent both containers with peppermint oil, then layer it in a clear container and wrap with red ribbon. This "peppermint stick" makes a great Christmas gift!

### 41. Custom - Scented Bubble Bath #1

5 drops fragrant oil or essential oil (your choice of scent)  
1 quart water  
1 bar castile soap (grated or flaked)  
1-1/2 ounces glycerin

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

### 42. Custom - Scented Bubble Bath #2

2 cups soap flakes or grated soap  
1 gallon water  
1/4 to 1/2 cup glycerin  
2 cups shampoo or liquid dishwashing detergent  
Scented oil of your choice

Mix the soap flakes, water and 2 tbs. glycerin in a pot and set over low heat, stirring occasionally until the soap has dissolved. (This liquid soap can be stored in a covered container and used as an all-purpose soap or hand soap in the kitchen also.) In a bowl, add 2 cups of this mixture to the rest of the glycerin, shampoo and add a few drops of your favorite scented oil. Put into a quart container and store covered at room temperature. To use, add about 1 cup to your tub as it's filling.

### 43. Custom - Scented Shampoo

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3/4 cup distilled water

1/4 cup shampoo concentrate (or substitute with 1/2 cup unscented shampoo and increase salt to 1 tsp.)

1/2 tsp. table salt

20 drops fragrance oil of your choice

Food coloring of your choice (optional)

Warm the water and pour into a ceramic bowl. Add the shampoo concentrate and stir with a wire whisk until well blended. Add the salt, fragrance oil and food coloring and stir until well blended. Pour into a bottle and close.

### 44. Custom - Scented Shower Gel

1/2 cup unscented shampoo

1/4 cup water

3/4 tsp. salt

15 drops fragrance oil

Food coloring (optional)

Pour shampoo into a bowl and add the water. Stir until it's well mixed. Add the salt, fragrance oil and food coloring. Suggestions for scents: kiwi extract, raspberry extract, strawberry extract, coconut extract, vanilla extract, etc... (I personally like the raspberry and vanilla mix... smells so good!)

### 45. Deep Conditioner for Beautiful Hair

1 small jar of real mayonnaise

1/2 of an avocado

Put ingredients together in a medium bowl and squish together with your hands until it's a minty green color. Smooth into hair all the way to the tips. Put on a shower cap or wrap your head with saran wrap. Leave on for 20 minutes. For deeper conditioning put a hot, damp towel around your head over the shower cap or saran wrap. If you have really long hair and only

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need conditioning at the ends, cut the ingredients in half and apply only to the ends and just wrap them.

### 46. Desert Sands Layered Bath Salts

5 drops yellow food coloring  
4 drops red food coloring  
4 drops musk oil  
3 drops Jasmine fragrant or essential oil  
3 cups epsom salts  
1 cup baking soda  
2 tsp. glycerin

Combine baking soda, epsom salt and glycerin until well blended. Add scents until there are no clumps, just a fine powder. Divide the mixture evenly into 3 separate bowls. In the first bowl add 3 drops yellow food coloring, in the second bowl add 3 drops red food coloring, and in the third bowl add 2 drops yellow food coloring and 1 drop red food coloring. Stir each bowl until the color is well mixed. Allow the air to dry it for a few hours before placing in a bottle. Once dried, layer the colors... red first, then orange, then lastly yellow.

### 47. Detox Bath

Place in warm tub of water:

Epsom salts--2 handfuls  
Organic sea salt--1 handful  
Sweet Almond Oil--2 teaspoons  
Rosemary--4 drops  
Violet Leaf--4 drops

### 48. Dry Shampoo

1/2 cup cornstarch

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Fragrance oil (optional)

Sprinkle cornstarch into your hair and massage into hair and scalp. Allow it to absorb for a few minutes, then brush through hair. Repeat if necessary. This is wonderful to freshen-up your hair in a pinch between shampoos... or great to take on camping trips when fresh water is unavailable for using a liquid shampoo. You can also add a couple drops of fragrance oil to the cornstarch for a nice scented dry shampoo.

### 49. EARTH ANGEL BATH CRYSTALS

You will need:

1/2 cup epsom salts

3/4 cup baking soda

1/2 cup sea salt

2 tsp. almond oil

20 drop patchouli oil

15 drops cypress oil

5 drops rose oil

green food coloring ( one or two drops)

Mix it all together very well.

Sometimes it helps to add wet together separately in another bowl before adding to baking soda and salts.

You will need to use a few heaping tablespoons to your tub to use

### 50. Earth Bath Salts

1/2 cup epsom salts

1 cup baking soda

1/2 cup rock salt

1/2 tsp. vitamin E

2 tsp. light oil (almond, sunflower, etc...)

20 drops Patchouli essential oil

15 drops Cypress essential oil

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5 drops Vetivert essential oil  
Green food coloring

Mix all salts and baking soda together. Then combine oil, essential oils, vitamin E and a few drops of coloring in a separate bowl. Add liquid to salts and mix thoroughly. You can add more green food coloring, if desired, but I find it nicer when it's a very light green as it does not look as artificial. To use, add a few heaping tablespoons to bath.

### 51. Earth Clay Soap

1 lb. vegetable glycerin soap  
1 T. Clay  
2 T. Jojoba Oil  
1/4 Cup Distilled Water  
Colorant and Scent

Be sure to mix the clay separately. I put the T. of clay in a dish and spoon a small amount of the melted soap and mix it into a paste, then add it to the soap. This eliminates lumps of clay and makes a nice smooth soap

### 52. Earth Harvest Bath Salts

1/2 Cup Rock Salt (available in the baking section of your market-for ice cream makers)  
1/4 Tsp. Apple Fragrance Oil  
1/4 Tsp. Orange Fragrance Oil  
Burgundy, Golden Yellow, Green, Brown and Teal Food Color

Divide salt into two bowls. Add the apple fragrance oil to one and the orange to the other. Stir each until well blended. Divide the orange salt into two bowls. Color one with the burgundy food color and the other with the golden yellow. Stir until color is evenly distributed (about 2 minutes). Repeat with the apple salts coloring one bowl with the teal food color and



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the other with the brown and green. Stir these well, too. Leave the colored, scented salts uncovered for 6 hours or until dry. Stirring a couple times during the process. When dry, layer the four colors into a glass jar. You could also use four different fragrances to go with the four different colors. Tie a bow with small wooden scoop.

### 53. Easy Valley Blossom Bath Salts

You will need:

- 1 cup liquid Ivory soap
- 2 tablespoons of Olive Oil or Grapeseed Oil
- 2 drops of food coloring, one blue, one red.
- 9 cups of Sea or Epsom Salt
- 20 drops of Orchid Fragrance Oil
- 8 drops of Vanilla Extract
- 4 drops of Chamomile Essential Oil

Firstly you should mix together the soap, salts and oil in a bowl. Second you will add coloring to fragrance in another bowl, mix them well. You can use more food coloring if you like a richer color. Add color to the salt mixture and stir very well until even colored and scented. Allow salts to sit in the bowl for about 5 hours for the soap and the fragrance to disperse for the best results.

After this you can place them in jars with turn fastening tops or cork seals. Make sure the seal is air tight to keep the salts fresh. You can add a teaspoon of glycerine if you live in a very humid area to stop clumping.

### 54. Easy Milk Bath

- 2 cups dry milk powder
- 1 cup cornstarch
- 1/8 tsp. fragrance oil of your choice

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Blend together all ingredients in a blender. Add 1/2 cup mixture to hot bath water.

### 55. EGG SHAMPOO

1 egg  
1 tsp. olive oil  
1 tsp. lemon juice  
1 T. castile soap or mild  
unscented shampoo  
1/2 C. water

Combine all ingredients in a blender and whip until smooth. Use shampoo immediately, and follow up with a hair rinse. Save any remaining shampoo in the refrigerator and use the next day.

### 56. Euphoric Bath Salts

Sea Salt--3 tbsp  
Baking Soda--3 tbsp  
Essential Oils--8 drops  
Jar--4 oz

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

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

### 57. Euphoric Epsom Salt Bath

Epsom Salt--2 tbsp  
Sea Salt--1 tbsp  
Baking Soda--3 tbsp

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Essential Oils--8 drops

Jar--4 oz

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

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

### 58. Euphoric Fizzy Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Citric Acid--1 tbsp

Essential Oils--8 drops

Jar--4 oz

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

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

### 59. Euphoric Red Earth Salts

Sea Salt--2 tbsp

Baking Soda--3 tbsp

Powdered Red Earth Clay--1 tbsp

Essential Oils--8 drops

Jar--4 oz

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

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

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### 60. Euphoric Seaweed Salts

Sea Salt--2 tbsp

Baking Soda--3 tbsp

Powdered Kelp--1 tbsp

Essential Oils--8 drops

Jar--4 oz

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

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

### 61. Fields of Gold Milk Bath

4 cups powdered milk

1 cup boiled water

1/2 cup dried chamomile or 5 chamomile tea bags

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

### 62. Fizzy Bath Crystals

8 oz. cornstarch

8 oz. citric acid

16 oz. baking soda

1 tsp. fragrance oil

Mix cornstarch and citric acid together thoroughly. Add fragrance oil as desired. Blend in baking soda. Package and label. Use 1/4 to 1/2 cup per bath. Enjoy!

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### 63. Fresh Aloe Vera and Nettle Leaf Soap

- 1 c. glycerin soap base
- 1/8 c. aloe vera gel
- 2 T. crushed dried nettle leaf
- OR
- 2 T. simmered, macerated fresh leaf

Mix together all ingredients and pour into molds. Once cooled, pop out of molds, and store them in a dark cool place.

### 64. Foaming Vanilla Bath

Ingredients:

- 1 cup of olive oil
- 1/2 cup of liquid soap
- 1/4 cup of honey
- 1 Tablespoon of vanilla extract

Instructions:

Thoroughly blend all of the ingredients together and store in a decorative bottle or jar. Shake well before each use and pour about 1/4 of a cupful under the flow of your warm running bath water.

### 65. Foaming Bath Oil Balls

- 1/4 cup baking soda
- 2 tbs. citric acid or ascorbic acid (powdered vitamin C)
- 1 tbs. borax powder (for softening)
- 2 tbs. powdered sugar (for binding)
- 2 tbs. sweet almond oil
- 1 tsp. vitamin E oil (preservative)
- 1/4 tsp. fragrance or essential oil

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Combine the dry ingredients in a bowl and stir until well blended. Drizzle in almond oil and stir until mixture is moistened. Add vitamin E oil and fragrance and stir until well mixed. Take teaspoon size globs of mixture and form into ball shapes with fingers. (Mixture will be VERY crumbly and fragile, so do the best you can. Add a little bit more of the vitamin E oil... I find that helps.) Place the balls on a sheet of wax paper and leave alone for 2 to 3 hours. After 2 to 3 hours, reshape balls. Let the balls air-dry and harden for 10 days. Store balls in a closed container to protect from moisture. To use, plop a ball into your bathtub in warm water!

### 66. Fragrant Honey Milk Bath Oil

1 cup honey  
2 cups milk  
1 cup salt  
1/4 cup baking soda  
1/2 cup baby oil  
Fragrance oil of desired scent

Combine honey, milk, salt and baking soda in a bowl. Fill your tub and pour the mixture in. Add the baby oil and a few drops of the fragrance.

### 67. FRUITCAKE SOAP

3 - 4oz. Glycerine Soaps (12 oz)  
Food Color  
Fragrance Oils (Tangerine, Cherry, Pineapple, Lime, Gingerbread and Cinnamon)

You can use rectangular soap molds, small loaf pans or small bundt pans. Melt 4 ounces of soap and pour into 4 square or rectangular soap molds. Immediately add the following in this order:

Mold 1:

3 drops red food color and 5 drops Cherry fragrance oil

Mold 2:

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2 drops red, 1 drop yellow food color and 5 drops Tangerine fragrance oil

Mold 3:

3 drops yellow food color and 5 drops Pineapple fragrance oil

Mold 4:

3 drops green food color and 5 drops Lime fragrance oil

Allow the 4 soap to set completely.

Remove them from the molds and cube.

Divide the colored cubes into soap molds.

If you are using pans spray with a very light coat of vegetable spray and wipe out with paper towel. Melt remaining soap, when melted stir in 1/4 teaspoon

Gingerbread fragrance oil and 5 drops Cinnamon fragrance oil. Add 5 drops caramel food color or brown paste food color just to create a 'fruitcake' color.

Pour soap slowly into molds over the cubes. Set for at least three hours.

Just as the soap is starting to set stir them to spread the cubes around.

Unmold. If you have trouble removing them from the pans, use a hair dryer to

heat the molds slightly.

### 68. Gentle Uplifting Bath Salts

You will need:

1 cup of sea salt (or Epsom Salts)

1 tablespoon of baking soda

3 drops bergamot oil

3 drops rose geranium oil

3 drops lavender oil

2 drops frankincense oil

To color these use light pastel colors, to continue the uplifting feeling. I like light green or yellow personally. Take the oils and mix them together in a separate

bowl that you have the salts in. Mix the oils well. Mix the bath salts and baking soda.

Add the two together. Store in a clear jar with a cork top lid preferably.

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These are great for gift giving.

### 69. Golden Milk Bath

Ingredients:

4 cups of milk powder

1 cup of boiled water

1/2 cup of dried chamomile or 6 chamomile tea bags

Instructions:

Steep the chamomile in water for about twenty minutes. After twenty minutes strain off the liquid if you used the dried chamomile and then mix the strained or tea bag liquid with the milk powder and then add it to your warm running bath water.

### 70. Gardening Soap

8 oz. M&P base

2 T. white cornmeal

1 1/2 T. fine pumice

1 T. bentonite clay

2 tsp. of a citrus essential oil (orange, lemon, etc.)

Melt base and scent. Stir in cornmeal, pumice, & clay continually until it gets to the point where it will stay suspended in the soap. By this time the soap will be quite thick and cool. Pour into molds.

### 71. Green Apple and Aloe Vera Shower Gel

3/4 cup distilled water



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1/4 cup shampoo concentrate (or substitute with 1/2 cup unscented shampoo and increase salt to 1 tsp.)

1/2 tsp. table salt

2 tbs. aloe vera gel

15 drops apple fragrance oil

1 drop green food coloring (optional)

Warm the water and pour into a ceramic bowl. Add the shampoo concentrate and stir until well mixed. Add the aloe vera gel, salt, apple fragrance oil and coloring. Stir until thick and well blended. Pour into a squeeze bottle and close

### 72. Hawaiian Bath Oil

Ingredients:

1/8 cup of canola oil

1/8 cup of apricot oil

10 drops of mango oil

10 drops of coconut oil

10 drops of gardenia oil

Instructions:

Mix all of the ingredients thoroughly together, bottle until ready for use. When ready add to the warm running water as you fill your bath tub and then simply enjoy the wonderful tropical aroma as your body soaks up the oils.

### 73. HERBAL GLYCERIN SOAP

1 pound Glycerin

1/2 ounce fragrance oil or 1/2 to 1 teaspoon essential oil, amount depends on oil used.

1 T. herbal powder of your choice  
and/or

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1 T. dried flower of your choice

Melt the glycerin in the microwave until completely dissolved. This usually takes one to two minutes. Avoid stirring as much as possible because stirring causes bubbles. Pour in herbal powder, dried flowers, and fragrance oil

while still in liquid state. Stir lightly to evenly distribute the ingredients.

Pour in the mold of your choice and let set for 1 to 2 hours or longer if desired. If you have trouble with the bar releasing from the mold, place in the

freezer for a few minutes and the bar should release easily. I have found that the

bar of soap lathers better when it is allowed to cure for 3 to 7 days before use.

This recipe yields 4 - 4 ounce bars of Glycerin Soap.

### 74. Herbal Milk Bath

Ingredients:

2 cups of dry milk powder

1 cup of cornstarch

2 teaspoons of your favorite herbs

Instructions:

First combine the milk powder and cornstarch together in a blender, when its all well

combined add your herbs and blend once more. It is now ready to enjoy simply by adding 1/2 cup of the mixture to your warm running bath water

### 75. Herbal Shampoo (For Dry Hair)

1 tbs. dry comfrey root

1 tbs. dry rosemary

1 tbs. dry chamomile

1 cup water

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2/3 cup baby shampoo  
1 egg (beaten)  
1/3 cup milk

Combine herbs and water in a saucepan and bring to a boil. Remove from heat and allow to steep for 20 minutes. Strain out the herbs and mix herbal water with the baby shampoo, egg and milk. Pour into a plastic squirt bottle or jar.

### 76. Herbal Shampoo (For Oily Hair)

2 tbs. dry peppermint  
2 tbs. dry spearmint  
1 tbs. dry sage  
1 cup water  
2/3 cup baby shampoo

Combine herbs and water in a saucepan and bring to a boil. Remove from heat and allow to steep for 20 minutes. Strain out the herbs and mix the baby shampoo with the herbal water. Pour into a plastic squirt bottle or jar.

### 77. Honeyed Bath Salts

You will need:

1 1/2 cups of Epsom Salts (or rock sea salt)  
1/3 cup of honey (liquid honey)  
2 drops of yellow food coloring  
3 drops essential oil (optional, honey gives off a nice scent)

To create:

Take the salts and place them in a bowl with the honey. Stir them together very well. It will seem a little sticky. Add your two drops of yellow food coloring to the essential oil if you choose to use it. Oils that are good would be chamomile,

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rose or jasmine. Take the oil and color mixture and stir it into the salts. Cover in bowl for about 30 minutes so that they call mix well. Use 1/4 cup of recipe for each bath, drop into hot running water.

### 78. Honey Bee Soap

4 oz. Opaque MP soap  
1 T. beeswax pellets  
1 T. honey

Melt beeswax and keep warm/liquid. Melt soap base and then mix in beeswax.

Add honey and keep stirring until melted. Pour into mold.

This recipe looks neat in a similar mold - Milky Way Molds have a bee and a flower. I've also seen a great bee/honey mold (it looks like beeswax sheets on the surface) at other places.

### 79. Honey Egg Shampoo

1/4 cup honey  
2 tablespoons liquid soap  
2 tablespoons water  
1 tablespoon witch hazel  
1 large egg, at room temperature  
1 tablespoon wheat germ oil or almond oil  
1 tablespoon rosewater or cologne

Place all the ingredients in a screw top jar, cover and shake well. Makes about 2/3 cup

### 80. Honey Herbal Hair Conditioner

1/4 cup honey  
1/4 cup glycerin  
1/4 cup sage, and 1/2 cup dried chamomile flowers

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OR

1/2 cup nettle leaves and 1/4 cup rosemary leaves

1/2 cup witch hazel

1 tablespoon liquid lecithin

Place all the ingredients in a screw top jar. Shake well and let set for 1 hour. Strain to remove herbs, discard the herbs and pour the liquid back into the jar. Makes about 1/2 cup.

### 81. Honey-Pollen Shampoo

1/4 cup honey

1/2 cup glycerin.

1 tablespoon witch hazel

1/4 cup orange flower water or cologne

2 tablespoons bee pollen

1 teaspoon liquid soap

1 tablespoon alcohol

Place the ingredients in a screw top jar, cover and shake well. Makes about

1 $\frac{1}{4}$  cups.

### 82. Honey-Milk Conditioner For Oily Hair

1/3 cup hot water

$\frac{1}{4}$  cup glycerin

2 tablespoons liquid lecithin

1/4 cup Sage

1/4 cup honey

2 tablespoons dry buttermilk powder

Combine the hot water and sage, and let set for 10 minutes. Strain the liquid, and discard the sage. Add the remaining ingredients to the

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strained liquid, and mix well. Apply to freshly shampooed hair, let set on hair for about 2 minutes and rinse off with warm water. Makes about 1/2 cup.

### 83. Honey Treatment for Very Dry Damaged Hair

3 tablespoons honey  
1 tablespoon olive oil

Stir for a minute or so until the mixture is smooth. Apply to freshly shampooed hair, and let soak in for 10-12 minutes. Rinse off with warm water. Makes enough for 1 application.

### 84. Jojoba Oil M&P Soap

1 lb. M&P Soap  
1 T. jojoba oil  
1 tsp. beeswax

Melt all ingredients together and pour into your mold. It makes a very nice, hard bar that is long lasting. Because it is much harder, it takes longer to lather.

### 85. Kosher Bath Salts

1 cup kosher salt  
1 cup baking soda  
2 tbs. glycerin

Place ingredients in a bowl and stir well. Put in a decorative container.

### 86. Lavender Beeswax Soap

4 oz. Unscented glycerin soap

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10 drops lavender scent  
purple coloring  
1 tsp. beeswax  
mold

Melt the soap over low heat until liquefied. Add the grated beeswax and stir until melted. Remove from heat and add the scent and the coloring. Stir until well blended. Pour the mixture into a mold and let set for three hours or until hardened.

### 87. Lavender Citrus Soap

2 cups grated soap  
1/2 cup water  
6 vitamin E capsules  
1 T. ground dried lemon verbena leaves  
1 T. dried lavender buds  
10 drops lavender oil  
20 drops sweet orange oil

Melt soap with water. After it has melted, add vitamin E oil and remaining ingredients. After the soap has cooled and thickened, scoop out a small handful of the soap and roll into a ball. Flatten the ball to create a disk shape. As the soap cures, press the soap into a firmer and smoother shape. If you like, mix a little orange oil on your hands and polish the soap smooth. This soap will discolor if the lavender buds are added too soon to the melted soap. If you do not like the rough surface and the darkened color, omit the lavender buds and add extra lavender oil. Or, after a week of curing, you can slice thin shavings from the soap to smooth it and remove any dark patches.

### 88. Lavender Flower Bubble Bath

Ingredients:

16 oz of unscented bubble bath or unscented

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shampoo  
1 bunch of fresh lavender flowers tied in a bunch  
A strainer  
5 drops of lavender oil  
1 quart size canning jar

### Instructions:

Take your canning jar and place your bunch of lavender flowers, head first, down into the jar so that the stems are at the top opening. Now pour the unscented bubble bath or shampoo over the lavender flowers in the jar and then add your 5 drops of lavender oil. Close the lid securely and give the jar a good shaking. Leave the mixture to rest on a sunny window sill for about two weeks. Shake the jar every day while it is sitting and at the end of the two weeks period, you can then strain the mixture through a strainer and then bottle your bubble bath liquid.

### 89. Lavender Dreams Bubble Bath

#### Ingredients:

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

#### Directions:

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

### 90. Lavender Milk Bath

#### Ingredients:

1 cup of milk powder  
3 drops of lavender oil



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### Instructions:

Thoroughly mix the lavender oil into the milk powder and when well combined add it to your running bath water.

### 91. LAYERED SOAPS

2 4oz. bars glycerin soap  
10 drops fragrance oil (your choice)  
10 drops fragrance oil (your choice, different than choice above)  
2 drops different colored food coloring (your choice)

In a heavy saucepan over low heat, melt one bar of glycerin soap until liquefied. Remove from heat and stir in one drop food coloring and 10 drops fragrance oil. Pour half of the mixture into two soap molds, filling each mold halfway. Wait twenty minutes. Melt your second bar of glycerin soap until liquefied. Remove from heat and stir in the other drop of food coloring and fragrance oil. Pour this second layer on top of the first layer (already in molds). Let soap set for three hours or until hardened. Your finished bars should come out half one color and half another.

### 92. Lemon Loofah Soap

#### You will need:

Dried loofah sponge (1 square inch)  
4-ounces MP base  
1 tsp. liquid lanolin  
1 tsp. aloe vera gel  
15 drops lemon essential oil  
1 drop yellow food coloring

With a pair of sharp scissors, cut off one square inch of loofah sponge. Shred the loofah sponge into tiny pieces, either in a coffee grinder or with scissors, and set aside. Melt MP base. Remove from heat and add the lanolin,

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aloe vera gel, lemon oil, and food coloring, stirring until well mixed. Immediately add the shredded loofah and stir until evenly distributed. Pour into a mold and let set for three hours or until hardened. Makes one bar.

### 93. Lemon Pie Soap

1. Melt 1 pound of white soap in a double boiler.
2. Fragrance with  $\frac{1}{2}$  teaspoon of Lemon Poundcake Fragrance Oil.
3. Color with 4 drops of Cosmic Color Canary Yellow.
4. Pour into a 8 inch metal pie pan.
5. Cover with plastic wrap.
6. Melt 1 pound of white soap in a double boiler.
7. Fragrance with  $\frac{1}{2}$  teaspoon of Lemon Poundcake fragrance oil.
8. Color with several drops of cosmic color canary yellow (you will want this layer much darker in color than the first layer).
9. Uncover the pie pan and spritz the soap with a light layer of rubbing alcohol.
10. Slowly pour the second batch of soap into the pie pan.
11. Help the layers blend slightly by briefly running a knife through the mixture.
12. Allow the soap to harden.
13. Melt  $\frac{1}{4}$  pound of soap and color it a dark caramel color. Pour on top of the mold. This will become your pie's crust.
14. Allow the soap to harden.
15. Place the hard soap and mold in the freezer for 15 minutes. This will allow the soap to shrink slightly and then come out of the mold more easily. Some soap bases will not tolerate being placed in the freezer. Wholesale Supplies Plus has a soap base that can be placed in the freezer without damaging the soap.
16. Take the soap out of the freezer and unmold. If the soap is difficult to unmold, turn upside down and run warm water over the mold.
17. Once out of the mold set aside.
18. Melt  $\frac{1}{2}$  pound of white soap in a double boiler.
19. Add  $\frac{1}{4}$  teaspoon of cosmetic glitter to the melted base.
20. Leave the soap in the melting pan and mix with an electric mixer. Start with the lowest speed possible and work up slowly.
21. Once the soap base is thick and bubbly, place spoonfuls of the base on

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top of the unmolded pie.

22. Immediately freeze for 15 minutes.
23. Allow to return to room temperature.
24. Cut into pie pieces the next morning.

### 94. Lemon-Egg Shampoo for Bounce and Shine

- 1 egg
- 1 tsp. lemon juice
- 3 tbs. unscented shampoo
- Fragrance oil of your choice

Combine all ingredients in a bowl. Shampoo into your hair and rinse well. The egg will act as a conditioner and the lemon juice will bring shine to your hair!

### 95. Lemon Twist Bath Oil

Ingredients:

- 1/4 cup of almond oil
- 1/4 cup vinegar
- 1/4 teaspoon of lemon oil
- 1/4 teaspoon bergamot oil
- 2 teaspoons of zest from a lemon

Instructions:

Place all of the ingredients in a sealable glass container or jar and combine them together by shaking them up well. This one will create a very interesting effect as the oils and the vinegar will keep separating from one another. Just remember before using to give it another good shake up.

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### 96. Lilac Scensational Bubble Bath

Ingredients:

1 quart water

1 bar castille soap (grated or flaked)

3 ounces glycerin

5 drops lilac fragrant oil

Directions:

Mix all ingredients together. Store in a container. Pour in running water. \* a few drops of red & blue food coloring may be added for color.

### 97. Lotion Bars (Solid Bath Oil Bars)

2 oz. deodorized cocoa butter or mango butter

2 oz. beeswax, refined beads

2 or 3 oz. liquid vegetable oil such as jojoba, sunflower or sweet almond

2 tsp. essential oil or fragrance oil of your choice

1/2 to 1 tsp. of Jojoba Wax Spheres in color of your choice for coloring

Melt cocoa or mango butter and pour 2 ounces into an 8 ounce Pyrex measuring cup. Add 2 ounces of beeswax beads (total of 4 ounces in cup). Add jojoba wax spheres. Melt together in microwave. Now add the liquid vegetable oil. Use 2 ounces for a hard bar, which would bring your total to 6 ounces... OR use 3 ounces for a softer bar, which would bring your total to 7 ounces. Stir to mix thoroughly. Add essential or fragrance oil when mixture has cooled slightly. Pour into small soap molds. Pop out when cool, about 2 hours. For best results, put in refrigerator a few minutes before popping out of mold.

Some uses include: Rub on body when getting out of shower while still damp, wet hands and rub with lotion bar, use as a drawer sachet, cut off a sliver and let melt in hot bath water, massage into cuticles to soften them, rub

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onto elbows and knees, or use for massage (softer bar recipe).

### 98. MECHANIC'S HAND CLEANSER

1 c. borax  
1-2 t. pure turpentine  
1 t. sweet orange essential oil  
1 c. ground soap

With very clean hands, work the turpentine and essential oil into the borax until there are no lumps left, then work into the soap.

Keep it in a wide-mouthed jar or tin that's easy to open.

### 99. Milk and Honey Bath Soak

Ingredients:

1/2 cup of milk powder  
1/2 cup of honey  
1/4 cup of vegetable oil

Instructions:

Combine all the ingredients in a small mixing bowl and when thoroughly combined place the mixture under the warm running water of your bath and enjoy.

### 100. Milky Bath Salts

This recipe is different because it combines the beneficial aspects of a milk bath with that of the minerals you can get from using bath salts.

You will need:

4 1/2 cups sea salt  
3 cups Epsom salts  
3 cups powdered milk

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10 drops vanilla  
5 drops strawberry  
3 drops sweet orange  
2 drops rose  
(i.e. 9 tablespoons of scent)

To Create these lovely bath salts simply put it all together and shake in a large container. If your jars are not big enough to accommodate such a large recipe than I

suggest mixing salts and milk in one bowl, combining the oils in another and then stirring the two together with a metal spoon. These will need to sit about 30 minutes

before being placed in jars to let the scent absorb properly.

I like to jar these in simple square bottles with a little raffia around the neck fastening the ingredients and name tag.

I do not suggest coloring these salts, they look nice as is.

### 101. Minty Bath Oil

Ingredients:

1/2 cup of castor oil  
1/2 teaspoon of spearmint oil  
1/2 teaspoon of orange oil

Instructions:

Simply blend all three ingredients together in by shaking them up in a bottle or a jar and its ready to use. This is a mind easing blend for total relaxation.

### 102. Minty Herb Soap

1 lb. M&P soap  
1 T. Mint leaves (finely crushed)  
1/2 tsp. Peppermint essential oil  
1/2 tsp. Spearmint essential oil

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Melt soap base and add mint leaves and fragrance - pour into molds.

### 103. Minty Fresh Herb Bath

1 cup fresh or 1/4 cup dried mint (chop up finely if it's fresh)

1 cup fresh bay leaves, finely chopped

1 tsp. coconut oil

1 tsp. almond extract

Mix ingredients together then place in a mesh bag such as cheesecloth.

Place under hot running bath water. Sit back and enjoy.

### 104. MOISTURIZING PARAFFIN BATH (for hands)

4 oz. paraffin

1/4 C. baby oil

In a small saucepan, heat the ingredients together until liquid. Cool to comfortably warm and "paint" each hand or dip both hands at once into the mixture. Wrap in plastic wrap. Leave on 10 minutes; then peel off.

### 105. Non Fat Milk Bath

Ingredients:

2 cups of non fat milk powder

1/2 cup of epsom salts

1/2 cup of baking soda

6 drops of sandalwood oil

5 drops of vanilla oil

4 drops of gardenia oil

4 drops of orange oil

Instructions:

Combine all the ingredients together in a

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container and when thoroughly combined put one cupful into your warm bath water and stir it well.

### 106. Northern Nights Bath Salts

1 cup kosher salt  
1 cup baking soda  
3 drops pine balsam oil  
2 drops cinnamon oil  
2 drops cassis oil  
2 tbs. glycerin

Mix ingredients together, blending well. Break up any clumps.

### 107. Nourishing Bath Salts

You will need to gather up the following:

3 cups of Sea Salt  
3 tablespoons Sweet Almond  
2 teaspoons Apricot Kernel  
2 teaspoons Avocado Oil  
1/4 cup baking soda  
20 drops Sandalwood  
20 drops Rosewood  
10 drops Ylang Ylang  
5 drops of Chamomile

This is a very easy mixture. If you want to combine them quickly simply toss all of the ingredients into a ziplock bag and shake very well. For those of you who are more refined and like to do things meticulously add salts and carrier oils as well as baking soda to a bowl and stir very well. Add all of the essential oils together in another bowl and stir. Pour over salt mixture and stir very very well.



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### 108. Oatmeal Bath or Facial Scrub

1 small bar castile or baby soap, grated (or Dove soap for dry skin problems)

2 cups oatmeal, blended or processed into powder

1 small package blanched almonds, blended with the oatmeal

Mix the ingredients well. Put in a pretty jar with a plastic spoon. Use 2 to 3 tablespoons in bath water, or use 1 teaspoon to scrub face.

### 109. Oatmeal Milk Bath

Ingredients:

1/2 cup of milk powder

1/4 cup of oatmeal

1 Tablespoon of hazelnut oil

6 drops of lavender oil

1 muslin bag

Instructions:

Mix the milk powder, hazelnut oil and lavender oil in a small bowl until thoroughly combined.

Then put your oatmeal in a muslin bag and secure the top. When running your bath, add the combined mixture directly under the warm running water and drop the muslin bag of oats straight into the tub itself and enjoy.

### 110. Ocean Blue Bath Salts

1 cup epsom salt

1 cup baking soda

4 drops blue food coloring

3 drops Jasmine fragrant or essential oil

4 drops vanilla

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2 tbs. glycerin

Combine dry ingredients, mix well. Add color and scents one at a time. Keep stirring until mixed well. Break up any clumps and keep mixing until you have a semi-fine powder. Add glycerin and mix well.

### 111. Orange & Tangerine Bath Soak

1/2 Cup Baking Soda

1/4 Cup Epsom Salts

1/4 Teaspoon Orange Fragrance Oil

1/4 Teaspoon Tangerine Fragrance Oil

1 Drop Red & 1 Drop Yellow Food Color

Combine all ingredients in a bowl and stir until color is evenly distributed. Transfer mixture into a food processor and grind into a fine powder. Spoon into a jar.

### 112. Party Time Confetti Soap

Transparent M&P soap

Opaque M&P Soap

various colors to make a bright display

Scent (optional)

Melt transparent soap and split into separate dishes and color. Pour into separate molds and let harden. When hard, pop out and cut into small pieces (1/4-1/2 in.).

Melt opaque soap and scent. Spray confetti pieces with alcohol and place in mold. Let opaque base cool for a while until a skin has formed twice (you don't want to melt your confetti!). Pour over confetti pieces in mold.

This recipe works nice in any tube type mold (try PVC with an end cap!). If you use a tube mold you'll want to make bigger pieces of confetti and pile them up in the mold and pour over, let harden and then slice.

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### 113. Peaches and Cream Bath Bar

Castile soap (or pure white unscented, such as Ivory)

1/4 cup distilled water

1/4 cup powdered milk

1 tbs. sweet almond oil

1/8 tsp. peach fragrance oil

1 drop orange food coloring (optional)

Shred the castile soap and set aside. Heat the water in a heavy saucepan over low heat. Stir in the shredded soap until it forms a sticky mass. Remove the pan from the heat and add the powdered milk, sweet almond oil, peach fragrance oil and food coloring. Stir until well blended. Spoon the soap into a mold and let set for 4 hours or until hardened. Makes one 4-ounce bar.

### 114. PEACHES AND CREAM SOAP

1 bar Castile soap

1/4 cup distilled water

1/4 cup powdered milk

1 tablespoon sweet almond oil

1/8 teaspoon peach fragrance oil

1 drop orange food coloring (optional)

Shred the Castile soap and set aside.

Heat the water in a heavy saucepan over low heat. Stir in the shredded soap until it forms a sticky mass. Remove the pan from the heat and add the powdered

milk, Sweet almond oil, Peach fragrance oil, food coloring; stir until well-blended.

Spoon the soap into its mold and let set for four hours or until hardened.

### 115. Peach Shower Gel

3/4 cup distilled water

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1/4 cup shampoo concentrate (or substitute with 1/2 cup unscented shampoo and increase salt to 1 tsp.)

1/2 tsp. table salt

1 tbs. apricot kernel oil

15 drops peach fragrance oil

5 drops vitamin E oil (2 capsules)

1 drop orange food coloring (optional)

Warm the water and pour into a ceramic bowl. Add the apricot kernel oil, salt, peach fragrance oil, vitamin E oil (just break open the capsules) and coloring. Stir until well blended and thick. Pour into a squeeze bottle and close.

### 116. Peach Harvest Bath Salts

Your ingredients will have to include:

3 cups of Epsom Salts

1 cup of sea salt

1/2 cup baking soda

10 drops of peach fragrance oil

10 drops of bergamot Essential Oil

7 drops of vanilla Essential Oil

3 drops of orange fragrance oil

1 jar with a tight sealing lid or cork top.

1 or two drops each of red and yellow food coloring

Take the salts and the baking soda and stir them together. You can also shake them up in a ziplock bag. In a small bowl combine oils and coloring. Stir.

Add oil/coloring to the salt mixture and stir/shake well.

Let it stand for some time before placing it in container. This will allow color/scent to spread evenly all the way through.

### 117. Peach Tea Soap

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You will need:

$\frac{1}{2}$  lb. Melt and pour soap base (either type)  
1 peach tea bag (take 1 tsp. of tea from this)  
1 TB. Coconut oil  
Peach FO  
Peach colored dye  
Peach shaped molds

Melt the soap base and coconut oil, stirring well. Remove from heat and add 1 teaspoon of the peach tea, peach FO, and peach dye (a tad of orange works fine). Pour into peach molds.

### 118. Peach Vanilla Soap

1 lb White Glycerin Soap Base  
1 t. Sugar  
 $\frac{1}{2}$  t. Salt  
1 t. Sweet Almond Oil  
1 t. Peach Gel Colorant  
1 T. Vanilla Peach FO

Melt soap base, sugar and salt in a double boiler.

Remove from heat and add sweet almond oil, colorant and fragrance oil to mix. Whisk until mixed. Pour into mold and lightly spray with rubbing alcohol. After removing soap from mold, place on drying rack for 48 hrs, then wrap.

### 81. Peppermint Clarifying Shampoo

$\frac{3}{4}$  cup distilled water  
 $\frac{1}{4}$  cup shampoo concentrate (or substitute with  $\frac{1}{2}$  cup unscented shampoo and increase salt to 1 tsp.)  
 $\frac{1}{2}$  tsp. table salt  
2 tsp. jojoba oil  
 $\frac{1}{8}$  tsp. peppermint oil  
1 drop red food coloring (optional)

Warm the water and pour into a ceramic bowl. Add the shampoo concentrate

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and stir with a wire whisk until well blended. Add the remaining ingredients and stir until well blended. Pour into a bottle and close. This is a tingly treat for the scalp for all types of hair. It stimulates the scalp without drying. Makes 8-1/2 ounces.

### 119. Pick Me Up Bath Salts

You will need:

- 1 cup of Epsom Salt
- 1 tablespoon of baking soda
- 1 cup of Rock Sea Salt ( or two cups Epsom Salt)
- 4 drops of peppermint essential oil
- 3 drops of rosemary essential oil
- 3 drop of ginger or nutmeg essential oil
- Food coloring to color of taste

Mix salts and baking soda together.

Add color if you use it to oils and add mixture to the salts.

Let sit covered for an hour.

Bottle and tag for gift giving.

or

You will need

- 3 cups of rock sea salt
- 3 tablespoons of baking soda
- 1 drop of red food coloring
- 1 drop of yellow food coloring
- 5 drops of lemon essential oil
- 5 drops of rosemary essential oil

Mix together in plastic jar with a lid and shake until well combined.

You can use a bowl and spoon also, but the first method is faster

### 120. PMS Bath Oil

Ingredients:

- 1/8 cup of sweet almond oil

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1/8 cup of grape seed  
3 drops of clary sage oil  
3 drops of lavender oil  
2 drops of rose absolute oil  
2 drops of juniper oil

### Instructions:

Mix all of the oils together and bottle until read for use. To use add the oils to your warm running bath water and mix well. Relax and soak yourself while the oils do the work. If you are also bloated up in the stomach, you can use a few drops of the oils to rub gently and directly onto the area.

### 121. Raspberry Oat Powder Soap

#### You will need:

1/3 cup dried oats  
4 oz. MP base  
15 drops raspberry fragrance oil  
1 drop red food coloring (optional)

Grind the oats into a fine powder in a food processor and set aside. Melt the MP base. Remove from heat and add the raspberry fragrance oil and the red food coloring, and oat powder, stirring until well mixed. Pour into a soap mold and let set for three hours or until hardened

### 122. Raspberry/Vanilla Bubble Bath

8 oz. unscented liquid soap  
2 oz. distilled water  
8 drops vanilla fragrance oil  
6 drops raspberry fragrance oil  
2 drops red food coloring

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Mix all and pour into a container.

### 123. Relaxing Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Cedarwood, Chamomile Roman, Cypress, Frankincense, Geranium, Lavender, Mandarin, Marjoram, Melissa, Myrtle, Neroli, Orange, Petitgrain, Rose, Rosewood, Sandalwood, Valerian, Vanilla, vetiver, and Ylang Ylang.

Add sea salt, baking soda and oils to jar. Gently shake to mix, mix well.

Add to tub of running water.

### 124. Relaxing Epsom Salt Bath

Epsom Salt--2 tbsp

Sea Salt--1 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Cedarwood, Chamomile Roman, Cypress, Frankincense, Geranium, Lavender, Mandarin, Marjoram, Melissa, Myrtle, Neroli, Orange, Petitgrain, Rose, Rosewood, Sandalwood, Valerian, Vanilla, vetiver, and Ylang Ylang.

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

### 125. Relaxing Fizzy Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp



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Citric Acid--1 tbsp  
Essential Oils--8 drops  
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Cedarwood, Chamomile Roman, Cypress, Frankincense, Geranium, Lavender, Mandarin, Marjoram, Melissa, Myrtle, Neroli, Orange, Petitgrain, Rose, Rosewood, Sandalwood, Valerian, Vanilla, vetiver, and Ylang Ylang.

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

### 126. Relaxing Red Earth Salts

Sea Salt--2 tbsp  
Baking Soda--3 tbsp  
Powdered Red Earth Clay--1 tbsp  
Essential Oils--8 drops  
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Cedarwood, Chamomile Roman, Cypress, Frankincense, Geranium, Lavender, Mandarin, Marjoram, Melissa, Myrtle, Neroli, Orange, Petitgrain, Rose, Rosewood, Sandalwood, Valerian, Vanilla, vetiver, and Ylang Ylang.

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

### 127. Relaxing Seaweed Salts

Sea Salt--2 tbsp  
Baking Soda--3 tbsp  
Powdered Kelp--1 tbsp  
Essential Oils--8 drops  
Jar--4 oz

Choose 3 or 4 oils from these essential oils: Cedarwood, Chamomile Roman,

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Cypress, Frankincense, Geranium, Lavender, Mandarin, Marjoram, Melissa, Myrtle, Neroli, Orange, Petitgrain, Rose, Rosewood, Sandalwood, Valerian, Vanilla, vetiver, and Ylang Ylang.

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

### 128. Romance Bath Oil

Ingredients:

- 4 drops of ylang ylang oil
- 4 drops of frankincense oil
- 4 drops of jasmine sambac oil
- 4 drops of sandalwood oil
- 4 drops of rose otto oil

Instructions:

Measure out the ingredients as needed above, drop by drop, placing them under the flow of your warm running bath water. Then light a candle or two or three or four and take time out to relax and enjoy yourself. Let your mind clear of all other problems and just let your senses stimulate your thoughts as well as warm your body, mind and soul.

### 129. Rose Bubbling Bath

Ingredients:

- 1 bar of finely grated castille soap
- 3 ounces of glycerin
- 1 quart of water
- 5 drops of rose oil

Instructions:

Thoroughly blend all of the ingredients together and store in a decorative bottle or jar. Shake

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well before each use and pour about 1/4 of a cupful under the flow of your warm running bath water.

### 130. Rose Cold Cream Soap

You will need:

4 oz. MP base

2 teaspoons cold cream

10 drops rose fragrance oil

1 drop red food coloring (optional)

Melt MP base until liquefied, stir in the cold cream until dissolved, then remove the pan from heat. Stir in the rose fragrance oil and food coloring. Pour into mold and let set for four hours or until hardened. Makes one bar.

### 131. Salt Glow

1 cup salt...any kind..the different sizes give a different feel.

1 cup veggie oil..any kind. A lighter one might rinse off more easily.

1 cup liquid soap.

Mix all the ingredients and massage into the skin...use a light touch until you are used to it. Shower as usual. You could scent/color it, but I never bother as my body oil I use afterward is scented.

### 132. Salt Glow Variation

1/4 cup almond oil

1/4 cup melt and pour glycerine soap

1/2 cup sea salt

Fragrance of choice

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Place oil and soap in double boiler and melt gently. Stir well. I used my hand blender to \*BRIEFLY\* mix the two together so they would be well combined. Slowly stir in sea salt. Once all ingredients are combined well, remove from heat. Add fragrance of choice. It would look pretty colored if you wanted. I took a fork and fluffed up this mixture occasionally as it cooled. It looks like shaved ice and has not separated at all. You could always add instructions to your label that if the product separates to stir well. It is VERY thick and would need to go in wide mouthed jars.

### 133. Sea Salt And Pepper Soap

$\frac{1}{2}$  lb White Glycerin Soap

$\frac{1}{2}$  lb Clear Glycerin Soap

$\frac{1}{2}$  T Table Salt

$\frac{1}{2}$  T Castor Oil

$\frac{1}{2}$  T Beeswax

$\frac{1}{4}$  Cup Sea Salt

2 T Poppy Seeds

1T peppercorn Fragrance

Melt clear soap in a double boiler.

Add table salt and  $\frac{1}{2}$  of fragrance to melted soap base.

Pour into rectangle drawer divider so soap will be approximately 1/4 " thick. Sprinkle sea salt on top. When cooled cut into triangular shapes and place pieces in Debbie's Favorite Wilton mold.

Next, melt white glycerin in a double boiler.

Add castor oil, beeswax, poppy seeds and  $\frac{1}{2}$  fragrance to melted soap base.

Pour over clear, sea salt soap triangles.

### 134. Silky Smooth Facial & Bath

Facial:

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1 cup fresh cucumber juice  
1/4 cup honey  
1/2 cup plain yogurt  
6 drops Lavender  
4 drops Geranium  
Mix well and apply to face just before bath...

Bath:

8 drops Jasmine  
8 drops Fennel  
2 tbsp. Frac. coconut or Jojoba  
Light a candle and relax.....

### 135. Simple Bubble Bath

4 T. herbs (pick your favorite!)  
2 tsp. essential oil (corresponding with dried herbs chosen)  
1/2 pt. distilled water  
1/2 pt. liquid organic cleanser

Bring water and herbs to a boil and then simmer for about 30 minutes. Squeeze herbs and strain off. Let the water cool for a little bit and then mix it with cleanser and essential oil. Pour into bottle/container of your choice.

### 136. Sinus Headache Bath Salts

2-3 cups epsom salts (or salts of your choice)  
1/3 cup peppermint  
1/3 cup spearmint  
40 drops peppermint eo  
20 drops eucalyptus eo

I ground the mints in my mortar and pestle, then sifted them through a mesh kitchen strainer, and added them to the salts. Actually, I didn't really measure the amount, it was just a good handful of each. This seems to work

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pretty well for my DH, and if you still need to clear out your sinuses, get a half cup of pepper/spearmint, put it in a bowl, and toss in a cup or so hot water. Let it sit covered for a bit and then carefully start breathing the steam. (I found out how potent this was when I was making peppermint 'tea' for a m&p!!

Use about 1/4 - 1/3 cup of this mixture per bath. My DH and I went through the 'batch' within 2 weeks, but someone suggested to mix the salts and dried

herbs beforehand, and when the need for the bath arises, to add the eo's then to guarantee potency. A decent amount would probably be 4 drops peppermint, 2 drops eucalyptus per bath. Some people may be more sensitive to the peppermint, so be sure they don't have an adverse reaction before using these salts.

### 137. Soapwort Shampoo

2 cups water

1-1/2 tbs. dried soapwort root, chopped (most health food stores carry this)

2 tsp. Lemon Verbena (for a citrus fragrance)... OR

2 tsp. Catnip (promotes healthy hair growth)

Bring water to a boil. Add soapwort and simmer, covered, for about 20 minutes. Remove from heat, add either Lemon Verbena or Catnip, then allow mixture to cool. Strain the mixture, keeping the liquid. Pour into a bottle. Makes enough for 6 or 7 shampoos. Store in a cool, dark place. Must be used within 8 to 10 days.

### 138. Soap Crayons for Kid's Bath

1 cup soap flakes

1/4 cup boiling water

Food coloring

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Ice cube tray

Drop the water into the flakes, one teaspoon at a time, stirring constantly. It will be thick and hard to stir. Spoon some of the soap into different bowls and color each with the food coloring until it has the consistency of thick paste. Press spoonfuls into the ice cube trays and microwave on low for 15 minutes to dry the crayons out. Let them dry at room temperature for several days and give it another day after unmolding. The kids will love these!!

### 139. Soapsicles

8 oz. Unscented, Clear Glycerine Soap

1/4 Teaspoon each Cherry, Lime, Grape and Orange Fragrance Oil

Red, Orange, Green and Blue Food Coloring

You'll need to have Popsicle molds for this one and they are available this time of year in grocery stores, drug stores and places like Target, K-Mart and Wal-Mart.

You will also need Popsicle sticks which are available at most craft stores (called craft sticks). Also have on hand a piece of cardboard (the kind they use in shirts is fine) and paper clips. Cut pieces of the cardboard a bit larger but the same shape as the Popsicle mold (round or oblong) and cut a slit in the middle (for the stick).

Now divide soap into 4 equal parts (2 oz each), melt one at a time in a small pan over low heat or in a glass cup in the microwave.

Add cherry fragrance oil and 2 drops of red food coloring. Stir gently and pour into Popsicle molds. Take one of the cardboard pieces you cut and put a stick thru it, using the paper clip so that the stick stops at the cardboard and doesn't fall all the way thru.

Make the rest of the soapsicles in Orange, Lime and Grape (using 1 drop of red and 1 drop of blue food coloring) or make all the same 'Flavor', using 1 Teaspoon of your favorite fragrance oil 'flavor' and 8-10 drops of coordinating food coloring.

Put molds in freezer, when frozen remove from molds.

Store in cellophane candy bags with a ribbon or a twist tie.

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Be sure these are marked NOT EDIBLE

### 140. SOFT SOAP

Several bits, pieces, and slivers  
of used soap - enough to  
make 1 cup dried out or

1 cup soap flakes

1 C. boiling water

Pour boiling water over the soap and stir until soap is completely dissolved. Cool. Store in a pump-type dispenser or a squeeze-top plastic container.

### 141. Stimulating Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Angelica, Basil, Bay, Black Pepper, Cajeput, Cardamom, Cinnamon, Citronella, Clove, Eucalyptus, Fennel, Fir, Ginger, Grapefruit, Juniper, Lavandin, Lemon, Lemongrass, Nutmeg, peppermint, Pine, Rosemary, Spearmint, Spruce, Tea Tree, and Thyme. Add sea salt, baking soda and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

### 142. Stimulating Epsom Salt Bath

Epsom Salt--2 tbsp

Sea Salt--1 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops



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Jar--4 oz

Choose 3 or 4 oils from these essential oils: Angelica, Basil, Bay, Black Pepper, Cajeput, Cardamom, Cinnamon, Citronella, Clove, Eucalyptus, Fennel, Fir, Ginger, Grapefruit, Juniper, Lavandin, Lemon, Lemongrass, Nutmeg, peppermint, Pine, Rosemary, Spearmint, Spruce, Tea Tree, and Thyme. Add sea salt, baking soda, epsom salts and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

### 143. Stimulating Fizzy Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Citric Acid--1 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Angelica, Basil, Bay, Black Pepper, Cajeput, Cardamom, Cinnamon, Citronella, Clove, Eucalyptus, Fennel, Fir, Ginger, Grapefruit, Juniper, Lavandin, Lemon, Lemongrass, Nutmeg, peppermint, Pine, Rosemary, Spearmint, Spruce, Tea Tree, and Thyme. Add sea salt, baking soda, citric acid and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

### 144. Stimulating Red Earth Salts

Sea Salt--2 tbsp

Baking Soda--3 tbsp

Powdered Red Earth Clay--1 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Angelica, Basil, Bay, Black Pepper, Cajeput, Cardamom, Cinnamon, Citronella, Clove, Eucalyptus, Fennel, Fir, Ginger, Grapefruit, Juniper, Lavandin, Lemon, Lemongrass, Nutmeg, peppermint, Pine, Rosemary, Spearmint, Spruce, Tea Tree, and Thyme.

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

### 145. Stimulating Seaweed Salts

Sea Salt--2 tbsp

Baking Soda--3 tbsp

Powdered Kelp--1 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Angelica, Basil, Bay, Black Pepper, Cajeput, Cardamom, Cinnamon, Citronella, Clove, Eucalyptus, Fennel, Fir, Ginger, Grapefruit, Juniper, Lavandin, Lemon, Lemongrass, Nutmeg, peppermint, Pine, Rosemary, Spearmint, Spruce, Tea Tree, and Thyme. Add sea salt, baking soda, powdered kelp and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

### 146. Summer Dreams Bath Salts

To make the salts you will need

3 cups of Epsom Salts

1 cup of baking soda

9 drops of Jasmine Oil

12 drops of Vanilla Oil

4 drops of sandalwood Oil (optional)

10 drops of blue food coloring

a nice jar with a tight fitting lid

To make the salts

Mix the wet ingredients very well.

Mix the two together until thoroughly combined.

Let sit for about an hour. Stir one more time before jarring and sealing the salts.

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### 147. Summer Dreams Bath Salts

You will need:

M&P opaque ("exfoliating") base  
1 bag Celestial Seasonings Spearmint tea  
5 or 6 drops green food coloring  
Purple colorant/dye  
1 teaspoon oil of wintergreen (from the drug store)

Heat M&P in bain marie, doubleboiler, or microwave until melted. While it's heating, rip open tea bag, put leaves in either coffee grinder or pestle, and pulverize them thoroughly. Add ground leaves, wintergreen oil and food coloring to melted soap, and stir. Pour into molds (you can get neat shamrock shapes at party stores!), and let cool. Voila - St. Paddy's Day soap!

N.B. Oil of Wintergreen is said to be excellent for sore muscles. The soap smells a bit like Ben Gay (guess why?), but is very refreshing to use

### 148. Sweet 'n Soft Bath Oil

Ingredients:

1/8 cup of soybean oil  
1/8 cup of jojoba oil  
1/2 teaspoon of honey  
15 drops of rosemary oil  
12 drops of lemon oil  
5 drops of sandalwood oil

Instructions:

Mix all of the ingredients thoroughly together, bottle and add to the warm running water as you fill your bath tub and then simply enjoy the warm wonderful aroma as your body soaks up the

oils.

**149. Sugar and Spice Bath Mix**

1/2 C baking soda

2 TBSP sugar

1 tsp ground cinnamon

1/2 tsp ground ginger

1/4 tsp ground cloves

Mix together all ingredients until well blended.

To use: Add 2 TBSP of the bath mix to a warm tub of water. Store in clean dry container.

**150. Tangerine Dream Bath Salts**

Chamomile-- 2 drops

Lavender--7 drops

Tangerine--9 drops

Sea Salt--3 tbsp

Baking Soda-- 2 tbsp

Borax--1 tbsp

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

**151. TOMATO-OATMEAL CONDITIONER (for oily skin)**

1 ripe tomato

3 or 4 T. oatmeal

Powder oatmeal in blender, then remove. Purée tomato in blender. Remove. Combine powdered oatmeal and tomato, then apply to face. The mixture will be

sloppy, so wear a plastic shower cap to protect hair. Even better, use right

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before shampooing your hair. Lie down, and after 20 minutes or so, rinse off the conditioner with very hot water - as hot as you can stand it - to help dissolve excess oil. Follow with your favorite acid mantle.

### 152. Tomato and Baking Soda Soap

You will need:

4 oz. MP base

5 tablespoons tomato juice

$\frac{1}{2}$  tsp. Red wine vinegar

15 drops lemon oil

1 teaspoon Baking soda

Melt MP base until liquefied. Stir in the tomato juice, red wine vinegar, and lemon oil. Remove from heat. Stir in the baking soda until dissolved. Pour the soap into a mold and let set for three hours or until hardened.

### 153. Toxin Eliminator Bath:

Place in the bath:

Epsom salts--2 handfuls

Rock salt--1 handful

Add 8 drops of this blend:

Basil--8 drops

Grapefruit--10 drops

Juniper--6 drops

Lemon--10 drops

Oregano--6 drops

Blend together.

Massage the cellulite areas while they are under the water.

### 154. Tropical Blend

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You will need:

$\frac{1}{2}$  lb. MP transparent soap base

$\frac{1}{2}$  TB. Coconut oil

1/8 to 1/4 tsp. each of:

Coconut fragrance oil

Mango fragrance oil

Pineapple fragrance oil

Fruit molds (I used the TKB mold with 2 fruit baskets and 2 pineapples)

Melt the MP base and coconut oil until liquefied. Remove from heat and be sure to mix well with a whisk. Add the fragrance oils and colorant. Pour into molds.

### 155. Tropical Dream Bubble Bath

3 drops rose fragrant or essential oil

2 drops jasmine fragrant or essential oil

1 ounce glycerin

1 ounce coconut oil

1 bar castile soap (grated)

1 quart water

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

### 156. Truly Homemade Shampoo

Shampoo is just liquid soap, usually made with vegetable oils rather than animal fat, and with glycerin and alcohol added during the soapmaking process. The basic ingredients for regular soap are lye (potash leached from ashes), fat (animal tallow) or oil, and water. Depending on how basic you want to get, you could even make your own lye and render your own fat, but that's VERY time consuming. Try the following recipe for a gentle homemade shampoo:

2 lb. 10 oz. olive oil

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1 lb. 7 oz. of solid-type vegetable shortening

1 lb. coconut oil

10-1/4 oz. lye

2 pints water

1-1/2 oz. glycerin

1/2 oz. alcohol

1-1/2 oz. castor oil

NOTE: You will need a candy thermometer to test temperatures

Mix oils together. Place in a container and set the container in a large pan. Mix the lye solution - pour the lye into an enamel coated container of 2 pints of cold water and stir steadily. When cooled, pour lye solution into a glass container and set in another large pan. Bring both to between 95 and 98 degrees F - this will mean pouring either cold or hot water into the pans, depending on the original temperature of the ingredients.

Add the lye solution to the oils, pouring in a steady stream while continuing to stir. The mixture will turn opaque and brownish, then will lighten. It's ready when its surface can support a drop of mixture for a moment. The consistency should be like sour cream.

Stir in 1-1/2 oz. glycerin, 1/2 oz. alcohol and 1-1/2 oz. castor oil. Add any colorants or scents if you desire.

Now, you can pour the mixture into molds and allow to harden, then make the shampoo as you need it by shaving off flakes and boiling in water until they dissolve - about 1 pound of shavings per gallon of water. Or, you can add more water to mixture, boil, and allow to cool, then place in bottles for use.

### 157. Vanilla Almond Soap

1/3 cup whole almonds

1 (4 ounce) bar castile soap

1/4 cup distilled water

1 tbs. almond oil

1/8 tsp. vanilla fragrance oil

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This soap is great for removing dirt and oil from the skin without drying. Vanilla gives it a delicious fragrance and the ground almonds provide a beautifully textured soap. Grind the almonds to a fine powder in a food processor or coffee grinder and set aside. Shred the soap and set aside. In a heavy saucepan bring the water to a boil; then reduce heat to a simmer. Remove the pan from the heat and add the almond powder, almond oil and vanilla fragrance oil, stirring until well blended. Spoon the soap into a mold and let set for 5 hours or until hardened. Makes 1 bar.

### 158. Vanilla Coconut Thick Gel Shampoo

3/4 cup distilled water

1/4 cup shampoo concentrate (or substitute 1/2 cup unscented shampoo and increase salt to 1-1/2 tsp.)

1 tsp. table salt

1 tbs. coconut oil

2 tsp. jojoba oil

10 drops vanilla fragrance oil

10 drops coconut fragrance oil

Warm the water and pour into a ceramic bowl. Add the shampoo concentrate, stirring until well blended. Add the salt, coconut oil, jojoba oil, vanilla fragrance oil and coconut fragrance oil, and stir with a wire whisk until the mixture becomes a smooth, thick liquid. Pour into a bottle and close. A plastic squeeze bottle will work best for this thick gel shampoo.

### 159. VANILLA AND ALMOND SOAP

1/3 cup whole almonds

1 4-ounce bar Castile soap

1/4 cup distilled water

1 tablespoon almond oil

1/8 teaspoon vanilla fragrance oil



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Grind the almonds to a fine powder in a food processor or coffee grinder and set aside. Shred the soap and set aside. In a heavy saucepan bring the water to

a boil; then reduce heat to a simmer; remove the pan from the heat and add the almond powder, almond oil, and vanilla fragrance oil, stirring until well blended.

Spoon the soap into a mold and let set for five hours or until hardened.

### 160. Vanilla Rose Bubble Bath Gel

1/4 cup distilled water

2 tbs. shampoo concentrate (or substitute 1/4 cup unscented shampoo and increase salt to 1/2 tsp.)

2 tbs. rosewater

1 tbs. liquid glycerin (can be found at most drug stores in the first-aid section)

1/4 tsp. table salt

10 drops vanilla fragrance oil

4 drops rose fragrance oil

Warm the water and pour into a ceramic bowl. Add the shampoo concentrate and stir with a wire whisk until well blended. Add the rosewater, liquid glycerin, salt and fragrance oils. Stir until well mixed and pour into a bottle.

### 161. Velvet Apple Bubble Bath

5 drops green apple fragrance oil

1 quart water

1 bar castile soap (grated or flaked)

1-1/2 ounces glycerin

5 drops green food coloring (optional)

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

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water in bath.

### 162. Violet Days Bubble Bath

Ingredients:

1 quart water

1 bar castille soap (grated)

2 ounces coconut oil

2 ounce glycerin

4 drops violet fragrant oil

Directions:

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

### 163. Wild Garden Shower Soap

1/2 cup distilled water

1/2 cup orange flower water

1 tbs. dried peppermint leaves

1 tbs. dried chamomile

1 tbs. dried rose petals

1 tbs. orange blossoms

1/2 tbs. unscented glycerin soap

1 tsp. castor oil

Combine the distilled water and orange flower water in a saucepan and bring to a boil. Remove the pan from the heat and add the peppermint, chamomile, rose petals and orange blossoms. Let steep for 1 hour. Strain the herbs and flowers from the water and reheat gently. Add the glycerin soap and stir in the castor oil. Let cool to room temperature and bottle.

## Lotion and Cream

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### 164. All Butter Lotion Bars

2 oz. cocoa butter  
2 oz. beeswax  
2 oz. shea butter

Melt all together and pour into a container or mold. Be sure to mix ingredients well.

### 165. Almond Orange Body Lotion

1/8 tsp. borax powder  
1/2 c. almond oil  
1 tsp. coconut oil  
1 tsp. grated beeswax  
2 tbsp honey.  
3-4 drops essential orange oil

Make as for Mint Body Lotion

### 166. Almond Oil Wrinkle Cream

1 tbs. of an infusion of comfrey leaves... OR...  
1 tbs. of a decoction of comfrey roots (see below)  
1 tbs. lanolin  
2 tsp. sweet almond oil  
2 tsp. water  
2 tsp. cod liver oil

Melt lanolin and almond oil in a double boiler. Add water and allow to cool. Mix in cod liver oil and comfrey. Apply gently to face and rinse off

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after 5 to 10 minutes. This is a rich moisturizer that boosts the water-holding capacity of your skin and helps plump out wrinkled areas.

**Infusion:** This is a beverage made like tea, by pouring boiled water over plants and steeping to extract the active ingredients. The normal amounts are about 1/2 to 1 ounce of plant to one pint of boiled water. You should let the mixture steep for 5 to 10 minutes, covered, and strain the infusion into a cup.

**Decoction:** This preparation allows you to extract primarily the mineral salts and bitter principles rather than vitamins and volatile ingredients. The normal amounts are about 1/2 ounce plant to 1 cup water. Bring ingredients to a boil, then reduce heat and simmer for up to 4 minutes. Remove from heat and steep the mixture with the cover on the pot for a few minutes.

### 167. Almond Rosewater Body Lotion

1/4 cup rosewater (can be purchased at some health food stores or pharmacies, also carried at most middle-eastern or indian specialty groceries or specialty cooking stores such as Williams-Sonoma... OR... you can try your hand at making your own rosewater, see recipe below)

1/4 cup glycerin

2 tbs. witch hazel

1 tbs. almond oil

Mix together rosewater and glycerin. Add witch hazel and almond oil. Stir completely to dissolve. Pour into a pretty bottle.

**Recipe for rosewater:** To prepare rosewater, first gather fresh rose blossoms; do this during the morning, after the dew has evaporated. Place the petals in a glass, stainless steel, or enamel saucepan and cover them with distilled water. Weigh the floating petals down with a heat-resistant glass dish. Place the pan over low heat and allow the pot to release steam for at least an hour. You should begin to see drops of rose oil floating on the surface of the water. Do not allow the water to boil. When the water has taken on a rosy hue, feels thick and soft, and shows evidence of rose oil on its surface, strain the liquid through a tea strainer, using your

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fingers to press all the liquid from the petals. Store in refrigerator. Rosewater may be used as a skin toner; just apply to the face with a cotton ball. Important Notes: NEVER use rose petals that have been sprayed with any kind of pesticide for making rosewater!! Consider using only enough distilled water to cover the rose petals. Otherwise, the solution becomes more dilute. Please remember to use only the petals, not the sepals, stamens, or green foliated bracket holding the petals in their grouping.

### 168. Apricot Butter Cleansing Cream (For Dry Skin)

10 oz apricot kernel oil

2 oz cocoa butter

2 oz beeswax

Heat all in top of double boiler until wax and butter are melted. Beat with a wooden spoon until smooth and cooled. Transfer to jars, cap and refrigerate.

### 169. Apple- pear nighttime wrinkle lotion

1 tsp apple juice

1 tsp lemon juice

1 tsp lime juice

2 Tbsp buttermilk

1TBSP rosemary leaves

3 seedless grapes

1/4 pear

2 egg whites

Blend all ingredients on medium speed for 30 seconds. Using a cotton ball, dab mixture on areas around the eyes and wherever wrinkles have developed. Let dry, then rinse with warm water. Use no more than 3 times a week. Follow with a moisturizer. Cover and refrigerate immediately, discard after 4 days.

### 170. AVOCADO EYE CREAM

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5 drops almond oil  
3 ripe avocado slices

Blend almond oil into avocado. Dab around eyes and leave on for 5 minutes. Rinse.

### 171. Beach Sand Foot Scrub

2 Tablespoons Canola oil  
2 Tablespoons beach sand  
3-5 drops rosemary oil

Combine and mix into a paste using a fork. Massage scrub onto feet, concentrating especially on problem areas. Rinse off with warm water and pat dry.

### 172. Beeswax Hand Cream

$\frac{1}{4}$  cup beeswax  
 $\frac{1}{4}$  cup almond oil  
 $\frac{1}{4}$  cup honey  
1 tablespoon bee pollen  
 $\frac{1}{4}$  cup Vaseline petroleum jelly  
 $\frac{1}{4}$  cup glycerin  
2 tablespoons liquid lecithin

Melt the beeswax and petroleum jelly together over a double boiler. Add the remaining ingredients and heat for 4 to 5 minutes until the mixture is smooth and heated. Pour into a container while still hot since it will harden as it cools. Makes about  $1\frac{1}{4}$  cups.

### 173. Beeswax Coconut Hand Cream

$\frac{1}{4}$  cup beeswax

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3 tablespoons baby oil  
 $\frac{1}{4}$  cup coconut oil  
 $\frac{1}{3}$  cup glycerin

Melt the beeswax, and coconut oil over a double boiler. Add the remaining ingredients and heat until mixture is smooth, for about 4 to 5 minutes. Pour into a container while still hot since it will harden as it cools. Makes about 1 cup.

### 174. Bee Pollen Hand Cream

$\frac{1}{2}$  cup petroleum Jelly  
 $\frac{1}{2}$  Cup glycerin  
 $\frac{1}{3}$  cup beeswax  
2 tablespoons bee pollen

Melt the petroleum jelly and beeswax over a double boiler. Add the glycerin and heat for several minutes until the mixture is smooth and well heated. Add the bee pollen and pour into a container while still hot since the mixture does harden as it cools. Makes about  $1\frac{1}{4}$  cups. Materials needed, other than hive products, are readily available at drug stores and health stores.

### 175. Beeswax Cold Cream

$\frac{1}{3}$  cup beeswax  
 $\frac{1}{4}$  cup glycerin  
1 tablespoon liquid lecithin  
 $\frac{1}{4}$  cup baby oil  
 $\frac{1}{4}$  cup almond oil  
1 tablespoon bee pollen

Melt the beeswax over a double boiler. Add the remaining ingredients and heat for several minutes until well mixed. Pour into containers while still hot since it will harden as it cools. Makes about  $1\frac{1}{2}$  cups.

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### 176. Beeswax-Almond Hand Cream

- $\frac{1}{4}$  cup beeswax
- $\frac{1}{2}$  cup almond oil
- $\frac{1}{2}$  cup coconut oil
- $\frac{1}{4}$  cup rosewater

Melt the beeswax and coconut oil over a double boiler. Add the remaining ingredients and heat until well mixed, several minutes. Pour into a container while still hot since it does harden as it cools. Makes about  $1\frac{1}{2}$  cups.

### 177. Body Lotion

- 2 cups
- 1 cup aloe vera gel
- 1 teaspoon lanolin
- 1 teaspoon pure Vit E oil
- $\frac{1}{3}$  cup coconut oil
- $\frac{1}{2}$  to  $\frac{3}{4}$  ounce beeswax
- $\frac{3}{4}$  cup almond oil
- up to 1 and  $\frac{1}{2}$  teaspoons essential oil or more to prolong scent ( I used a combination of lavender EO and rose geranium EO - scent is lovely and is great for skin)

Place aloe vera gel, lanolin, & vit E oil in blender or food processor. Place coconut oil & beeswax in 2-cup Pyrex measuring cup, microwave on high 30 seconds, and stir with chopstick. Repeat heating in 10-second blocks until fully melted. Stir in almond oil, reheating if necessary. Run blender or processor at low to medium speed, then pour in melted oils in thin stream as if making mayonnaise. As oil is blended in, cream will turn white and blender's motor will start to grind. As soon as melted oils are added and you've achieved mayonnaise-like consistency, stop motor, add essential oil(s) and pulse-blend. Do not overblend. Transfer cream to glass jars while still warm, as it thickens quickly.



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### 178. CAROLINA CLEANSING CREAM

3 T. olive oil  
1/2 C. lard  
Several drops peppermint extract  
1/2 tsp. tincture of benzoin

Mix well in a clean glass bottle. Apply to face with fingers. Remove with tissues. Keep in a cool place.

### 179. CITRUS COOLER LOTION

4 T. glycerin  
40 drops oil of orange  
4 T. lemon juice

Combine ingredients in a clean glass bottle. Shake well and refrigerate.

### 180. Cocoa Butter Hand Cream

4 tbs. beeswax  
4 tbs. cocoa butter  
4 tbs. almond oil

Melt together beeswax and cocoa butter. Add almond oil. Mix completely until smooth. (May use blender). Pour into a pretty pot or jar. Let harden and it is ready to use or to be given as a gift.

### 181. Cocoa/Shea Butter Lotion Bars

1 part beeswax  
1 part cocoa butter  
1 part shea butter  
1 part oil (coconut, emu, etc.)

Melt all and pour into a container or mold.

**182. COCOA BUTTER HAND CREAM**

2 C. warm water  
1 1/2 C. glycerin  
1/2 oz. spirits of ammonia  
1/2 oz. cocoa butter  
1/2 tsp. boric acid  
1 C. stearic acid

Combine in a glass or enamel pan the cocoa butter, glycerin and stearic acid. Melt over low heat. Remove to mixing bowl and add ammonia. Stir until milky. Add boric acid to warm water. Add to first mixture. Mix with beater for 10 minutes at high speed. Perfume and color as desired. Age for 2 weeks before using. Makes 1 1/2 quarts.

**183. COCONUT CLEANSING CREAM**

3 T. coconut oil  
1 T. olive oil  
1 T. glycerin  
2 tsp. water

Melt ingredients together over very low heat until liquid. Remove from heat. Beat as the mixture cools to emulsify. Store in an airtight jar and keep in the refrigerator since coconut oil has a very low melting point. After use, follow with an astringent.

**184. Coconut Oil Lotion Bar**

1 part beeswax  
1 part coconut oil  
1 part grapeseed oil, apricot oil or sweet almond

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1 tsp. EO per lb. of total product  
1/4 part shea/mango/cocoa butter (optional)

Melt all together and pour into a container or mold

### 185. No Cocoa Butter Lotion Bar

2 parts coconut oi  
1 part shea butte  
2 parts beeswax  
1 1/2 parts Grapeseed Oil  
**\*\*OR\*\***  
1 part Apricot Kernel Oil

Melt all, add fragrance/essential oils if desired and pour into mold or container.

### 186. Cold Cream (For Cleansing and Soothing the Skin)

52 oz. white beeswax  
1/2 cup almond oil  
1/2 tsp. borax  
1/4 cup rosewater

This recipe gives you a basic all -purpose cold cream / moisturizer, which you can add scented oils to, if you'd like. Place the beeswax in a double boiler and add the almond oil. Melt the wax over low heat, stirring constantly to combine the ingredients. Take off the heat and dissolve the borax in the rosewater and slowly pour it into the melted wax and oil, whisking constantly. It will turn milky and thicken, continue whisking while it cools. When it reaches thick pouring consistency, pour into glass jars or china pots. Makes 7 oz.

### 187. Cream Bleach for Body Hair

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Soap flakes  
1/2 cup peroxide  
2 tsp. ammonia

Mix ingredients together until it forms a paste. Spread on hair to be bleached and let sit for 15 minutes, then wash it out. Repeat every few days until hair has no color. Do this on a monthly basis. Do not use on eyebrows or eyelashes!

### 188. Creamy Sun-Tan Lotion

3/4 cup (180 ml.) water  
3 tea bags (do not use instant tea)  
1/4 cup (60 ml.) lanolin  
1/4 cup (60 ml.) sesame oil  
1/2 teaspoon (2.5 ml.) perfume (optional)

Heat the water to boiling, add tea bags. Leave them to brew for 20 minutes and squeeze them occasionally before removing. Put lanolin, sesame oil and 1/4 cup strong tea into blender. Cover and process at low speed. Remove cap immediately and pour in the remaining tea in a steady stream. Use a rubber spatula to keep ingredients around the processing blades. Add perfume and give fragrance to the sun-tan lotion. This recipe makes about 1 cup of a soft, tan-colored cream which spreads smoothly on the skin, and gives a sensation of moistness. It dries without feeling sticky. This cream actually repels water

and will stay on though swimming. Creamy Sun-Tan Lotion will screen out about half of the burning sun rays while allowing a large percentage of the tanning rays to get through. However, if you burn after 5 minutes of exposure, do not rely on this cream to protect you

### 189. Creamy Lotion Bar

3 Ounces Cocoa Butter  
1 Ounce Oil (I used Coconut)

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1/2 Ounce Beeswax

Soften the cocoa butter (in microwave or allow to sit on gas stove where pilot will soften it) Don't melt it. Heat the oil and melt the beeswax in the oil. Using an electric mixer, beat the cocoa butter till fluffy looking, drizzle the oil and beeswax in a slow stream, beating all the while. Continue beating until it is light and fluffy. Spoon into molds. Allow to set for several hours. Wrap in plastic wrap or cellophane candy bags.

### 190. Creme' de La' Creme!

Group 1 Ingredients:

3/4 cup Fractionated Coconut oil. You can choose any other liquid oil of

choice (grapeseed, apricot, almond, etc..)

1/3 cup Coconut oil

1 tsp Cocoa Butter

1/2 oz Beeswax

Group 2 Ingredients:

1/3 cup Aloe Vera Gel

1/3 cup Witch Hazel

1/3 cup Distilled Water

Instructions:

Melt group 1 ingredients over low heat in a double boiler. Heat the ingredients just enough to melt them.

Pour mixture into a glass measuring cup and let cool to room temperature. Oils should become thick, creamy, semisolid, and cream-colored.

Place Group 2 ingredients (also room temperature) into a blender.

Turn blender on highest speed. In a slow, thin drizzle, pour group 1 oil mixture into the blender. When most of the oil mixture has been added to the water mixture, listen to the blender, when the blender "coughs" and the cream looks thick, turn the blender off, do not overbeat!

If there is still a little liquid left, handbeat it in. It will continue to

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thicken a bit as it sets up. End of recipe I chose not to use a preservative in this as I was just messing around. But If I were to, I would place either vit E, or GSE into the oil mixture when melting. Also, add your own (eo's-fo's) to the finished creme.

### 191. Crystallized Honey Scrub, Green Tea Rinse

One use for that crystallized honey which no one will eat: Beforehand, boil 2 pints or so of water -- enough to use for rinsing your face well. Remove from heat, steep a few handfuls of loose green tea for 10 minutes. Strain into a large bowl that will fit in your kitchen or bathroom sink and cool to WARM.

Then, scoop out honey from its container with a clean narrow spatula. Spread on face with spatula. Massage GENTLY: the crystallized honey

"sloughs" or exfoliates beautifully but it can hurt if you're rough. Leave on 20 minutes. Put the large bowl of warm green tea in the sink and splash on to rinse well. Tea can stain your "good" pale towels, so pat dry with an "old" or dark one.

### 192. CUCUMBER WRINKLE CREAM

1/2 cucumber

1 egg white

2 T. mayonnaise

1/2 C. oil\*

\* Use wheat germ, olive or avocado oil.

Wash the cucumber, but do not peel. Cube and blend with remaining ingredients. Apply morning and evening, and gently wipe off with tissues.

### 193. Custom - Scented Body Lotion

1/8 tsp. borax

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1/4 cup distilled water  
1/2 cup almond oil  
1 tbs. grated beeswax  
Fragranced essential oil, your choice of scent(s)

Combine borax and distilled water; set aside. Heat almond oil and beeswax together until beeswax is almost melted. Remove from heat and stir. Heat borax and water mixture to almost boiling. Slowly pour water into heated oils while stirring with a wire whisk. Once the water is completely mixed into the oils allow the mixture to cool. Once it is completely cool add the essential oil or oils of your choice for fragrance. Makes about 8 ounces.

### 194. Cuticle Cream

3 tbs. paraffin  
1/2 cup mineral oil  
1 tbs. coconut oil  
1 tbs. glycerin

Slowly heat paraffin with the oils in a double boiler. Stir until blended. Add in the glycerin and remove from heat. Let cool before using.

### 195. Dry Skin Lotion

1/8 tsp Borax  
1/4 c. Distilled water  
1/2 c. Fractionated Coconut Oil  
1 Tbs grated beeswax  
1 tsp scent (You may want to add this slowly and adjust to suit you)  
1/8 tsp lecithin  
1/2 c. Aloe Vera Gel Combine water and borax. Bring borax and water almost to boiling.

In a separate pan mix oil and beeswax and heat until wax is melted. Slowly add borax/water to oil/beeswax, stirring briskly, a small wire whisk works perfectly or you can use a handblender. Add essential oils during the

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whisking process. Let cool to room temp.

Once lotion is at room temp add the 1/2 cup Aloe Vera gel and whisk to incorporate fully into the lotion. Bottle.

### 196. Excema Cream

8 oz petroleum jelly (one of those biggish jars) 1/4 cup (approx 4 8oz)

beeswax

1 tablespoon lanolin

10-15 drops lavender oil

Rub a little dab into the affected area right after a bath while the skin is still moist (but not wet)

### 197. Exquisite Refrigerated Lotion Bars

This lotion bar is designed to literally melt into your skin, but not in your hands. It contains moisture rich cocoa butter, along with other luscious oils and butters that leave your skin feeling pampered and refined. Exquisite Refrigerated Lotion Bars are best when stored in the refrigerator. They can be stored at room temperature, but if you keep your home especially warm (or do not have air conditioning in the summer), they are best when kept refrigerated. These bars can

be used in place of lotion, or to give someone you love a special massage treat (or, better yet, receive one yourself!!)

Fresh Ingredients

8 ounces Cocoa Butter

1 ounce Shea Butter

1/2 ounce Mango Butter

1/2 ounce Avocado Oil

1 teaspoon Calendula Total CO2

2 teaspoons Liquid Grapefruit Seed Extract

Aromatics (optional)



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Place all ingredients except calendula total CO2 and grapefruit seed extract in a double boiler. (You could use a microwave to speed things, but the extreme heat will all but destroy the nutrients in the oils if they are cold pressed.) After the ingredients have melted, remove them from the heat source. Stir with a clean wooden stir stick to ensure the mix. Allow to cool for about 15 minutes.

Incorporate grapefruit seed extract and calendula CO2. Stir to blend in. At this time, you may add aromatics; 1/4 ounce at most is usually sufficient. Especially nice ones to use are peppermint, vanilla bourbon, beeswax absolute, oakmoss, patchouli, Bulgarian rose concrete, steam

distilled lime peel, sandalwood mysore. Stir to incorporate any aromatics.

Pour into molds. I like to use 1-ounce candy tray molds or plastic mini-muffin shapes because they make such pretty treats. (And, of course, these lotion bars always work better when they are pretty!) Place the bars into the freezer for

about 20 minutes. Gently release the bars from their mold and allow them to rest for a few hours before wrapping.

(yields 10 luscious 1 oz. bars)

### 198. Floral Cream

1/4 C Distilled water

1/2 tsp. Borax powder

3 T. Grated beeswax

1/2 C Mineral oil

1 tsp. Liquid lanolin

5 drops each, perfume oils: honeysuckle; carnation; mimosa

Boil the water and add the Borax powder, stirring until dissolved.

Let this mixture simmer. In a separate heavy saucepan, add mineral oil, lanolin and beeswax, and place over low heat. Stir until the beeswax has dissolved. Pour the oil/beeswax mixture into a bowl and slowly drizzle the simmering water/borax mixture while stirring with a wire whisk. Continue stirring until the mixture becomes a thick, white cream and has cooled to room temperature, approximately 15 minutes. Stir in the

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perfume oils until well blended. Spoon into a bottle or jar.

### 199. Hand Cream - All Purpose

3 tbs. mashed almonds  
2 tbs. comfrey root (dried)  
1 tbs. chopped parsley  
1 egg  
1 tbs. honey  
1 tbs. glycerin

Mix almond meal, comfrey root and parsley in a small bowl and set aside. In another bowl, mix egg, honey and glycerin. Stir in 3 tbs. of the almond mixture. Rub the mixture gently into your hands, letting it penetrate for 20-30 minutes, then wash off with warm water. Refrigerate mixture between uses.

### 200. Hand Cream

1/4 c. mineral oil \*\*  
1/4 c. stearine flakes (used in candle making, I get mine at Michael's)  
Put these in a heatproof glass mixing bowl and heat in a pan with water brought to a boil, then lower flame to a simmer. When the liquid is completely clear, remove from water bath. Then mix:  
1 c. distilled water  
1/2 tsp. baking soda  
2 T glycerine

In a measuring cup with a fork or a whisk. Heat this mixture in the microwave for a minute to a minute and a half - don't bring to a boil. Slowly pour the water mixture into the oil mixture, whisking merrily. Have your trusty stick blender OR regular 'mixer' at the ready. After the solution foams up and doubles in volume, mix it with one of the

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above on HIGH for about two minutes. (I have found this is critical - don't stop mixing too early or the cream will separate later into water and solids). You will thrill at the sight of your cream turning into a wonderful, shiny fluffy cloud - the consistency of 'marshmallow creme'. When thoroughly mixed, set bowl aside, cover and allow to cool. I prefer not to refrigerate as the temperature extremes tend to make your results vary. If desired, when cool stir in a little FO or EO. My most favorite are 'honey almond' FO (smells just like Jergens!) or 'Orange Blossom' FO (Sweetcakes) or Lavender EO. Spoon into jars which have been heat

sterilized. This wonderful cream leaves your skin feeling velvety, moisturized, but NOT greasy. (Warning: If you notice a 'watery' texture after rubbing into your skin, you probably didn't blend it long enough - but you can reheat the whole mixture in a water bath and mix again!

This has worked for me). Yield: 12 oz.

### 201. Herbal Cream

The first step in making most herbal creams is to make an herbal oil. The following recipe is for dried herbs. See my note at the end of the oil recipe if you wish to use fresh calendula.

#### Calendula Oil

Part used: flower

2-3 oz dried herb

1 cup olive oil

(The basic here is enough oil to barely cover your quantity of herbs--fresh or dry)

Put the dried herb into a pyrex, ceramic or stainless steel double boiler (do not use reactive metals such as iron or aluminum) and cover with olive oil. Very gently, heat the oil and herbs for 1 to 2 hours, keeping temperature well below boiling, about 100--150 degrees. Stir often. Heat until herbs feel "crispy" and done (a somewhat intuitive measure, I admit--just use the clock if this is not your style).

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Strain the oil through a clean cloth into an appropriate container. I prefer using oils to creams and at this point funnel the oil into a bottle with a pour spout for easy use. Always label your products with a complete list of ingredients and date.

Note on using fresh herbs: Fresh herbs contain water which can shorten the shelf life of your oil (usually 1-3 years) to a few weeks. If your fresh herb oil will not be used up quickly, the water can be removed by allowing the oil to stand for two weeks without agitation. The oil will then have separated from the water and can be siphoned or poured off into a new, clean container for storage--preferably in a cool, dark place.

### 202. HERBED HONEY SKIN CREAM

2 tsp. dried mint  
2 tsp. dried sage  
2 tsp. dried rosemary  
1/2 C. boiling water  
1/2 oz. beeswax  
2 oz. lanolin  
1/2 C. wheat germ oil  
1 tsp. honey

Combine herbs in a clean bowl. Pour boiling water over herbs. Steep for 10 minutes. Strain through a fine sieve, collecting liquid in a clean bowl. Allow to cool; discard herbs. Melt beeswax and lanolin in a heatproof glass set in simmering water. Stir in wheat germ oil. Add herbal infusion by teaspoonful and stir until well blended. Remove glass from water. Add honey to tepid cream and carefully stir it in until blended. Let cream cool completely. Stir cream thoroughly and transfer it to clean containers with tight-fitting lids. Store up to 3 months. Yields 10 ounces.

### 203. Honey Cold Cream for Dry Skin

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1/4 cup honey  
1/4 cup vegetable shortening  
1 tablespoon ground almonds  
1 teaspoon liquid lecithin  
2 tablespoons bee pollen  
1 egg yolk, at room temperature  
1 teaspoon rosewater or cologne water

Combine all ingredients and mix well. This cream has a slightly grainy and oily texture, and in addition to using as a cold cream, it can be used for sunburn and for applying as a conditioner to the hands before doing outside work, such as gardening. Makes about  $\frac{3}{4}$  cup.

### 204. Honey Cleansing Lotion

$\frac{1}{2}$  cup hot water  
1 tablespoon bee pollen  
 $1\frac{1}{2}$  teaspoons unflavored gelatin  
 $\frac{1}{4}$  cup honey

Soften the gelatin in the water for several minutes. Then dissolve the gelatin mixture over low heat for 5 to 7 minutes, until the mixture is clear.. Add the remaining ingredients. Makes about 1 cup.

### 205. Honey Cleansing Cream

$\frac{1}{4}$  cup honey  
1 tablespoon liquid soap  
 $\frac{1}{2}$  cup glycerin

Place the ingredients in a screw top jar, cover and shake well. Makes about  $\frac{3}{4}$  cup.

### 206. Honey Hand Lotion

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$\frac{1}{2}$  cup Vaseline petroleum jelly  
2 tablespoons honey  
3 tablespoons glycerin  
1 tablespoon liquid lecithin

Melt the petroleum jelly over a double boiler. Add the remaining ingredients and heat for several minutes until the mixture is smooth and well mixed, Makes about  $\frac{3}{4}$  cup.

### 207. Honey-Rosewater Cleansing Lotion

$\frac{1}{4}$  cup honey  
1 tablespoon bee pollen  
 $\frac{1}{4}$  cup rosewater  
2 teaspoons liquid soap

Combine the ingredients in a screw top jar. Cover and shake well. Makes about  $\frac{1}{2}$  cup.

### 208. Honey-Rosewater Hand Lotion

1 tablespoon Irish moss  
 $\frac{1}{4}$  cup rosewater  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{2}$  cup water  
 $\frac{1}{3}$  cup glycerin

Combine the water and Irish moss, and simmer over low heat until the mixture is thick about 10 minutes. Strain the mixture to remove the Irish moss.

Combine the strained liquid with the remaining ingredients. Makes about one cup.

### 209. Insect Repellant Cream

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1/4 cup pennyroyal-infused grapeseed oil  
1/4 cup mineral oil  
1 tspn coconut oil  
2 Tbsp beeswax  
1/8 tspn borax powder  
1/4 cup distilled water  
5 drops lemongrass EO  
3 drops citronella EO  
20 drops lavender EO  
10 drops rosemary EO  
10 drops eucalyptus EO  
10 drops pine needle EO  
20 drops cedarwood EO

Melt together pennyroyal-infused oil, beeswax and coconut oil. While wax is melting, put distilled water and borax in a pint jelly jar, and microwave for less than a minute, to dissolve borax. When beeswax is melted, pour oil/wax mixture into borax/water mixture, and stir to blend. Add all the EO's, then put the lid on the jelly jar and SHAKE vigorously. Shake, then check, until mixture starts to become a cream (it wont take long). Makes 1 pint.

### 210. Jasmine Hand & Body Lotion

1/4 cup apricot kernel oil  
1 tsp. Beeswax  
1 tsp. Cocoa butter  
1 tsp. Coconut oil  
1/4 cup distilled water  
1 tsp. Aloe vera gel  
1/2 tsp. Glycerin  
5 drops jasmine fragrance oil

Melt the butter blend in the oil over low heat then allow to cool. Measure the water, aloe vera gel and glycerin into a deep bowl. Slowly drizzle

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in a small amount of the oil mixture and beat vigorously with a wire whisk. Continue to drizzle and beat until all the oil is blended into the water. Stir in five drops of jasmine fragrance. Pour into a container, label and enjoy. Variations: Use a flower water in place of the distilled water. Use an herbal infusion, such as Calendula, in place of the distilled water. Experiment with essential oils for different fragrances and therapeutic effects.

### 211. Jojoba/Aloe Vera Moisturising Cream

25 g jojoba oil  
10 g beeswax  
10 g cocoa butter  
1 Tbsp vitamin E oil  
50 g aloe vera  
10 g glycerine  
20-30 drops essential oils  
yield: about 4 oz.

Heat jojoba, beeswax, cocoa butter, and vitamin E in a double boiler to 160 degrees F. Mix aloe and glycerine in a second double boiler, also at 160 degrees. Then remove both mixtures from the stove and slowly drop the oil mixture into the aloe/glycerine mixture while stirring. Keep stirring until mixture cools to about 80 degrees F, then add essential oils and bottle.

### 212. LAVENDER LOTION

1 oz. glycerin  
2 tsp. oil of lavender

Put ingredients in a clean glass bottle and shake well. Refrigerate.



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### 213. Lemon cleansing Cream

1Tbsp beeswax  
3Tbsp veg oil  
1Tbsp witch hazel  
1Tbsp lemon juice  
1/8 tsp borax  
6 drops lemon eo

Over low heat, gently melt beeswax in the veg oil. Beat for 5 minutes until mixture has a creamy, smooth consistency. In a separate pot gently warm witch hazel (I infuse lavender in the witch hazel, good for the skin) and lemon juice; stir in borax until dissolved and add to cream. Beat steadily. After the cream has cooled stir in the lemon eo. Then spoon into jars. This is good for eliminating excess oil and smoothing wrinkles. Plus the lemon gives it antiseptic qualities.

### 214. Lemon Cleansing Cream (For Oily Skin)

1 Tbsp beeswax  
1 1/2 Tbsp Unpetroleum Jelly (available in natural foods stores)  
3 Tbsp jojoba oil  
1 Tbsp witch hazel  
1 Tbsp strained lemon juice  
1/8 tsp borax  
6 drops essential oil of lemon

Melt beeswax and unpetroleum jelly over low heat. Add warmed jojoba oil to wax and jelly mixture, blending for 3-5 minutes. Mix witch hazel and lemon juice, warm gently, mix in borax until dissolved. Slowly add this to the wax mixture, beating until cool and creamy. After completely cooled, add lemon oil, spoon into clean jar.

### 215. LEMON HAND LOTION

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1 tsp. lemon juice  
2 tsp. glycerin

Use 1 teaspoon of lemon juice for every 2 teaspoons of glycerin.

### 216. Lotion Bar Recipes

6oz cocoa butter  
5oz shea butter  
5oz aloe vera gel  
.5oz palm oil  
.5oz wheatgerm oil  
.5oz sweet almond oil  
couple of vit e capsules (emptied)  
eo or fo of choice

I sometimes replace the palm and sweet almond oil with other oils, depending on what I have on hand, and the lotion bar still works out. But the cocoa butter, shea butter and aloe vera gel proportions should stay the same.

### 217. Lotion Bar 1

1 part Beeswax  
1 part Cocoa Butter  
1 part Coconut Oil

Melt together in top of double boiler, pour into bar molds (or whatever shape you want to make)

When cool, remove from molds.

### 218. Lotion Bar 2

2 parts Beeswax

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1 part Coconut Oil  
1 part Cocoa Butter

Melt together in top of double boiler, pour into bar molds (or whatever shape you want to make)  
When cool, remove from molds.

### 219. Lotion Bar 3

2 parts Beeswax  
1 part Coconut Oil  
1 part Carrier Oil of choice (used Almond Oil)  
Several drops Peach Fragrance Oil  
1 drop Red Food Coloring  
1 drop Yellow Food Coloring

### 220. Lotion Bar 4

1 1/2 parts Beeswax  
1 part Oils

### 221. Lotion Bar 5

2 oz. Olive Oil  
2 oz. Sweet Almond Oil  
6 oz. Beeswax  
EO or FO of your choice

### 222. Lotion Bar 6

Hard and Waxy  
50% Beeswax  
50% Oil of your choice

Just melt the wax and oils in a double boiler, scent if you wish and

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pour into whatever small mold you like. Allow to harden.

### 223. Lotion Bar 7

Greasy at first but absorbs right into the skin

1/3 Beeswax

1/3 Olive Oil

1/3 split evenly between Avocado Oil and Shea Butter

Just melt the wax and oils in a double boiler, scent if you wish and pour into whatever small mold you like. Allow to harden.

### 224. Lotion Bar 8

50% Beeswax

25% Cocoa Butter

25% Oil of your choice (a mixture of Coconut Oil and Almond Oil)

Just melt the wax and oils in a double boiler, scent if you wish and pour into whatever small mold you like. Allow to harden.

### 225. Lotion Bar 9

2 oz. Olive Oil

2 oz. Sweet Almond Oil

6 oz. Beeswax

EO or FO of your choice (optional)

Just melt the wax and oils in a double boiler, scent if you wish and pour into whatever small mold you like. Allow to harden.

### 226. Lotion Bar 10

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For bug stuff???

I've also been thinking of putting Eucalyptus and Citronella in them as an EO to help keep the bugs away. Was also thinking they'd be much easier to take camping, too.

### Massage Melts

2 tbsp beeswax

2 tbsp cocoa butter

1 tbsp thick honey or 1.5 tsp oil of preference (palm, olive, almond, or even jojoba)

5 - 10 drops of any eo if you prefer

Melt in bain marie (water bath) beeswax and then add honey (or oil) and whisk together and then if using eo add it and combine well. The key to this recipe is keeping the beeswax very hot while mixing. Pour into mold and let set overnight in refrigerator.

Honey works very well and leaves no sticky feeling, but if you prefer a softer bar then use the oils.

### 227. Lotion Bars

4 oz. beeswax

4 oz. shea (use cocoa butter for 1 or 2T of this)

3 oz. oil (avocado, apricot kernel, etc.)

1 oz. grapeseed oil

fragrance or essential oil (optional)

Melt beeswax, then add cocoa butter and shea butter. When it is totally melted, add the oils. Mix well, and pour into a liquid measuring cup and allow to cool a bit. Add some FO or EO to this and pour into molds. If you'd like, you can put in an extra 1 oz. with the main oils and leave out the grapeseed oil. All ingredients are by weight.

### 228. Magic Lotion

In small pan over water melt

3 tabs. safflower oil

1 tabs. lanolin

1 tabs cocoa butter

1/3 cup light mineral oil

1tsp. almond extract or add eos of you like

In a pint jar place

2 tabs. water

1 tabs glycerine

1/4 cup plus 2 tabs. 70% ethanol alcohol

1 drop food or other color

When the oils are cool add to the pint jar and shake. Divide into (2) 6 oz jars. In about half an hour the lotion will separate into 3 different layers. Each

one a different color. Shake and it becomes an emulsion, let stand and it separates again. This is really pretty and feels so good.

### 229. MAYONNAISE FACE CREAM

2 fresh egg yolks

1 C. vegetable oil (sesame, safflower or sunflower)

1 T. wheat germ oil

1 T. herb vinegar

2 drops perfume or rose geranium oil

Beat egg yolks in cold bowl. Add oil very slowly at first. Beat with rotary beater, mixer or blender. Gradually add more oil. As mixture thickens, add vinegar and fragrance. Beat until thick. Apply to face with upward and

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outward strokes all over face and throat. Leave on for 20 minutes. Remove with damp cloth. Follow with skin freshener.

### 230. MILK & HONEY LOTION

(instant conditioner and refresher)

1/4 C. milk or cream

1/4 C. honey

Mix milk (or cream) and honey in a small glass or enamel pan. Warm until the honey melts, then remove from heat. When it is cool enough to tolerate, apply to face and neck (or your entire body if you have time). Let it stand for 15 minutes, then rinse or shower off with warm water. The mix can be made in larger quantities, and it will keep for a week if refrigerated.

### 231. Mint Body Lotion

1/2 cup mint water (see note below)

1/8 tsp. borax powder

1/2 c. sunflower oil

1 tsp. coconut oil

1 tsp. grated beeswax

3-4 drops peppermint oil (optional)

Mix together the mint water and the borax, stirring until well mixed. Set aside. Mix together the sunflower oil, coconut oil, and beeswax in a glass measuring cup. Place the cup with the oils--beeswax mixture in a pan of water (about 1 to 2 inches of water), making a water bath. Heat over medium heat until the beeswax is melted (8 to 10 minutes), stirring occasionally. When the wax is melted, bring the mint solution almost to boiling (put the glass cup with the mint water/borax in the microwave on High for 1 minute, or use a water bath on the stove top). Remove the oils-beeswax mixture from the water bath. Slowly add mint water/borax to the mixture in the blender and whip).

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Allow the lotion to cool completely. The consistency may seem a bit thin, but it will thicken as it cools. The lotion will be pale green in color. You may add the peppermint oil now if you wish. Pour the lotion into a clean container with a lid. To use, massage a small amount into your skin.

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

### 232. Native Moisturizing Cream

Grapeseed Oil - 275 g  
Sweet Almond Oil - 75 g  
Jojoba Oil - 35 g  
Shea Butter - 15 g  
Castor Oil - 15 g  
Cocoa Butter - 15 g  
Beeswax - 75 g  
Vitamin E Oil - 10 g  
Distilled Water - 413 g  
Borax - 10 g  
Glycerin - 15 g  
Oatmeal, Milk and Honey FO 10 g.

Use 2 saucepans - one for the water mixture and one for the oil mixture. Heat both mixtures to around 165 degrees F making sure everything is

melted and combined. Pour the oil mixture into a large mixing bowl.

Mixing at the lowest speed, gradually add the water mixture.

Continue beating on low until the mixture begins to thicken up. Increase the speed of the mixer and continue beating until the consistency of mayonnaise - about 10 to 15 minutes. Once the mixture is uniform and started to cool, add the fragrance oil and beat to incorporate. Beat on high for a few minutes. When the cream is cold and smooth, pour into jars. This made ten 4 oz jars for me.

### 233. OLIVE OIL CREAM



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- 1/2 tsp. borax
- 2 tsp. boiling water
- 4 T. petroleum jelly
- 4 T. olive oil

Dissolve borax in boiling water. Melt petroleum jelly and olive oil over low heat until liquid. Add borax mixture. Stir to mix thoroughly. Remove from heat. Beat as the mixture cools to emulsify. Store in the refrigerator.

### 234. Olive Oil Shaving Cream

- 1/4 C stearic acid
- 2 Tbsp olive oil
- 1 C hot water
- 1 tsp borax
- 2 Tbsp grated soap

Melt stearic acid and oil in double boiler until a clear liquid forms. Mix hot water, borax, and soap and stir until the borax and soap are dissolved. Pour the soap solution into a blender and blend well for about 1 minute. Slowly pour the melted stearic acid mixture into the soap solution. Blend on high until a smooth cream forms. Pour into a clean container and allow to cool completely. To use, soften your beard (or legs) with warm water and then apply the shaving cream. Use a sharp, clean razor.

### 235. ORANGE LOTION

- 2 T. cocoa butter, melted
- 4 T. olive oil, warmed
- 4 T. orange juice
- 2 drops essential oil\*
- \* orange flower, if possible.

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Whirl all ingredients in blender until light and fluffy. Store in a tightly-capped bottle or jar. This does not need to be refrigerated, but if the mixture separates, beat again.

### **236. Peaches & Cream Moisturizing Lotion**

Peel and mash one very ripe peach. Strain through a sieve to extract all the juice. Mix peach juice with an equal quantity of fresh cream. Keep refrigerated.

### **237. PEPPERMINT-WHEAT GERM STIMULATING CREAM**

1 oz. beeswax or lanolin  
3 oz. wheat germ oil  
1 oz. peppermint tea, brewed strong  
1 drop peppermint oil

Place over low heat until the beeswax is melted. Remove from heat, then whip with a whisk until cool.

### **238. Peppermint Lotion (Relieves Itching)**

1/2 cup water  
1/2 cup rubbing alcohol  
3-4 drops peppermint oil (oil of eucalyptus can be used in place of peppermint, if you prefer)

Pour the water and alcohol into a bottle, then add the oil. Cap and shake well. Apply to skin with a clean cloth.

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### 239. Protective Lotion

2 tsp. castor oil  
1 tsp. lanolin  
1 1/2 tsp. cocoa butter  
800 IU Vitamin E  
5 drops lavender EO  
3 drops tea tree EO

Melt the castor oil, lanolin, and cocoa butter over boiling water. When melted, remove from heat. Whisk the Vit. E into the mixture. When cool add the EOs, mixing well. Store in a bottle or jar.

### 240. REJUVENATING CREAM

1 oz. beeswax or lanolin  
3 oz. almond oil  
4 (400 IU) vitamin E capsules  
2 drops rose oil

Combine and heat over low heat until beeswax is melted. Remove from heat and whip with a whisk until cool.

### 241. Rich Skin Cream

2 1/2 oz (weight) beeswax  
2/3 cup baby oil  
1 tsp borax (sodium borate, C.P.)  
4 oz (weight) anhydrous lanolin  
3/4 cup water  
Fragrant essential oil (optional)

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Chemically pure borax, which is required for cosmetics, is sold by drug stores. In a microwave or double boiler melt the oil, lanolin and beeswax to 160 degrees F. Heat the borax and water in a separate container to 160 degrees F. Be sure the borax is dissolved and the wax is melted. Add the water mixture to the oil mixture while stirring briskly. When white cream forms, stir slowly until the mixture cools to 100 degrees F. Pour it into small wide-mouth jars.

### 242. Rosewater & Glycerin Lotion

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

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

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

### 243. ROSE CREAM

2 oz. almond oil  
4 to 8 drops rose oil  
1/2 oz. beeswax

Slowly heat the almond oil, beeswax and rose oil. Beeswax is the thickener, so the more you add, the thicker the cream. It is best to start with just a little. If, after the mixture has cooled, you decide you would like it to be thicker, simply reheat it and add more beeswax. If you find that the cream is too thick, reheat and add more almond oil. If you would like to add vitamin E to the cream, cut open a vitamin E capsule and add gel inside to the cream.

**244. Sage and Sweet Violet Cream**

Put 2 Tbsp each of finely chopped fresh sage and sweet violet leaves, along with 4 Tbsp of almond oil, in a small stoppered jar. Seal and leave in a warm place for about a month, shaking the jar each day. When ready, strain into a bowl and add 4 Tbsp each of almond oil and beeswax which have been melted together. Beat to mix until cold. Store in an airtight jar in a cool place, and apply twice a day or as required. This helps to alleviate cold sores and soothes and protects swollen, painful, or chapped lips.

**245. Simple Lotion Bars**

1 part oil (sunflower; olive; almond etc)  
1 part beeswax  
1 part butter (cocoa, shea; shea; mango etc)  
fragrance oil or essential oil (optional)

Melt oil, beeswax and butter together and add scent if desired. You can always remelt it and add more ingredients if it is too hard or too soft. To make it harder add more beeswax; to make it softer, add more oil. The oils/butters can be mixed to make the whole part.

**246. Solid Massage Bars**

1/2 cup melted cocoa butter  
10 capsules Vitamin E oil  
1 T. melted coconut oil  
10 drops rose oil  
8 drops peppermint oil  
5 drops ylang-ylang oil

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Mix all ingredients. Let cool a bit, then pour into molds and let harden. There is no need to condition the molds before pouring.

### 247. Stretch Mark Cream

1/4 C cocoa butter  
1 Tablespoon wheat germ oil  
1 teaspoon light sesame seed oil  
1 teaspoon apricot kernel oil  
1 teaspoon vitamin E oil  
2 teaspoons grated beeswax  
1 teaspoon vanilla extract (optional)

Mix together all ingredients except the vanilla extract. Heat the mixture gently until the cocoa butter and beeswax have melted; stir well. Remove from the heat and stir in the vanilla extract, if desired. Allow to cool completely. Store in a clean jar with a tight-fitting lid. Massage into your skin.

### 248. SUNTAN LOTION

2 oz. salt-free mayonnaise  
2 oz. black tea (brewed very dark)  
Juice of 1 lemon  
5 (400 IU each) vitamin E capsules

Mix mayonnaise, tea and lemon juice in a blender. Pour into a storage container and squeeze contents of vitamin E capsules into it. Keep refrigerated no longer than 1 week.

### 249. Tropical Cream

12 ounces spring water  
2 ounces glycerin  
1 ounce emulsifying wax  
1/8 ounce Germaben II  
2.5 ounce Mango Butter  
3 ounces coconut oil  
1/2 ounce stearic acid  
1 teaspoon (more or less to personal preference) Guavaberry FO or other "tropical" scent

Combine all ingredients except fragrance oil in small pan. Heat while stirring until everything is melted. Remove from heat. Using a stick blender or whisk, blend until everything is emulsified. Add fragrance oil. The cream will be very thin at this time. Pour into clean jars. After the cream cools to room temperature, it will thicken up. Enjoy using and experimenting with this recipe.

### 250. Whipped Creme

This is a very light cream good for all body areas.....its especially nice scented cucumber and tinted very pale green.

14 oz. Distilled Water  
4 oz. Oil ( your choice ) I used Almond  
1.5 oz. Emulsifying Wax  
1.2 oz. Stearic Acid  
.8 oz Emulsifying Wax  
.2 oz Germaben II  
.1 oz. Fragrance Oil / Essential Oil  
2 Drops Color

All items used to make cream should be sterilized  
Combine over double boiler water and Citric Acid heat till it's

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totally melted, then add all ingredients except fragrance, color, and Germaben II. When the mixture turns creamy color our into a blender and whip

off and on till it cools ( this can take quite a while ). I usually whip it for 5 minutes let it cool 10 minutes. Add remaining ingredients and whip some more. You don't want it to get so cool that you cant pour it, this will

thicken in jars as it cools more. Makes approximately 20 ounces of cream.

Face and Scubs

### 251. Almond Salt Scrub

1/4 cup almond oil

1/2 cup salt

1/4 cup almond milk

approx. 1 1/2 oz. melted glycerine soap

almond fo

### 252. ALMOND-HONEY SCRUB

2 T. crushed almonds

1 T. honey

Mix. Leave on face for 5 minutes. Rub in well, then rinse.



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### 253. ALMOND-MAYONNAISE SCRUB

(for very dry skin)

1/4 C. almonds

1/8 tsp. mayonnaise

Grind almonds in blender until they form a meal. Whirl in mayonnaise. Vinegar-Rinse your skin. Rub in Scrub gently and thoroughly. Leave on skin for about 10 minutes. Rinse off and follow with Vinegar Rinse.

### 254. Apple Mask

1 Apple, cored, quartered

2 TBSP. Honey

1/2 tsp. sage

drop the apple slices into a food processor and chop. Add honey and sage and refrigerate for 10 minutes. Pat the mixture onto your face with a light tapping motion until the honey feels tacky. leave it on for 30 minutes rinse off with cool water.

### 255. Apple & Honey Mask

A mask of grated apple mixed with a little honey is an excellent remedy for pimples.

### 256. Apple Zinger Facial Mask (For Oily or Acne Prone Skin)

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1 medium size apple, grated fine  
5 tbs. honey

Mix the grated apple and honey well. Smooth over skin and let sit for 10 minutes. Rinse off with cool water.

### **257. APRICOT MASK (for dry skin)**

2 apricots  
2 T. plain yogurt

Purée in a blender. Apply to face, avoiding eye area, and leave on for 10 to 20 minutes.

### **258. Apricot Mask**

Mash the fresh fruit for a good face mask. Variation: Add apricots to a little warm olive oil to form a spreadable paste. Good for dry skin.

### **259. Artichoke Facial:**

1 fresh artichoke heart well cooked or canned hearts in water, not oil  
2 tsp. light oil (avocado, olive, or canola)  
1 tsp. vinegar or fresh lemon juice

In a ceramic bowl mash artichoke hearts and mix with oil and vinegar. Stir well until smooth paste. Massage on face and neck. let sit 10 to 15 minutes. rinse off with warm water and pat dry.

### **260. AVOCADO MASK (conditions and prevents dryness)**

1/2 ripe avocado

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1 egg white

Mash avocado into a thick paste. Add egg white. Apply to face; leave on 15 to 20 minutes. Rinse with lukewarm water.

### **261. AVOCADO MASQUE (for dry skin)**

1/2 ripe avocado

1 tsp. vegetable oil

Mash avocado into a paste and add vegetable oil. Apply to clean skin. Leave on for 10 to 20 minutes. Rinse with warm water.

### **262. AVOCADO-BANANA MASQUE (for dry or sensitive skin)**

1/4 mashed ripe avocado

1/2 mashed ripe banana

2 T. plain yogurt (not low-fat)

1 tsp. wheat germ oil

Mix all ingredients. Apply mixture to face and leave on 10 to 15 minutes. Rinse with tepid water.

### **263. Avocado & Honey Moisturizer Mask (For Dry Skin)**

Mash up 2 tablespoons avocado, mix with 2 tablespoons honey and 1 egg yolk. Apply to face, leaving on about 15-20 minutes. Rinse with warm water. Finish with a rinse of the vinegar pH balancer.

### **264. Avocado Honey Mask #2 (For Dry Skin)**

Peel one ripe avocado, mash the meat into a creamy texture. Heat over a double boiler until just warm, incorporate 1 Tbsp of honey. Massage

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into the face and neck. Finish with a rinse of rosewater, witch hazel or vinegar pH balancer.

### 265. Banana Mask

Mash a banana and spread on face for a soothing, cleansing and moisturizing face mask. Rinse celan with warm water finished with a rinse of the vinegar pH balancer.

### 266. Banana Facial

take one banana, one cup of oatmeal, and just enough milk to create a paste. apply to face and leave on for 10 to 15 minutes. This is great for dry skin and is also a good exfoliater.

### 267. Banana Supreme Facial

2 medium bananas  
honey (optional)

mash bananas with a fork do not over mash or it will be runny. add honey, if desired. smooth over skin, let sit 10 minutes rinse off with cool water.

### 268. Blemished Skin Mask

1 tomato, ripe, chopped  
1 tsp. lemon juice  
1 TBSP. instant style oatmeal or old fashioned rolled oats

Blend everything until just combined. apply to the skin, making sure the mixture is thick enough to stay on the blemished areas. If necessary add a little more oatmeal to thicken the mask, then scrub it off with a washcloth dipped in warm water.

**269. Brewers Yeast Mask (For Oily Skin)**

Make a paste using the yeast and a small amount of warm water.

**270. CALIFORNIA AVOCADO CLEANSER AND MASK**

1/4 ripe avocado  
1/2 C. buttermilk  
1 beaten egg yolk

Blend avocado with egg yolk and buttermilk. Apply to face and throat and leave on for 5 minutes. Spread on a little more. Leave on for another 5 minutes. Rinse with tepid water.

**271. Carrot Mask (For Oily Skin)**

Carrots make an excellent skin mask for acne and blemishes. Apply raw, grated carrots to the face while lying down, a little lemon juice may also be added. For a cooked carrot mask: Boil three large carrots and mash them, or process in a food processor. Add 5 tablespoons of honey or yogurt (optional). Apply gently, in an upward motion. Leave on for 15-20 minutes. Rinse with warm water. Finish with a final rinse of witch hazel or the vinegar pH balancer.

**272. Carrot Top Mask**

2-3 Large carrots  
4 1/2 TBSP. honey

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cook carrots, then mash with honey. Apply gently to the skin wait 10 minutes, rinse off with cool water.

### 273. Cool As A Cucumber Yogurt Facial (For Normal/Oily Skin)

1/2 cucumber

1 Tbsp plain yogurt

Puree cucumber in blender. Mix in yogurt, apply to face. Leave on for 30 minutes. Rinse well.

### 274. Corn And Oat Face Scrub

1/2 cup oat flour

1/2 cup corn flour

1/3 cup whole milk powder

1/2 cup corn meal

- grind milk powder in a mortar and pestle to get the lumps out.

- sift the dry ingredients together

Mix with water to get a thick paste and smooth on, splash off with water. To make the mixture astringent use Witch Hazel

To make it soothing add Aloe Gel

To make it less drying for ageing or very dry skin add a few drops of Almond Oil and mix before adding final water.

Note(s): Use extra fine corn meal for face scrubs and coarser grinds for body

scrubs. Do not premix with wet ingredients as this mixture will not keep if wet. I use this mixture but exclude the meal for a daily face wash.

### 275. CORNMEAL SKIN FACIAL (for oily or combination skin)

1 T. dry cornmeal

2 eggs

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Cleanse face, steam, splash with cool water and pat dry. Massage with the dry cornmeal. Rinse off. Then apply a mask made by whipping the eggs and brushing on face. Leave on for 20 minutes; rinse off.

### 276. Cornmeal Thigh Scrub

This delightfully aromatic scrub works exfoliating wonders. The natural botanicals and cold-pressed oils work together to loosen stubborn cellulite and soften the surrounding skin. Massage your thighs twice a week for remarkable results.

#### INGREDIENTS:

- 1 small avocado stone
- 4 tablespoons cornmeal
- 2 teaspoons aloe gel
- 1 tablespoon cold-pressed grape seed oil
- 6 drops juniper essential oil
- 6 drops lemon essential oil

#### PREPARATION:

1. Put the avocado pit in a heavy paper bag, then wrap the bag around the pit a few times. With a hammer or wooden mallet, give the pit a few good whacks to break it up into smaller pieces that will fit into a coffee grinder or small food processor.
2. Grind the pieces to a gritty meal consistency. Mix the cornmeal, then place in a sterilized shallow jar, seal, and label.
3. Pour the aloe, grape seed, juniper, and lemon oils into a bowl, then sprinkle about 2 teaspoons of the avocado and cornmeal over the wet ingredients and stir. Add additional meal if necessary so that you have a gritty paste.

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4. Mist your legs thoroughly with body mist, then apply the paste, using small, circular, massaging motions. Relax for 15 minutes and rinse with warm water.

### 277. CUCUMBER MASK {for oily skin}

1/2 cucumber  
1 egg white  
1 T. lemon juice  
1 tsp. mint

Purée ingredients in a blender and refrigerate for 10 minutes. Apply the mixture to your face and leave on for 15 minutes. Rinse with hot, then cool water.

### 278. CUCUMBER MASQUE

1 cucumber, cubed  
3 oz. milk

Blend together. Apply to face, and leave on for 5 minutes.

### 279. Culture Scrub

1 tablespoon table salt  
1 tablespoon flavored yogurt  
3 tablespoons baby oil

Mix in small bowl. ingredient amounts can vary depending on your taste. this scrub is wonderful for winter dry skin especially where the legs are shaved repeatedly. this is not only a dead skin remover but a



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reconditioner as well. it works well on other body parts as well.  
enjoy!

### 280. Creamy Avocado Mask

Mash 1 tablespoon ripe avocado, add 1/2 tsp honey and mix. Stir in a little almond meal until creamy. Apply to clean skin, leave on for 15-20 minutes and wash off with lukewarm water. Finish with a rinse of the vinegar pH balancer.

### 281. Cucumber Mask

1/2 cucumber  
1 egg white  
1 TBSP. lemon juice  
1 tsp. mint

puree everything and refrigerate for 10 minutes. apply the mixture to your face and leave it on 15 minutes. rinse with hot then cool water.

### 282. Cucumber Facial Mask (Cleans and Moisturizes)

1 tbs. instant nonfat dry milk  
1/2 peeled cucumber  
1 tsp. plain yogurt

Put all ingredients into a blender and mix well until smooth. Apply to your face (avoid your eyes). Leave on for 15-20 minutes, then rinse off. Mix a fresh batch for each use.

### 283. Cure-All Moisturizer

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Straight olive oil serves multiple purposes. If you can't stand the smell, add a few drops of essential oil. Use as a moisturizer for dry, rough spots on your knees and elbows. To soften cuticles, dip a cotton ball in some olive oil, dab on tops of fingernails and rub in. For a great split ends treatment, shampoo hair, use olive oil in place of conditioner on ends only, and then rinse thoroughly with warm water.

### 284. DRY SKIN FACE PACK

4 tsp. mayonnaise  
1/2 tsp. kelp powder  
1 tsp. fuller's earth

Make into a paste. Apply. Leave on for 10 minutes.

### 285. DRY SKIN FACIAL

1 T. dry oatmeal  
1/2 mashed ripe banana  
2 oz. plain yogurt

Cleanse face, steam, splash with cool water and pat dry. Massage with the dry oatmeal. Rinse off. Then apply a mask made by mixing yogurt and banana; spread evenly on face. Leave on for 20 minutes; rinse off.

### 286. Elder Flower Mask (For Oily Skin)

Mix elder flower herb with yogurt to make a paste, apply to face.

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### 287. Egg Yolk Mask:

This mask is wonderful for the skin. Take one beaten egg yolk and apply liberally to the face with a cotton ball. Let dry on the skin for 15 minutes then rinse off with cool water. This mask will replenish your skin and tighten up your pores.

### 288. Egyptian Facial

1 egg beaten  
1/2 tsp. olive oil  
1 TBSP. flour  
1/4 tsp. sea salt  
1TBSP whole milk

Mix all the ingredients together until creamy and blended. Spread mixture face and neck. leave on 15 minutes. rinse off with cool water and pat dry

### 289. ENCHANTED GARDEN MASK

The enzymes in the papaya help soften skin by removing dead surface cells.

1/2 papaya  
1/2 tsp. lemon or lime juice  
1 tsp. honey

Mash the ingredients together. Apply to clean face, leave on for 10 minutes, then rinse well.

### 290. EXFOLIATING FOOT MASK

1/2 C. oatmeal  
1/2 C. cornmeal

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1/2 C. coarse salt  
1/2 C. unscented body lotion  
4 T. aloe vera gel

In a large bowl, combine all ingredients. Slide feet into mixture and rub, beginning at toes, working up to heel and ankle. Do one foot at a time, rinsing in a separate bowl of warm water.

### 291. EYE PUFFINESS EASER

2 tsp. grated raw potato (no skin)  
1 tsp. moisturizer (without urea)

Mix well, then apply around the eyes. Cover with cool, damp cotton or gauze for 10 to 15 minutes.

### 292. FACIAL FIX-UP

1/2 C. oatmeal powder  
1/2 C. bran  
1/4 C. cornmeal  
1 tsp. zinc oxide

Mix all together into a paste with water. Massage on face; rinse off.

### 293. FACIAL GLOW MASQUE

1 egg yolk  
1 tsp. warm milk  
1 tsp. honey

Mix together. Apply to face and throat. Lie down and leave on for 20 minutes. Rinse off with warm water.

**294. Frozen Egg & Honey Facial Mask (Smooths and Moisturizes)**

1 egg  
1/2 cup coconut oil  
1 tbs. honey

Beat the egg in a small bowl. Add the coconut oil and honey slowly, beating until it's the consistency of mayonnaise. Spoon mixture into a cardboard toilet paper roll, sitting upright in a small bowl. Set in the freezer overnight. To use, peel away the top of the cardboard roll and smooth the frozen stick over your face. Leave it on for 5 to 10 minutes, then wash off with warm water. Keep the stick covered with plastic wrap and freeze between uses.

**295. Fruity Face Mask**

bananas  
pineapples  
strawberries

mash fruits with a fork, pat onto face and leave on 10 to 15 minutes. rinse with cool water.

**296. FULL BODY MASQUE**

1 handful finely crushed almonds

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5 T. uncooked oatmeal  
2 tsp. brown sugar  
2 T. honey  
1/4 C. hot water

Mix all ingredients to form a paste. Slather on (especially on back and chest areas) and leave for 10 minutes. Massage in; rinse off.

### **297. GEORGIA PEACH MASK**

1 ripe peach  
1 egg white

Mash peach to a pulp or purée in blender. Beat the egg white just until stiff, then fold the peach purée into the egg white. Apply thickly to face and neck with fingertips. Let dry for 15 to 20 minutes, then rinse off with lukewarm water.

### **298. GRAPE FACIAL (for over-sunned faces)**

1 C. green grapes  
1 tsp. honey or 1 egg yolk  
Crush green grapes to a pulp.  
Add honey or egg yolk.

Leave on damp skin for 15 minutes; rinse.

### **299. Hearts of Palm Firming Mask (for neck body and face)**

1/2 cup chopped hearts of palm  
1/4 c wheat germ

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1/4 c powdered milk  
2 bay leaves  
1 stalk celery  
1/4 russet potato (scrubbed, not peeled)  
1 tsp mint  
1/2 cucumber, unpeeled  
1 tsp vanilla extract  
1 tsp coconut extract  
2 egg whites

In a blender, mix all ingredients on low-med speed  
45 seconds Apply to skin. Let sit 15 to 25 min. Rinse.  
Refrigerate, discard after 3 days.

### 300. HEAVENLY MASK

1 T. yogurt  
1 egg yolk  
1 T. honey

Mix gently and let stand until paste reaches room temperature. Smooth  
mask  
onto clean face, and lie down for 20 minutes. Rinse off with tepid water.  
Apply astringent and moisturizer.

### 301. Honey Mask (For Oily & Blemished Skin)

Massage a small amount of slightly heated honey into skin. Wheat germ  
may be added for its abrasive action, protein and nutrients.

### 302. Honey-Avocado Face Mask

2 tablespoons honey

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2 tablespoons dry buttermilk powder  
 $\frac{1}{4}$  avocado, medium size, mashed

Combine the ingredients and stir until smooth. Cucumber puree may be substituted for the avocado, using  $\frac{1}{4}$  cup puree. Avocado is good for dry skin, while cucumber is better for oily skin. Makes enough for 1 application.

### 303. Honey Almond Scrub

2 Tbsp almonds  
2 tsp milk  
1/2 tsp flour  
1/2 tsp honey

Grind almonds in a blender. Add milk, flour and honey, mixing until a thick paste is formed. Rub into skin, rinse with warm water followed by the pH balancer.

### 304. HONEY AND ALMOND SCRUB (for all skin types)

1/2 jar cold cream  
3 T. slivered almonds  
1 tsp. honey

Add honey to cold cream. Whirl slivered almonds in a blender until they are as fine as freshly-ground pepper. Mix with cold cream. Massage into skin with fingertips. For deeper cleansing, massage scrub into skin with a complexion brush for 5 minutes. Rinse with cool water.

### 305. HONEY-ALMOND MASK

1 T. honey



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- 2 T. finely crushed almonds
- 1 tsp. powdered clay
- 4 T. uncooked oatmeal or cornstarch

Mix together, adding little water if mixture is too thick to spread. Apply to face. Gently massage face, using an upward, circular motion as you rinse.

### 306. HONEY AND EGG MASK (for dry skin)

- 1 T. powdered milk
- 1 stiffly-beaten egg white
- 1 egg yolk
- 1 tsp. honey

Combine milk and egg white. Slowly mix in egg yolk and honey. Apply to face. Leave on for 5 minutes; rinse.

### 307. HONEY MASK (mildly antiseptic)

- 1 egg yolk
- 2 T. honey
- 10 drops almond oil

Whip until creamy. Store any extra in a wide-mouth jar for future use.

### 308. Honey Face Mask for Oily Skin

- 4 tablespoons honey
- $\frac{1}{4}$  cup finely chopped parsley

Combine the ingredients and stir until smooth. Makes enough for 1 application.

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### 309. Honey Face Scrub

2 tablespoons bee pollen  
1/2 cup honey  
1 tablespoon liquid lecithin  
1/4 cup each of almonds, walnuts,  
oatmeal, whole wheat flour, corn meal  
1 tablespoon rose water  
1/4 cup water

Combine all the dry ingredients. Add the honey, rose water, and liquid lecithin. Stir until smooth, and add in enough of the water to make a smooth paste. Makes about 2 cups.

### 310. Honey Oatmeal Scrub Soap

3 oz. opaque melt & pour soap  
1 T. oatmeal  
Vanilla, Almond, or Oatmeal, Milk & Honey scent (optional)  
1 tsp. Honey

Melt soap, then add honey and a few drops of scent - let it start to cool while you grind up 3/4 of the oatmeal in a coffee grinder until it is powdery. Stir in the ground oatmeal a little at a time (stir constantly). Keep stirring until it gets fairly cool, and then add in remaining whole oatmeal. Keep stirring until it gets very cool and thick (almost like a sludge). Pour into mold. The key to this recipe is making sure the soap is pretty cool so the oatmeal stays suspended in the finished bar. The bar has a nice natural oatmeal smell, but the scent adds subtle smell that is very nice. View a picture of this soap.

### 311. Honey 'n Oats Scrub

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1/2 cup uncooked oatmeal  
1 Tbsp honey  
1 Tbsp cider vinegar  
1 tsp ground almonds

Moisten face with a warm washcloth then apply mixture to face avoiding the sensitive area around the eyes. Let mixture dry, then remove with a warm, damp washcloth.

### 312. Honey Oatmeal Scrub

One of the best scrubs I ever made only had 2 ingredients: honey and ground blue corn meal. When I wanted to use it I'd take it out of the fridge, warm it up in the microwave and slather it on. It smells sooo good and the corn meal has just the right amount of abrasiveness.

### 313. Honey-Oatmeal Face Mask

3 tablespoons honey  
 $\frac{1}{4}$  cup oatmeal, ground fine  
1 tablespoon bee pollen  
1 tablespoon beaten egg, buttermilk, heavy cream or sour cream, optional

Combine the ingredients and mix until smooth. Apply to the freshly washed face, and let set on the skin for 10 to 15 minutes. Rinse off. Makes enough for 1 application.

### 314. Honey Protein Face Mask

1 tablespoon honey  
 $\frac{1}{2}$  teaspoon lemon juice or cider vinegar  
1 tablespoon bee pollen

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$\frac{1}{2}$  teaspoon wheat germ oil or glycerin

1 egg white, at room temperature (1 small whole egg may be substituted)

Combine the honey, pollen, and lemon juice. Mix well until the honey softens. Add the remaining ingredients.

Makes enough for 1 application.

### **315. HONEY-WHEAT GERM SCRUB MASQUE (to rid oily skin of blackheads)**

2 T. honey

2 T. wheat germ (NOT toasted)

Heat honey slightly; add wheat germ. Mix thoroughly. Apply to face and rub gently over affected areas for 3 to 4 minutes. After rubbing, leave mixture on face for 15 to 20 minutes. Rinse with 30 to 40 splashes of very hot water. Use for a week or 10 days - less if skin improves rapidly.

### **316. Herbal Facial Mask (Cleans and Tightens Pores)**

1 tbs. honey

1 egg

1 tsp. crumbled dried chamomile flowers

1 tsp. finely chopped fresh mint

Mix all ingredients in a small bowl. Apply the mixture to your face and neck. Let dry about 10 to 15 minutes and rinse off with warm water.

### **317. Glow Mask**

1 tbsp fuller's earth

1 tbsp honey

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1 tbsp mashed papaya

Mix and put on face for 20 mins. rinse off.

### 318. Just Peachy Facial (normal skin)

1 medium peach

1TBSP honey

oatmeal

cook peach until it is soft, mash with a fork. add honey and oatmeal until its thick. apply to skin and let sit 10 minutes. rinse with cool water.

### 319. Lady Godiva Body Scrub

1/4 C granulated sugar

2 TBSP light vegetable oil

2 TBSP fresh whole milk

Mix together all ingredients into a smooth cream  
Before bating, gently massage the mixture all over your body to increase circulation and remove dry, flaky skin. Rinse with warm water and moisturize.

Store in refrigerator, discard if milk sours.

### 320. LEMON FACIAL MASK (for dry skin)

2 egg yolks

1 tsp. olive oil

1 tsp. lemon juice

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Mix ingredients together. Wash your face, spread on the mixture, leave it on for ten minutes, then wash it off.

### 321. LEMON MASK (for oily skin)

1 T. potter's clay

1 T. lemon juice

Mix in the palm of your hand. Apply to clean skin.

### 322. Lemon/Egg Mask (For Oily Skin)

Squeeze half a lemon and mix the juice with one beaten egg white.

Apply to face avoiding the area around the eyes. Leave on your face overnight

or if during the day, for about 15 minutes. Rinse with warm water.

### 323. Magical Egg White Mask

Beat the white of one egg until stiff. Use hands or a washcloth to apply an even layer over your face. Wait until it gets stiff, then rinse off. If mixed with some lemon, it deep cleanses while taking away blotchiness.

### 324. Mask for Normal Skin

2 Tablespoons of Green or Rose Clay

1 teaspoon of Honey

2 drops of Geranium Oil

Use aloe vera juice or water to make a paste.

**325. Mask for Dry Skin**

- 1 Tablespoon of Rose Clay
- 1 Tablespoon of Instant Oatmeal or finely ground Regular Oatmeal
- 1 teaspoon of Honey
- 1 teaspoon of Almond Oil
- 1 drop of Rose Oil
- 1 drop of Lavender Oil

Use enough water to make a paste.

**326. Mask for Oily Skin**

- 2 Tablespoons of Green Clay
- 1 teaspoon of Aloe Vera Juice
- 1/2 teaspoon of Vegetable Oil or Jojoba Oil
- 1 drop of Bergamot Oil
- 1 drop of Lavender Oil

Use enough water to make a paste.

**327. Mask for Sensitive Skin**

- 1 Tablespoon of Rose Clay
- 1-2 teaspoons of Avocado Oil
- 1 drop of Rose Oil
- 1 drop of Roman Chamomile Oil

Use water, if necessary, to make a paste. Use a little more clay if too runny.

**328. Mask for Mature or Ageing Skin**

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- 1 Tablespoon of Rose Clay
- 1 Tablespoon of Instant Oatmeal or finely ground Regular Oatmeal
- 1 teaspoon of Honey
- 1 teaspoon of Avocado or Almond Oil
- 1 drop of Frankincense Oil
- 1 drop of Neroli or Lavender Oil
- 1 drop of Rose Oil

Use water to make a paste.

### 329. Milk n Honey Oatmeal Scrub

- 2 T finely powdered whole milk (if needed, whir in a blender)
- 2T finely ground oatmeal
- 2 T powdered honey
- 1 vitamin e capsules

In coffee grinder, whir oatmeal and contents of the vitamin e capsule till finely blended. Add the finely powdered whole milk and powdered honey. Whir all ingredients for 10 seconds. When ready to use, take 1-2 T of the mix and add enough WARM water to make paste. A very fine and refreshing scrub. A 1/8 tsp of powdered vanilla add a complementary scent for those wanting a natural scent.

### 330. MINT SOUFFLÉ MASK (for tired skin)

- 1 T. ground or powdered spearmint
- 1 T. oil
- 1 T. honey

Whirl in the blender until fluffy. Apply to clean skin.

### 331. Nourishing Face Mask



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1 egg  
1 tsp. almond oil  
a little half and half

combine all ingredients, leave on 15 minutes, rinse with cool water

### 332. Oatmeal and Almond Scrub

1/4 cup finely ground oatmeal  
1/4 cup finely ground almonds

Stir well; place in clean dry container. To use place approx. 1 tbs of scrub in palm and add enough water to make a soft paste. Massage into skin. Rinse well.

### 333. Oatmeal Facial (For Oily Skin)

Make a creamy paste of oatmeal and water. Apply to face, let dry completely. Remove by very gently rubbing off with your fingers.

#### Pear Ambrosia Facial Mask

1 fresh, ripe pear  
1/2 teaspoon honey  
1 tablespoon heavy cream

Peel and core the pear. Cut up into small pieces and place in a small dish. With a fork, mash the fruit into a smooth paste. Add the honey and cream. Using a small pastry brush or your fingers, spread the mixture evenly over your face and neck. let sit for 15 minutes and then rinse with warm water. Splash your face with cool water and pat dry.

**334. OATMEAL-CITRUS SCRUBBING GRAINS**

- 1 C. dried orange and lemon peel
- 1 C. cooked oatmeal
- 1 C. blanched almonds

Place peels, oats, and almonds in a blender and whirl until the mixture is a fine powder. Store powder in an attractive container in the bathroom.

To use, place a bit of the grains in the palm of your hand and moisten with a few drops of warm tap water. Rub the paste onto your face with a gentle circular and upward motion. Rinse off with tepid water and pat dry. You can finish your cleansing by rinsing your face with one of the facial rinsing lotions or smoothing on a facial cream.

**335. OATMEAL-HONEY SCRUBBING CREAM**

- 1/2 C. uncooked oatmeal
- 1 T. honey
- 1 T. cider vinegar
- 1 tsp. ground almonds

Combine all ingredients in a glass or enamel bowl.

To use, wet a clean washcloth with very warm water and lay it on your face for a minute OR first steam your face with an herbal vinegar. Apply the oatmeal mixture to your face, being careful to avoid the sensitive area around your eyes. Let mixture dry on your skin completely.

If your skin is young and firm, you can gently rub the dried mixture off with a clean terry washcloth or towel. Lean over the sink and rub your face in brisk, but gentle, circles with the cloth. Rinse with warm water, pat dry, and apply a fresh facial cream.

**336. OATMEAL-TOMATO MASK (for blemished skin)**

- 1 ripe tomato, chopped
- 1 tsp. lemon juice

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1 T. instant oatmeal or old-fashioned rolled oats

Blend ingredients in a blender until just combined. Apply to skin, making sure the mixture is thick enough to stay on blemished areas. Add a bit more oatmeal to thicken the mask, if necessary. Leave the mask on for 10 minutes, then scrub off with a clean washcloth dipped in warm water.

### **337. Oatmeal Mask and More**

1TbIs. oatmeal powder

egg white

2-3 drops of lemon oil

Mix and spread on face. leave on til dry or 20min.

### **338. Oat/Corn/Wheat**

Mix 2 T. oatmeal,

2 T. cornmeal,

2 tsp. wheat germ,

1 T. honey

1/4tsp. orange or almond extract in a bowl.

Add just enough water to make a paste.

Scrubbing your face and body with this mixture washes off dead skin cells and makes your skin feel very soft. For a skin-softening mask, leave on face for 10 minutes before rinsing. But be careful where you rinse-this stuff can clog sinks!

### **339. Orange & Oats Scrubbing Grains**

1 cup dried orange peel

1 cup cooked oatmeal

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1 cup almonds

Place peels, oats, and almonds in food processor, blend until mixture is a fine powder. Place some in the palm of your hand and moisten with a few drops of warm water. Rub paste onto face with a gentle circular motion. Rinse with warm water.

### **340. Orange Poppy Body Scrub**

Ingredients:

1/2 cup of olive oil

1/2 cup of poppy seeds

1/4 teaspoon of orange essential oil

Instructions:

Thoroughly combine all of the ingredients together. While under the shower use the mixture to exfoliate by taking about a tablespoon at a time and gently massaging it against your skin and then rinsing it off again when finished.

### **341. ORANGE JUICE-TAPIOCA MASK (soothes skin and retards wrinkles)**

1 T. tapioca

2 T. honey

1/2 C. fresh orange juice

In a small saucepan over low heat, mix tapioca and orange juice. Stir in honey and let the "pudding" simmer until thickened, stirring occasionally. Remove from heat and cool. Spread the mixture over your face and neck and let dry for 20 minutes. Rinse.

### **342. Oatmeal Mask**

1 Cup Pink Clay

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2 Tablespoons of Oat Flour (ground oatmeal)  
1 Tablespoon Chamomile Flowers, ground  
1 teaspoon finely ground Rose Hip Seeds

Mix all this together and store in an airtight container.

To use take about 1-2 Tbsp of the mask, and add enough distilled water to get a paste consistency. I actually did a pure lemon juice (to whiten skin and to restore skin's natural acid mantle) diluted in water, 1 tsp honey (moisturizing), then added a couple drops of Tea Tree oil (antibacterial). It was nice and tingly.

### **343. PAPAYA FACIAL**

1/4 ripe papaya  
4 tsp. green cosmetic clay  
1 1.2 tsp. aloe vera gel

Purée all ingredients. Smooth it over the face and neck; leave on for 20 minutes. Rinse with cool water.

### **344. Papaya Skin Treatment**

A fresh mashed papaya applied as a face mask will remove dead, flaky skin.

### **345. Peach Mask (For Dry Skin)**

Mash a fresh peach, mix with enough warm olive, peach kernel or almond oil to form a spreadable paste.

**346. PEACH TIGHTENING MASK**

1 ripe peach, peeled and pitted  
1 egg white

Whip peach and egg white together in a blender until smooth. Gently pat the mixture all over the face. Relax for 30 minutes, then rinse off with cool water.

**347. Peel-Off Mask**

1 packet Un-flavored Gelatin  
1/2 Cup Fruit Juice

Heat together gently to dissolve the gelatin. Let cool until almost set. Apply to face, let dry completely, peel off.

**348. Peppermint Patty Scrub (For Oily Skin)**

2 cup rolled oats  
1 cup almonds  
2 tsp dried lavender  
2 tsp dried peppermint  
2 cup white cosmetic clay

Grind oats, almonds and herbs to a very fine powder in blender or with a mortar and pestle. Mix ground herbs with clay, store in covered container. To use: mix 1 heaping tsp of mixture with water to make a paste. Massage into skin then rinse well with warm water.

**349. PEPPERMINT MUD MASK (for oily skin)**

2 T. rubbing alcohol  
1 tsp. peppermint extract

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2 tsp. fuller's earth

Combine all ingredients. Apply to face, avoiding eye area. Leave on for 10 minutes.

### **350. Peach Tightening Mask**

1 peach, ripe, peeled, pitted

1 egg white

Whip the peach and egg white together in a blender until smooth. Gently pat mixture all over your face. Relax for 30 minutes, then rinse with cool water.

### **351. Pineapple-Cornmeal Face Scrub**

Mix a half cup of any type cornmeal (blue is pretty) with one tablespoon of pineapple juice. Double this if you like, but use it all. Using your fingertips, take a few minutes to massage the mixture gently all over your face with circular motions.

Relax for about 10 minutes, then rinse off with tepid-to-cool water.

Use only natural, unsweetened, unprocessed juice. To be sure, buy a small bottle of pure juice from a health-food store, or squeeze from fresh pineapple. Drink or eat whatever you don't use for your facial. Or, keep any extra juice tightly capped & refrigerated. (Fresh whole/cut pineapple never seems to do well in the fridge for long, but the juice does a bit better.)

### **352. PLUM MASK (for blemished, oily skin)**

6 plums

1 tsp. almond oil

Boil the plums; cool. Mash plums with almond oil.

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### 353. Pore Exfoliation mask

mix baking soda hydrogen peroxide and water into a paste and apply to your skin. let it dry the wash off with cool water.

### 354. ROLL-OUT SCRUB (for acne)

WARNING: Very harsh! Use only every third day.

1/2 C. oatmeal powder

1/8 C. salt

1/8 C. farina

1/8 C. yogurt

Combine all ingredients except yogurt. Store the dry ingredients in a jar with a tight-fitting lid. To use, wet your face with plenty of hot water. Combine a tablespoon of the scrub mixture with a tablespoon of the yogurt.

Apply to face, rubbing gently with your fingers for about 1 minute. Rinse face

with 20 splashes of hot water. Follow with Lemon Rinse.

### 355. ROSE PETAL STEAM FACIAL

1 pot fresh water

1 handful rose petals

Boil the water, then remove from heat and toss in the rose petals. Steep 5 minutes, so rose oils diffuse into water. Lean over pot at least 10 inches from surface and drape towel over head. Close eyes; steam 5 minutes with breaks as needed. Rinse with cool water, then pat dry.



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### 356. Salt Scrub

1/2 cp Sea Salt

1/2 cp sweet almond oil

1/2 oz plain M&P soap

Mix first two ingredients

Melt M&P soap

Whisk into other ingredients while liquid.

Add fo/eos Of course you can use whatever oils you want.

### 357. Salt Scrub 2

1 1/4 cup sea salt

1/4 cup sweet almond oil

1/8 cup liquid hand soap with aloe vera in it

5 200UI Vitamin E capsules

.5 ml. peppermint EO

.5 ml lavender EO

.5 ml rosemary EO

I put it all in a squeeze bottle and shook it up. It's really great!

I used a lot more salt than what the original recipe calls for so it would be more of a scrub and added a little more oil.

### 358. Salt Glow Scented Body Scrub

1 cup salt, any kind - the different sizes give a different feel

1 cup vegetable oil, any kind - a lighter one might rinse off more easily

1 cup unscented liquid soap

Few drops of scented oil of your choice

Mix all the ingredients and massage into the skin... use a light touch, especially with the coarser grains of salt, until you are used to it.

Shower as usual. This will give your skin a polished, moisturized glow

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while removing dull, dead cells. Do not use on irritated skin or right after shaving.

### 359. Scented Salt Body Scrub

Ingredients:

3 cups fine sea salt  
3/4 cup olive oil  
3/4 cup sweet almond oil  
essential oils as desired

Preparation:

Mix salt, olive oil, and almond oil in a glass bowl. Add an essential oil, such as peppermint, for scent. Store in a tightly sealed glass jar. This scrub is perfect after a bath or shower while the skin is still warm and damp. Massage a tablespoon or two onto the skin in small circles. Leave on for five to 20 minutes, then rinse.

\* Note: Do not use any equipment with copper, aluminum or teflon finishes because these will react with the ingredients. Stick with stainless steel, glass, ceramic or plastic. Also, if the scrub is used on children, the elderly, or if pregnant, check with an aromatherapist concerning the use of essential oils.

### 360. SCRUB AND GLOW FACIAL CLEANSER

1 C. oatmeal, uncooked  
1 T. salt  
1/4 C. farina

Grind oatmeal in a blender until soft but still flaky. DO NOT powder it. Combine oatmeal with farina and salt. Splash face with hot water to wet it thoroughly. Pick up mixture with moist fingers. Rub face with the powder. Be gentle, but rub all of your facial skin. Rinse with hot water (15 splashes will suffice). Apply Vinegar Rinse. Use for 5 to 8 days, then return to a

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milder cleanser.

### 361. SOFTENING MASQUE (emollient)

1 egg yolk

1/3 C. avocado, peeled and mashed

1/3 C. milk

Beat the egg yolk until fluffy. Add milk and avocado, mixing thoroughly with the yolk. Apply to face and leave on for 15 to 20 minutes. Rinse with hot water.

### 362. Strawberry Drawing Mask

1/2 C strawberries, very ripe

1/4 C cornstarch

mix strawberries and cornstarch together to make a paste, apply it to your face avoiding the eye area. Leave it on for 30 minutes, rinse with cool water.

### 363. Strawberry Belly and Breast Scrub

This soft-skin body scrubs smells as delicious as it feels. Fresh, ripe strawberries make an excellent cleanser and moisturizer. Rich in healthy skin nutrients (such as vitamins A, C, and E) they possess a harmonious pH balance, like skin itself.

#### INGREDIENTS:

12 ripe strawberries

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- 2 tablespoons cold-pressed avocado oil
- 4 tablespoons pureed cucumber (with skin and seeds)
- 3 tablespoons distilled witch hazel solution
- 3 tablespoons rice flour
- 1 teaspoon aloe gel

### PREPARATION:

1. Trim the strawberry stems, cut away any white parts, then mash with a fork. Pour the avocado oil into another bowl, add the pureed cucumber, and stir well. Add the mashed strawberries and witch hazel. Sprinkle the rice flour over the wet mixture and fold in. Last, add the aloe and stir to form a smooth paste.
2. Mist your breast and upper chest with a body mist. Leave for 5 minutes, then apply the scrub with your hands or a sea sponge. Relax for 15 minutes, then rinse thoroughly. Dry and moisturize.

### **364. Strawberry Mask (For Oily Skin)**

Mash strawberries then use as a cleansing face mask.

#### 3. Sweet Strawberry Face

- 8-9 Strawberries
- 3 TBSP. honey

using a fork mash strawberries into a pulp, add honey. mix. do not over blend or it will be runny. apply directly to the skin, let it set for a few minutes then rise off.

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### 365. Sweet Face Scrub

Ingredients:

2-1/4 tsp. yogurt

1-1/2 tsp. sugar

1 tsp. brewer's yeast

Preparation:

Mix ingredients in a glass bowl. Gently massage into skin immediately, before the sugar dissolves (sugar is the exfoliant). Rinse with warm water and pat dry.

### 366. Sugar Body Scrub

Ingredients:

2 cups granulated sugar

1/2 cup canola oil

Preparation:

Mix sugar and oil in a glass bowl. This scrub is milder and simpler to make than the salt scrub. If this scrub is for one person, it might be better to cut the recipe in half.

### 367. Tomato Mask (For Oily Skin)

Use mashed or sliced tomato for enlarged pores.

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### 368. VEGETABLE MASK (for troubled skin)

1 T. cucumber

1 T. parsley

1 T. yogurt

Whirl in the blender until fluffy. Apply to clean skin

### 369. Yogurt Mask (For Oily Skin)

Apply natural unflavored yogurt adding honey and/or oatmeal if desired.

### 370. YOGURT MUD PACK

3 T. fuller's earth

3 T. plain yogurt

Mix to make a paste and pat onto the face with gentle, upward strokes. Let dry on the skin for 15 to 20 minutes, then rinse off with warm water.

### 371. Yogurt/Buttermilk/Bentonite Clay Face/Body Mask

1 tsp \*hot\* Water

1/2 tsp Dead Sea Salts, dissolved in the hot water.

2 tsp Buttermilk

2 Tbls Plain Yogurt

5 drops Chamomile EO

15 drops Lavender EO

3 drops Tea Tree EO

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2 slightly heaped Tbls of Bentonite Clay (Powdered, bought at health food store)

Mixed these up and went to take a nice soaking steamy shower. Put on face, arms, torso, and legs. Was tingly, cooling, and felt kinda nice. Let sit for 15.. 20ish minutes, then rinsed off. It left a slight oily residue on my skin, which I can only assume was the buttermilk since the yogurt I used was supposedly non-fat. I've never had the oil residue left from my usual face mask recipe. Finished shower. Skin still felt tingly for a few hours afterwards, but it was a nice sort of tingle. I have somewhat sensitive skin, but not terribly.

So far, no pimples or red spots have appeared from this little experiment, and it's 2 days later. I think it was a success. Anyone who wants, feel free to use. I include yogurt and buttermilk because they're two natural sources of alpha hydroxy acids. If anyone recalls the stories of southern women using buttermilk to keep their skin soft and pale. Well I'm trying it for nixing freckles. We'll see. Store bought AHA lotions have worked so far, but they tend to be a little harsh.

### **372. YOGURT-CITRUS MASQUE (for normal or oily skin)**

1 C. plain yogurt (not low-fat)  
1 tsp. freshly squeezed  
lemon juice  
1 tsp. freshly-squeezed orange juice  
1 tsp. carrot juice

Mix well. Apply to face and leave on for 10 to 15 minutes; rinse with tepid water.

**Oils**

**373. Anti-cellulite Massage Oil**

Base oil:

Almond oil--2 tablespoons

Carrot--5 drops

Jojoba--5 drops

Blend well.

**374. Essential oil blend:**

Fennel--8 drops

Grapefruit--14 drops

Lemon--8 drops

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

**375. Blossom Groves Massage Oil**

8 tsp. grapeseed oil

6 drops orange blossom oil

2 drops lemongrass oil

2 drops neroli oil

This is a citrus-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.



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### 376. Crescent Moon Massage Oil

10 tsp. wheat germ oil  
6 drops chamomile oil  
4 drops neroli oil  
2 drops rose oil  
1 drop basil oil

This is a green-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### 377. Cleansing Body Polisher with Olive Oil

1 cup fine sea salt  
1/2 cup olive oil  
1/2 cup melted M&P from Wal-Mart  
1/2 tsp.. peppermint essential oil

This one I just mixed all together. It made a thick paste (when it set up) that I put in a wide mouth jar to dip out with your fingers. I think I would use this more as a foot scrub or a hand/body scrub, but not on my face.

### 378. Cleansing Body Polisher with Jojoba Oil

1 cup fine sea salt  
1/2 cup jojoba  
1/2 cup liquid soap  
1/2 tsp.. orange essential oil

I poured about 1 1/2 cups of boiling water over a bunch of grated homemade soap. I stirred it and smushed it until it cooled off enough to mush it with my hands. Then I poured it through one of those cone shaped colanders (used for canning) with the petistal (sp?) that comes to a point at the end. I pushed it through the strainer and then strained it again, this time removing most of the remaining soap particles. Then

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I measured 1/2 cup of the liquid to use in the Body Polisher recipe.  
This one came out liquidy and would work best in a plastic bottle with a flip top lid so you could pour it.

### 379. Diuretic Massage Oil:

Fennel--10 drops

Grapefruit--12 drops

Juniper--8 drops

### 380. DreamTouch Massage Oil

4 drops Clary Sage

3 drops Ylang Ylang

5 drops Neroli

Place in 1/4 cup fractionated coconut or your favorite carrier, then rub slowly and softly.

### 381. Dysmenorrhea Massage Oil

Chamomile Roman--10 drops

Chamomile German--10 drops

Clary Sage--15 drops

Fennel--10 drops

Marjoram--5 drops

Mugwort--10 drops

Lavender--25 drops

Dilute in 4 ozs of Evening of Primrose. Massage the uterine region.  
May diffuse undiluted.

**382. Echoes of the Wild Massage Oil**

10 tsp. safflower oil  
5 drops orange blossom oil  
2 drops sandalwood oil  
2 drops jasmine oil

This is a citrus-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

**383. Erotic Massage Oil - Arabian Nights**

Coriander 3 drops  
Frankincense 3 drops  
Lime 2 drops  
Rose 2 drops  
Add to 25ml base oil.

**384. Erotic Massage Oil - Velvet Seduction**

Rose 2 drops  
Sandalwood 5 drops  
Ylang Ylang 2 drops  
Add to 25ml base oil.

**385. Exotic Patchouli Massage Oil**

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10 tsp. grapeseed oil  
7 drops patchouli oil  
4 drops jasmine oil  
2 drops rose oil

This is a woody-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### **386. Erotic Massage Oil - Sultry Nights and Roses**

Geranium 3 drops  
Patchouli 2 drops  
Rose 3 drops  
Add to 25ml base oil.

### **387. Exquisite Sandalwood Massage Oil**

8-10 tsp. grapeseed oil  
6 drops sandalwood oil  
2 drops lavender oil  
2 drops rosewood oil  
2 drops rose oil

This is a woody-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### **388. Exhaustion during Pregnancy.**

Coriander--8 drops  
Grapefruit--8 drops

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Lavender--8 drops

Use 6 drops in a bath; 6 drops in 2 teaspoons carrier oil for a body massage; or 5 drops in a bowl of hot water for a foot bath.

### **389. Fall Harvest Massage Oil**

12 tsp. grapeseed oil  
6 drops bergamot oil  
2 drops cardamom oil  
2 drops jasmine oil  
1 drop orange blossom oil

This is a citrus-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### **390. Falling Stars Body Mist**

2 cups distilled water  
3 tbs. vodka  
5 drops lavender essential oil  
10 drops chamomile essential oil  
10 drops valerian essential oil

Mix all the ingredients together in a spray bottle, shake well. Allow to settle for at least 12 hours. Store in a cool dry place.

### **391. Fat Attack Massage Oils:**

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Are made by combining:

30 drops essential oil blend

2 tablespoons almond oil

10 drops of carrot oil

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

### 392. Forest Nights Massage Oil

10 tsp. grapeseed oil

5 drops rosewood oil

2 drops cedarwood oil

2 drops chamomile oil

This is a woody-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### 393. Fruity Herb Massage Oil

Ingredients:

$\frac{1}{2}$  cup of walnut oil

1 Tablespoon of grated grapefruit

1 teaspoon dried rosemary

1 teaspoon dried basil

Instructions:

Put all of the ingredients together in a small saucepan and heat gently on the stove top. Do not let your mixture get to boiling point. Then once the mixture is combined, let it cool down completely. Once cool, pour the mix into a sealable jar and leave it to rest for about one week, then strain the mixture to be rid of all the the grapefruit pieces and then pour the mix

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into a bottle and its ready for use.

### 394. General Fat Attack Massage Oil:

Cypress--10 drops

Grapefruit--8 drops

Oregano--2 drops

Rosemary--10 drops

### 395. Headache (Hormonal) Formula

Chamomile Roman--2 drop

Chamomile Blue--2 drop

Geranium--4 drops

Myrtle--2 drops

Nutmeg--1 drop

Sage--3 drops

Spearmint--1 drop

Dilute in 1 oz carrier oil.

### 396. Manly Massage Oil

Ingredients:

$\frac{1}{4}$  cup of mineral oil

$\frac{1}{8}$  cup of castor oil

$\frac{1}{8}$  cup of sweet almond oil

6 drops of sandalwood oil

4 drops of bay oil

3 drops of bergamot oil

2 drops of lime oil

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### Instructions:

Pour all ingredients into a bottle and shake well until all is blended. And shake the bottle well again before using.

### 397. Massage Oil

For trouble spots

2 Tbsp Carrier Oil

10 drops Lavender

8 drops Rosemary

4 drops Ginger

3 drops Peppermint

Store in a dark bottle. Shake bottle before using in the morning and evening.

### 398. MASSAGE OIL

1 qt. oil (from list)

4 to 8 drops essential oil (optional)

1 oz. herbs (from list)

Combine ingredients and bring to a boil in a glass or enamel pan. Simmer 20 minutes, then cool. Strain through a double layer of cheesecloth. Add essential oil for scent, if desired. Store in a labeled, light-proof bottle. Oils Corn, safflower, soy, olive, peanut, apricot kernel, almond, avocado or walnut, or any combination Herbs for dry skin: Alfalfa, rose, chamomile for oily skin: Lemongrass, witch hazel, marigold for stimulation: Peppermint, rosemary, thyme for relaxation: Sage, catnip, chamomile

### 399. Menopausal Sweats



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Grapefruit--10 drops

Lime--10 drops

Sage--7 drops

Thyme--3 drops

Dilute in 2 tablespoons carrier oil. Massage all over the body and use 5 drops of the blend in a daily bath.

### **400. Minty Fresh Massage Oil**

10 tsp. grapeseed oil

3 drops eucalyptus oil

4 drops rosemary oil

2 drops peppermint oil

This is a green-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### **401. Night Dreams Massage Oil**

10 tsp. grapeseed oil

6 drops chamomile oil

4 drops jasmine oil

2 drops rose oil

1 drop lavender oil

This is a floral-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### **402. Oriental Delight Massage Oil**

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### Ingredients:

8 teaspoons of peanut oil  
6 drops of orange oil  
2 drops sandalwood oil  
2 drops rosemary oil  
1 drop jasmine oil

### Instructions:

Thoroughly mix all of the ingredients together, by placing them all in a sealable bottle or jar and shaking vigorously.

### **403. Passage of India Massage Oil**

10 tsp. grapeseed oil  
7 drops sandalwood oil  
2 drops orange oil  
2 drops rose oil  
1 drop cinnamon oil

This is a spicy-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

### **404. Pina Colada Massage Oil**

1/4 Cup Castor Oil  
1/4 Cup Sweet Almond Oil  
1/2 Cup Mineral Oil  
1/4 teaspoon Coconut Fragrance Oil  
1/4 teaspoon Pineapple Fragrance Oil

Combine all ingredients in a bottle and shake gently until well blended.  
Shake before each use

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### 405. PMS Massage Oil

Carrot Seed--5 drops

Clary Sage--10 drops

Fennel 10--drops

Lavender--20 drops

Marjoram--30 drops

Mugwort--5 drops

Rosewood--20 drops

Dilute in 4 ozs of carrier and massage as needed.

### 406. Post-pregnancy Depression #1

Geranium--6 drops

Grapefruit--15 drops

Neroli--8 drops

Use up to 25 drops in 2 tablespoons massage oil (or dab on as a perfume); 3 drops in a room diffuser; or 6 drops in a bath.

### 407. Post-pregnancy Depression #2

Geranium--8 drops

Grapefruit--10 drops

Mandarin--6 drops

Use up to 25 drops in 2 tablespoons massage oil (or dab on as a perfume); 3 drops in a room diffuser; or 6 drops in a bath.

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### 408. Pre-menstrual Blend

10 Drops Geranium

15 Drops Lavender

5 Drops German Chamomile

3 Drops Cypress

place essential oils in 4 oz of fractionated coconut or your favorite carrier oil. Rub on abdomen as necessary. Patch Test of course.

### 409. Sensuous Massage Oil

Choose 3 or 4 oils from these oils: Clary Sage, Geranium, Grapefruit, Jasmine Absolute, Mandarin, Myrrh, Neroli, Orange Sweet, Patchouli, Petitgrain, Rose, Sandalwood, Vanilla, Vetiver, and Ylang-Ylang.

For your carrier oils, choose from Jojoba, Macadamia Nut, Sesame, or Sweet

Almond.

The ratio is 15 drops essential oils to 1 oz of carrier oil.

In a colored glass bottle, add your essential oils starting with base notes, working up to top notes. Top off with carrier oil. Gently shake the bottle to mix the oils.

### 410. Sexual Energy Oil #1:

Cardamom--2 drop

Ginger--4 drops

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Patchouli--5 drops  
Sandalwood--4 drops

Dilute in 1/2 oz carrier oil. Wear to attract sexual partners.

### 411. Sexual Energy Oil #2

Jasmine--3 drops  
Sandalwood--3 drops  
Tangerine--4 drops  
Ylang Ylang--5 drops

Diffuse or dilute in 1 oz carrier oil for massage.

### 412. Solid Chocolate Massaging Bars

Ingredients:

½ cup of melted cocoa butter  
1 Tablespoon of bees wax  
1 Tablespoon of coconut oil

Instructions:

Melt the cocoa butter, bees wax and the coconut oil in a double boiler and then mix the oils well to combine them. Then remove from the heat and let the mixture cool just a little to release some of the heat. Before it is too cool pour the mixture into candy molds and allow it to continue cooling over night. These bars are have a chocolatey aroma and are solid when they are at

room temperature but melt easily at body temperature, when rubbed in your hands. To use your bar rub it in your hands and the bar will start to melt and you can then use it to share a massage or on freshly shaved legs.

**413. Soothing Sensations Massage Oil**

10 tsp. safflower oil  
5 drops lavender oil  
2 drops violet oil  
2 drops chamomile oil  
2 drops frankincense oil

This is a floral-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

**414. Spice of Life Massage Oil**

10 tsp. olive oil  
6 drops ginger oil  
4 drops jasmine oil  
2 drops orange oil

This is a spicy-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

**415. Stretch Mark Oil**

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

Massage on stretch mark area.

**416. Summer Rain Massage Oil**

6-8 tsp. grapeseed oil  
6 drops lavender oil  
2 drops rose oil  
2 drops jasmine oil

This is a floral-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

**417. Tea Tree Temptations Massage Oil**

8 tsp. grapeseed oil  
6 drops jasmine oil  
2 drops tea tree oil  
2 drops neroli oil

This is a spicy-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

**418. Vanilla Massage Oil**

Ingredients:

1 cup of grape seed oil  
 $\frac{1}{2}$  teaspoon of vanilla oil

Instructions:

Simply blend the two oils together by putting them both into a bottle and shaking the bottle vigorously. Then just shake the bottle well again, before each use.

**419. Vegetable Oils**

Apply any of the following vegetable, seed or nut oils to the skin

- a) Virgin olive oil
- b) Sesame oil
- c) Peanut oil
- d) Avocado oil

**420. Wild Fields Massage Oil**

- 6-8 tsp. grapeseed oil
- 6 drops chamomile oil
- 2 drops rose oil
- 2 drops rosemary oil

This is a green-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

**misc.**

**421. AGING SKIN FIGHTER**

- 2 tsp. plain yogurt
- 1/2 tsp. honey



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1/2 tsp. lemon juice  
3 capsules vitamin E  
(equivalent of 300 units)

Combine yogurt, honey and lemon juice. open the vitamin E capsules and fold contents into the mix. Leave on skin for 15 minutes.

### 422. ALMOND-BUTTER HAND SOFTENER

1 T. almond oil  
1 C. butter

Mix well. Before bed, massage mixture into hands, then cover with white cotton gloves. Wear all night while sleeping.

### 423. Almond Cleanser

Grind almonds to a fine powder in a blender. Wet face then rub on almond powder. Rinse. Store powder in a tightly sealed container.

### 424. Amaze Body Mist

2 cups distilled water  
3 tbs. vodka  
5 drops hypericum perforatum essential oil  
10 drops cypress essential oil  
10 drops rosemary essential oil

Mix all the ingredients together in a spray bottle, shake well. Allow to settle for at least 12 hours. Store in a cool dry place.

### 425. AVOCADO-YOGURT HAND TREATMENT

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1 mashed avocado  
Juice from 1/2 lemon  
1/2 C. plain yogurt  
Petroleum jelly

Mix together the avocado, lemon juice and yogurt. Slather over hands; leave on for 10 to 15 minutes, then rinse off. This will gently slough off dull skin and will gradually fade age spots, also. After rinsing, lavish on petroleum jelly or super-rich hand cream and then wear white cotton gloves for one hour or overnight for maximum hydrating.

Note: do not use this slougher more than twice a week as it can be irritating. Also, do not apply it to cuts or sores as it may sting.

### 426. Basic Skin Toner

Mix 1 cup witch hazel, 1/4 cup white vinegar and 1/4 tsp. mint extract. If you want, drop in some fresh peppermint leaves. Dab on your face with a cotton ball to hydrate skin and remove excess dirt from pores.  
Cucumber A cooling, gentle astringent. Use the juice or mashed pulp.

### 427. Beeswax Lip Balm

2 tablespoons beeswax  
1 tablespoon coconut oil

Melt the ingredients over a double boiler. Pour into a container while still hot since it will harden as it cools. Makes about 1/4 cup.

### 428. Blond Hair Highlighter

1/2 cup water  
1/4 cup honey

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1 tablespoon Irish moss  
1/4 Cup molasses

Soak the Irish moss in the water for 5 minutes. Then simmer for several minutes over low heat until the mixture is thick. Add the remaining ingredients. Apply to freshly shampooed hair and let soak for 3-5 minutes. Then rinse off with warm water. Makes about 1 cup, enough for two applications.

### **429. BLUEBERRY TONIC (soothes and nourishes skin)**

Make this mask the day you plan to use it.  
3 T. steamed, crushed blueberries  
1/2 C. sour cream or plain yogurt

Purée ingredients in a blender at low speed until well mixed and fluffy. Apply to face and neck. Rinse off with tepid water after 15 to 20 minutes. If mask is too runny after blending, refrigerate for one hour.

### **430. BROWN SUGAR CALLUS EXFOLIATOR**

1 C. brown sugar, moistened with rose water  
1/2 C. petroleum jelly

Rub onto calluses on hands, knees and feet. Wash off.

### **431. Buttermilk and Fennel Cleansing Milk (For Oily Skin)**

1/2 cup buttermilk  
2 Tbsp crushed fennel seeds

Heat the milk and fennel seeds in top of double boiler for 30 minutes. Turn off heat, let steep for 2 hours. Strain, cool, pour into bottle

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and refrigerate. Keeps for 2 weeks.

### **432. CHAMOMILE STEAMING FACE CLEANSER**

1 tsp. chamomile leaves  
4 C. boiling water

Mix in a heatproof bowl. Hold face 10 inches from water for 8 minutes; follow with a tightening mask.

### **433. Chamomile Cleansing Milk (For Dry and Sensitive Skin)**

1/4 cup cream  
1/4 cup milk  
2 Tbsp chamomile flowers, fresh or dried

Simmer ingredients in top of a double boiler for about 30 minutes, do not allow milk to boil. Turn off heat and let sit for about 2 hours, strain. Keep refrigerated. Apply with cotton balls to the face. Variations: Use elderflowers, sweet violets or lime blossoms in place of chamomile.

### **434. Chamomile Baby Powder**

2 tbs. crumbled dried chamomile flowers  
1/4 cup cornstarch  
1 tbs. orrisroot  
1/2 tsp. alum

Mix ingredients together in a bowl. Sift and store in powder shaker. Use to keep baby's skin soft and dry.

### **435. Chamomile / Mint Astringent (Non-alcoholic for Sensitive Skin)**

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1/2 cup chopped fresh mint (or 2 tbs. dried)  
2 tbs. dried chamomile flowers, crushed  
4 cups water

Combine ingredients in a small saucepan. Boil for 10 minutes, then remove from heat and allow to steep for 5 minutes. Strain liquid into a jar, cover and refrigerate. Will keep 2 weeks refrigerated. Apply with cotton balls to skin. This astringent is especially good for sensitive or very oily skin.

### **436. Chocolate lip gloss**

1 1/2 tsp grated cocoa butter  
1/2 tsp coconut oil  
1/8 tsp vitamin E oil  
1/4 tsp grated chocolate or 3 small chocolate chips

In a double boiler or microwave heat the cocoa butter, coconut oil, and vitamin E oil until melted.  
Stir in the chocolate chips and keep stirring until melted and well blended  
Pour into small container and allow to cool before using

### **437. CIDER STABILIZING RINSE**

1/4 C. cider vinegar  
1/4 C. water

Combine vinegar and water and gently wipe your face with the mixture. Let this rinse dry on your skin

### **438. Cinnamon Soap**

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Unscented glycerin soap  
10 drops cinnamon oil  
1 drop red food coloring (optional)

In a heavy saucepan, melt the glycerin soap over low heat until liquefied. Remove the pan from the heat and stir in the cinnamon oil and food coloring until well mixed. Pour the soap into a mold and let set for 3 hours or until hardened. Makes one 4-ounce bar.

### 439. Citrus Astringent

3 tsp. lemon extract  
Juice of one lime  
1/2 cup rubbing alcohol

Combine ingredients in a small bowl. Transfer to a jar and shake well. Store in the refrigerator, will keep up to 6 months. Tightens pores, refreshes skin, and helps remove oils from skin.

### 440. Citrus Blooms Body Splash

2 cups distilled water  
3 tbs. vodka  
1 tbs. orange peel, finely chopped  
1 tbs. lemon peel, finely chopped  
5 drops lemon verbena essential oil  
10 drops mandarin essential oil  
10 drops orange essential oil

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

**441. Cocoa Butter Minty Lip Balm**

1-1/2 parts cocoa butter

1-1/2 parts grated beeswax

3 parts edible vegetable oil of your choice (almond, apricot kernel, avocado, extra virgin olive, hemp seed, jojoba, kukui nut, macadamia nut, castor all work well... but keep in mind if you plan on selling lip balm or giving as a gift, that some people are allergic to nut oils)

Spearmint and/or peppermint flavoring oil

Melt the cocoa butter and beeswax slowly and carefully in a microwave, or over a double boiler on the stove until melted. Add oil and stir well. Add spearmint or peppermint flavoring oils, or both, a few drops at a time, to taste. Gently reheat if needed. Cool slightly before pouring into containers. To test consistency, place a drop on a spoon and set in the refrigerator to cool for a few minutes. Test on your lips. For a softer lip balm, add more oil. For a harder lip balm, add more beeswax.

**442. Cooling Foot and Body Powder**

1/2 cup powdered arrowroot

1/2 cup cosmetic clay

2 tbs. powdered ginger

20 drops tea tree oil (or lavender essential oil)

This light, fragrant powder absorbs moisture and fights bacteria to eradicate perspiration and body odor. It also helps relieve athlete's foot. It contains tea tree oil and powdered ginger, both of which have antiseptic and antifungal action. If you're making a body powder, you may prefer to use lavender essential oil in place of the tea tree oil; it has a little less antiseptic power, but more fragrance. Instructions for making powder: In a large jar, combine the arrowroot, cosmetic clay and ginger. Cover and shake to mix. Add the tea tree or lavender oil and shake again. You may want to sift the powder through a fine mesh strainer to break up any drops

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of oil. Store in a covered, dark glass jar. Apply as needed to feet or body. Stored in a cool, dry place, the powder will keep indefinitely.

### 443. Cooling Summer Body Spray

1 tbs. witch hazel  
1 tsp. lemon extract  
1 tsp. cucumber extract  
1 cup water

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

### 444. Cornmeal Cleanser (for Oily Skin)

Castile soap  
1 Tsp Cornmeal

Wet face. Pour a little castile soap into the palm of your hand, add cornmeal. Mix meal and soap into a lather, wash face, being careful to avoid the delicate skin around the eyes.

### 445. CUCUMBER-LEMON TONIC (soothing astringent for oily skin)

This tightens pores, soothes sunburn, and can be used as a natural deodorant, also.

1 C. witch hazel  
Juice of 1 lemon  
3 T. coarsely chopped cucumber

Mix in a clean glass bottle, then let set for 2 days. Remove cucumber. Keep lotion in a cool place or the refrigerator to use as a splash.



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### 446. CUCUMBER-ROSE REFRESHER

3 oz. cucumber juice  
3 oz. distilled witch hazel  
1 1/2 oz. rose water

Mix together and place in a clean jar. Refrigerate. After cleansing face, soak a clean cotton ball with the lotion and gently pat over skin.

### 447. Custom - Scented Glycerin Soap

1 lb. block of glycerin soap  
1/8 to 1/4 oz. of essential fragrance oil  
1 cup boiling water and 1/2 cup powdered herbs or rose petals or oatmeal, cornmeal or almond meal (herbs & meals are optional)... OR... 1/4 to 1/2 cup herbal infusion (tea)

Melt glycerin in double boiler with water (or herbal infusion). If using powders, stir in with non-metallic spoon. Let cool slightly (not enough to harden - still pourable) and add the scent. Mix in and pour into molds or saran wrap-lined box. Let harden, cut into bars and bevel the edges and rough spots with a paring knife. This recipe can also be made with castile soap flakes or they can be used in combination with the glycerin soap.

### 448. Custom - Scented Hair Gel

2 tbs. flax seeds  
1 cup water  
Few drops essential oils

Place flax seeds and water in a saucepan and bring to a boil. Remove from

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heat and let sit for about 15 to 20 minutes. Strain and allow to cool completely. Add the essential oils when cooled. Place in a glass container and store at room temperature.

### **449. Custom - Scented Liquid / Gel Soap**

2 cups soap flakes or grated bar soap  
1/2 gallon water  
2 tbs. glycerin  
Fragranced or essential oil of your choice  
Food coloring of your choice (optional)

Mix first 3 ingredients together in a large pot or dutch oven. Set over low heat, stirring occasionally, until the soap has dissolved. Add fragrance oil and food coloring and mix well. Transfer to a jar and cover tightly. For a less thick gel soap, use 1 gallon of water.

### **450. Do it Yourself "Petroleum" Jelly**

2 oz. beeswax or wax of your choice.  
1 cup of the oil of your choice.

Melt the beeswax in a double boiler or in microwave.  
Stir in the oil Remove the mixture from the heat and stir until it is cool.

### **451. Eggwhite Toner**

Clean face thoroughly using any natural cleanser. Apply raw eggwhites to the skin and leave on for at least 15 minutes. Wash off with tepid water.

**452. EGG-HONEY MOISTURIZER**

1 egg yolk  
2 T. honey

Mix ingredients together until a light paste is formed; apply to face and neck, avoiding eye area and mouth. Leave on for 10 to 15 minutes; rinse off thoroughly with tepid water.

**453. Enchanted Body Mist**

2 cups distilled water  
3 tbs. vodka  
5 drops everlasting essential oil  
10 drops peony essential oil  
10 drops sandalwood essential oil

Mix all the ingredients together in a spray bottle, shake well. Allow to settle for at least 12 hours. Store in a cool dry place.

**454. Frizz Tamer for Hair**

1/2 cup conditioner  
1/4 cup honey  
1 tbs. almond oil

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

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### 455. FRUIT PUNCH REFRESHER

1/2 C. lemon yogurt  
1 tsp. lemon juice  
1 tsp. lime juice  
1 tsp. grapefruit juice

Mix; leave on face for 10 minutes. Rinse with cold club soda.

### 456. Hair Color - Blonde Highlights for Hair

1 cup lemon juice  
3 cups chamomile tea (brewed and then cooled)

Mix ingredients together. Pour over damp hair. Let it sit for 1 hour while you sit in the sun. Wash out.

### 457. Hair Color - Red Highlights for Hair

1/2 cup beet juice  
1/2 cup carrot juice

Mix ingredients together. Pour over damp hair. Let it sit for 1 hour while you sit in the sun. Wash out.

### 458. Herbal Aftershave

1/2 cup rubbing alcohol  
1/4 cup witch hazel  
1/2 cup distilled water  
3 drops oil of benzoin  
1 tbs. olive oil

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1/2 cup dried herbs and/or a few drops of essential oils of your preference (some ideas for herbs: rosemary, sage, cinnamon, cloves, crushed lavender flowers, orange or lemon peels, etc.)

Combine ingredients in a jar. Cover and place in a dark, fairly cool place. Shake the jar once or twice a day for 2 to 3 days. Strain out herbs and refrigerate.

### 459. Herbal Blemish Treatment

1 cup water  
1/4 C parsley  
1 TBSP mint leaves  
1/4 watercress  
3 medium size carrots(peeled and chopped)  
1 egg white

Bring first 4 ingredients to a boil, reduce heat and simmer for 30 minutes. Remove from heat and let cool. In a blender mix infusion with carrots and egg white on medium speed for 45 seconds  
Apply to face , let sit for 10 to 20 minutes. Rinse off with warm water  
Cover and refrigerate immediately, discard after 3 days

### 460. HERB GARDEN SPLASH

2 C. white vinegar  
1/4 C. honey  
1 tsp. sage  
1 tsp. thyme  
1 tsp. savory  
1 tsp. ground cloves  
1 tsp. crushed bay leaves

Combine all ingredients and store in a sterilized glass jar for 1 week.  
Shake occasionally to mix contents. Strain and pour into a tightly capped

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bottle.

### 461. HERBAL FACE STEAM (deep pore cleanser)

1 qt. water

1 handful any herbs\*

Juice and peel of 1/2 lemon

Bring water to a boil. Add juice and peel of lemon and herbs. Turn off the heat and take the pot to a table. Cover your hair with a shower cap or towel and drape another towel over your head and the pot, holding your face about 10 inches above the water. Keep your eyes closed and let the steam do its magic cleansing for about 15 minutes. Afterward, rinse with *COLD* water to close the pores.

\* Use any herbs you have available: rosemary, thyme, mint, marjoram, basil, parsley, cloves, caraway, anise or fennel seeds, chamomile, lavender or elder flowers.

### 462. High Protein Moisturizer

Beat 1 egg yolk into 1 cup whole milk. Apply to face with fingertips.

Bottle and store remainder in refrigerator

### 463. Honey Hand Cleanser

2 tablespoons honey

1 tablespoon liquid soap

1/4 cup almond or walnut oil

Combine the ingredients and mix until smooth. Makes about 1/3 cup.

### 464. Honey Cleanser (For Dry Skin)

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Castile soap

1 Tsp Honey

Wet face. Pour a little castile soap into the palm of your hand, add honey. Mix honey and soap into a lather, wash face.

### **465. Hot Oil Treatment for Hair**

1 tsp. soybean oil

2 tsp. castor oil

Few drops fragrance oil (optional)

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

### **466. Lemon Toner**

1/2 cup lemon juice

1 cup distilled water

2/3 cup witch hazel

Combine all ingredients. Pour into a clean bottle or decorative cosmetics container. Shake well before using. Apply with a clean cotton ball. Note: Lemon is a strong astringent, dilute with water before using, being careful to keep away from eyes.

### **467. LEMON ASTRINGENT (for oily skin)**

1/2 C. witch hazel

1/4 C. lemon juice

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Mix. Apply to face and neck with a clean cotton ball.

### 468. LEMON RINSE

This is the strongest acid rinse. Mix a fresh batch every five days. It becomes stale after the fifth day and should be discarded.

1/4 C. lemon juice, freshly-squeezed

1 1/2 C. water

Combine lemon juice and water. After cleansing, smooth mixture over your face and allow to air dry.

### 469. LEMON SOAK (for dry, rough feet)

1 bowl warm water

Juice of 1 lemon

Add lemon juice to warm water in bowl. Soak feet for 15 to 20 minutes.

### 470. Lemony Lavender Toner

3 drops lemon oil

3 drops lavender oil

3 teaspoons of distilled water

Use a soft cotton ball to massage mixture into the skin after cleansing. Follow with a moisturizer if desired

### 471. LUSCIOUS BODY POLISHER

2 C. plain yogurt



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- 1 T. wheat germ
- 1 T. honey
- 1 T. almond oil\*

\* Omit almond oil if skin is acne-prone.

Mix all ingredients. Dampen skin in shower and massage mixture all over. Rinse with warm water. Rinse immediately with cold water to boost circulation.

### 472. Makeup Remover and Moisturizer

- 1/2 cup paraffin
- 1 cup mineral oil
- 1/2 cup water
- 2 tbs. alum

Slowly heat paraffin with the oil in a double boiler. In a separate saucepan, heat the water until it simmers, then dissolve the alum in it. Let cook, then add to the warm mineral oil and paraffin mixture. As everything cools, the paraffin will rise to the top. Drain off the water. The residue is your makeup remover.

### 473. Margarine

Buy a pound of natural margarine from the health food store, NOT the supermarket. Store in refrigerator. Apply enough to cover smooth skin. It will absorb into the skin and surprisingly, does not leave a greasy residue.

### 474. Mechanic's Hand Cleanser

- 1 cup borax
- 1 to 2 tsp. pure turpentine
- 1 tsp. sweet orange essential oil

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1 cup ground soap

With very clean hands, work the turpentine and essential oil into the borax until there are no lumps left, then work into the soap. Keep it in a wide-mouthed jar or tin that's easy for him to open when his hands are greasy, and which you won't mind getting dirty on the outside. Don't forget to put a nail brush and pumice stone out with the hand cleanser.

### 475. Misty Passions Perfume

3 drops passionflower oil

2 drops ylang-ylang oil

3 drops neroli oil

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

Pour the alcohol into a bottle or jar. Add the oils and shake well. Let stand for 1 week before using.

### 476. Milk and Honey Cleanser

Mix 1 tsp warm honey with 1 tablespoon milk or cream. This recipe should be prepared fresh each time.

### 477. MOLDED MASSAGE OIL BAR

4 T. solid vegetable shortening

3 T. solid cocoa butter

2 T. solid coconut oil

1 T. beeswax

1 T. paraffin wax

10 drops orange essential oil (or whatever you like)

Heat all the above, except essential oil, in a microwave (power 7) for

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approximately 3 minutes or melt in a double boiler.  
Stir until liquid. If you want them colored, add a crayon or wax dye. Beat for several minutes until emulsified and slightly thick. If it isn't thickening, place your bowl in ice water as you beat it with an electric mixer. Add essential oil. Pour into metal or lightly oiled plastic/glass molds. (Chocolate molds work well and are about the right amount for a body massage.) Refrigerate until set. Wrap in plastic and store in a cool place. To use, simply hand warm your molded oil and give a massage to your favorite person or give yourself a foot massage.

### 478. NATURAL LEMON SKIN EXFOLIANT

1/2 to 2/3 C. granulated sugar  
Juice of 1 lemon

Mix sugar and lemon juice to form a paste.  
While showering invigorate your skin with the paste. Use the inside of the lemon rind to rub heels and elbows.

### 479. Oriental Nights Perfume

4 drops sandalwood  
4 drops musk  
3 drops frankincense  
2 tsp. jojoba oil

Mix all the ingredients together and shake well. Allow perfume to settle for at least 12 hours. Store in a cool dry place.

### 480. Paraffin Wax Treatment For Hands -

You will need:

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1 block paraffin wax (about 4 oz)  
an ounce of oil  
20 drops of essential oil... lavender is rather nice  
a few drops of olive oil ( you will use this to coat your hands)  
a casserole dish that you have greased with oil before hand  
plastic sandwich bags

Melt the paraffin, the ounce of oil, the scented oil in a double boiler. Be sure to use a double boiler for safety purposes. Very carefully pour the wax into the dish and wait until a skin has formed on the top of the wax. When this happens, the temperature should be about right for submerging your hands.\*\*But before you do, be sure to test the wax for comfort in case the wax is still a little too warm for your liking. Testing a little on your wrist usually works. Get your hands ready by washing them and then pat them dry with paper towel. Smooth on the olive oil and be sure to cover every inch of your hands and fingers. Dip each hand into the wax repeatedly until you have several layers of wax built up on your hands. Have someone help you put on the sandwich bags onto each hand and then relax for about 30 minutes. For added benefit, place a bath towel over your hands as you wait. This is a perfect time to watch a half hour of tv. Now comes the time to remove the wax... simply peel it away. Start at the wrist area and pull it down. It should come off in large sections. Give yourself a little hand massage and you are done.

### 481. Protein Toner

Beat together 1 Tbsp milk, 1 tsp honey and 1 egg. Apply to face and neck. Leave on as long as desired. Rinse off with warm water followed by a splash of cold.

### 482. Rose

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Use 2 parts rose water and 1 part glycerin to make a lotion. Apply nightly and work into skin.

### 483. ROSE WATER

1 C. rose petals  
1/2 C. rubbing alcohol  
1 1/2 C. water

Simmer rose petals in water for 10 minutes. Strain. Preserve with alcohol or just refrigerate without preserving. Store up to 1 week in the refrigerator.

### 484. Rose Water & Glycerine Astringent

1/2 pint olive oil  
1 ounce rose water  
a few drops of glycerin  
1 ounce vodka

### 485. ROSE-ROSEMARY LOTION

1 oz. rose petal tea or  
rose water  
1 oz. rosemary tea  
1 T. egg white

Whirl in the blender. Store in a clean, tightly-capped, jar in the refrigerator.

### 486. Sage Astringent

4 Tbsp dried sage  
4 Tbsp vodka  
1/4 tsp borax

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3 Tbsp witch hazel  
10 drops glycerin or honey

Steep the sage in vodka for 2 weeks then strain. Dissolve borax in witch hazel, stir in the saged vodka and glycerin. Pour into bottle with a tight cap. Shake before each use.

### 487. Sesame Oil Cleanser (For Dry Skin)

Apply sesame oil to face and neck. Remove oil and makeup with a washcloth that has been soaked in hot water and wrung out. Finish with a rinse of the pH Balancer.

### 488. Scented Rocks (A Nice Alternative to Potpourri)

1/2 cup plain flour  
1/2 cup salt  
1/4 tsp. essential oil in your favorite scent  
2/3 cups boiling water  
Food coloring, if desired

In bowl, mix dry ingredients well. Add essential oil and boiling water to dry ingredients. (Scent will be strong, but will fade slightly when dry.) For colored stones, blend in food coloring, one drop at a time, until desired shade is reached. Blend ingredients and form balls. Allow stones to dry. Place rocks in a bowl or dish to scent a room.

### 489. SKIN BOOSTER

4 T. dried dandelions  
4 T. chamomile  
5 T. rosemary

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1 (12-inch) square muslin or cotton

Place herbs in center of fabric. Bunch edges of fabric together. Secure with rubber band or string to form a scrubber. Place in a pot of boiling water. Remove from stove. Steep 10 minutes. Remove scrubber and save the water as

it contains herbal juices. Place scrubber in a glass dish until it cools to room temperature. Sweep over entire body, one area at a time, with long strokes, continually moistening scrubber in the herbal water. First stroke in an up-and-down direction, then in a circular motion. Leave herbal residue on for 20 minutes; rinse with tepid water.

### 490. SKIN CONDITIONER (for oily or scaly skin)

1 oz. lemongrass

1 oz. cornmeal

1 oz. witch hazel

1 oz. rose petals

Blend lemongrass, cornmeal, witch hazel and rose petals, then mix 1 ounce of this mixture with 1 quart boiling water. Let steep 20 minutes. Strain into bath water. Soak at least 10 minutes. Use two times a week or more.

### 491. "Smelly Jelly" Air Fresheners

1/4 to 1/2 cup AGROSOKE polymer crystals (sold at Walmart, Lowe's, Home Depot, etc...)

Clean water (distilled, bottled or from a water filter)

Food coloring

HIGH QUALITY fragrance oil (that's the key)

Jelly jars and ring tops (Mason makes nice quilted-looking ones in 3 sizes - perfect)

Pretty lace fabric OR very loose-weave fabric cut into squares (4" x 4" or a little larger)

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Get a large bowl or pot and put the 1/4 to 1/2 cup of crystals in it. Fill it up 3/4 full with hot water and a few drops of food coloring. Remember - these crystals expand a few hundred times their original size, so pick a bowl large enough! Stir the colored mixture to saturate all the crystals. Wait. Every 10 minutes or so give the crystals a stir. After about 30 minutes all the water should be gone and the crystals should be gel-like. If not, wait some more. It will absorb all the colored water.

Next, you can add the fragrance oil to the whole bowl of gel OR you can split it up into separate bowls and scent them separately. You only need a few tablespoons of scent. After you add the fragrance oil, stir well. I make it rather strong so it never runs out of scent.

Line up the jelly jars, fabric squares and jar top rings. Add the jelly to the jars almost to the top. Place a fabric square over the top. Screw the jar top ring on to secure the fabric in place. Then pour a tablespoon of water through the fabric top. Do not let the water come out the top. Fill almost to the top only.

Lastly, tie a ribbon around the ring if you want to or just leave it as it is. Don't throw away the jar top circles! These are great to use when you don't want to use the smelly jelly right away. Just put these on the jars BEFORE the fabric is added, to seal in the scent. Then take them off and reapply the fabric and rings when you're ready to use your smelly jelly.

These last for months, but remember - water must be poured through the fabric top every week or so to keep them from drying out - very important!! If you happen to forget, they can be brought back from total dry out though.

I forgot one and had nothing but crystals and oil in the jar, but I added some water... a few hours later, a perfect smelly jelly!

### 492. Soapless Hand Cleanser

2 tablespoons honey

2 tablespoons vegetable oil

1 tablespoon oatmeal or ground almonds

1 tablespoon glycerin



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2 tablespoons witch hazel

Combine the ingredients and mix until smooth. This may be used to remove dirt from the hands and fingernails, and is less drying on the skin than soap and water. Makes enough for 1 application.

### 493. SOOTHING CUCUMBER CREAM

1 whole cucumber, unpeeled

1/2 oz. white paraffin

2 oz. sweet almond oil

Cut the cucumber into chunks and purée it in the food processor or blender. Strain the pulp through a strainer lined with cheesecloth.

Melt the wax in a small bowl in the top of a glass or enamel double boiler over medium heat. As soon as the wax is melted, slowly add the oil, stirring gently. Add strained cucumber and blend thoroughly.

Remove the pot from the heat and cover with a clean towel. Let the mixture cool very slowly to prevent crystals from forming in the wax. Stir mixture once or twice until cool. When the mixture is completely cool and smooth, store it in a tightly capped glass container in the refrigerator. It will keep for two months.

To use, smooth a bit of cream every night around the tender skin of your face and neck.

### 494. Soothing Scented Aftershave

2 cups rubbing alcohol

1 tbs. glycerin

1 tbs. dried lavender

1 tsp. dried rosemary

1 tsp. ground cloves

Stir ingredients together in a bowl. Transfer to a jar, cover, and

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refrigerate for 3 to 4 days. Shake occasionally to mix ingredients. After 3 to 4 days, strain out herbs. Keep refrigerated, will keep for 1 to 2 months. Yield: 2 cups.

### 495. Strawberry

Mash strawberries, use as an astringent and cleansing face mask.

### Sweet Butter Cleansing Cream (For Dry Skin)

Whip sweet, unsalted butter, transfer to container with a tight lid. May be stored at room temperature away from heat sources or refrigerate.

### 496. STRAWBERRIES AND CREAM ASTRINGENT (for oily or blemished skin)

1 handful strawberries  
1 heaping T. heavy cream

Mash strawberries by hand or in a blender. Add heavy cream and mix well. Spread thickly on face and neck (a shaving brush is handy for this) and let your skin benefit for 10 minutes. Tissue off, then splash face and neck with cool water.

### 497. STRAWBERRY TONER (oily skin astringent)

1/2 C. mashed strawberries  
1/2 C. sour cream or plain yogurt

Purée ingredients in a blender at low speed until well mixed and fluffy. Apply to face and neck; rinse with tepid water after 30 minutes. If mask is too runny after blending, refrigerate for one hour. Make mask the day you plan to use it.

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### 498. SUPER DRY SKIN FORMULA

1 pt. pure aloe gel  
1 oz. (tube) zinc oxide paste  
2 T. sunflower oil  
Few drops vitamin E oil

Whip ingredients together. Store in a container. Smooth over damp skin after a shower or bath.

### 499. Swimming pool hair care- to keep blonde hair from turning green

2 TBSP baking soda  
1/4 C lemon juice  
1 tsp mild shampoo

Mix together all ingredients until well blended. Wet hair and massage mixture well into hair and scalp, making sure hair ends are coated. Cover hair with plastic bag or shower cap and leave on 30 minutes. Rinse hair well and shampoo as usual.

### 500. Violet

Simmer violet flowers in a little milk to make a softening and mildly astringent face lotion.

### 501. VINEGAR FACIAL CONDITIONER (for moderately oily skin)

1 C. water

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1 T. vinegar (any type)

Mix water and vinegar in a bottle. Apply up to 1/4 teaspoon of mixture to face after each cleansing. Let dry naturally, without patting.

### 502. VINEGAR RINSE

1/4 C. apple cider vinegar

1 basin warm water

This restores the natural pH balance or acid mantle to your skin. Pour vinegar into warm water. Splash your face thoroughly. Let dry without using a towel. Acne sufferers should try this also, but be sure to start with a perfectly clean face.

### 503. Whispering Rain Body Mist

2 cups distilled water

3 tbs. vodka

5 drops sandalwood essential oil

10 drops bergamot essential oil

10 drops cassis essential oil

Mix all the ingredients together in a spray bottle, shake well. Allow to settle for at least 12 hours. Store in a cool dry place.

### 504. WITCH HAZEL SKIN CLARIFIER

3/4 C. witch hazel

1/4 C. rubbing alcohol

Mix the ingredients and store in a tightly capped, sterilized glass bottle. To use, moisten a clean cotton ball and clean your face with this solution

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after washing and before applying moisturizer. Your skin should feel tingly while using this clarifier.