



# HANDCRAFTER'S COMPANION

## RECIPE BOOK



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THE HANDCRAFTER'S COMPANION

# **The Handcrafter's Companion**

## *Spa Product Recipe Book*

**Create Spa-Quality Products for Fun & Profit**

[TheHandcraftersCompanion.com](http://TheHandcraftersCompanion.com)

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# Table of Contents

Table of Contents .....	iv
Potpourri Recipes.....	1
Country Store Primitive Potpourri Blend .....	1
Winter Simmer Blend .....	1
Fall Color Potpourri .....	2
Summer Daze Potpourri.....	2
Spice Clay Ornaments.....	3
Frankincense and Myrrh incense cones .....	3
Lemon Citrus Sachet.....	4
Pomanders.....	5
Aromatherapy Blends .....	6
Invigorating Bath .....	7
Relaxing Bath Blend.....	7
Stress Relief Bath Blend .....	8
Bath Teas, Additives & Soaks .....	9
Citrus Buttermilk Bath.....	9
Vanilla Jasmine Softening Soak .....	9
Tropical Fruit Bath Soak.....	10
Herbal Bath .....	10
Sore Muscle Soak .....	11
Princess Bath Soak.....	11
Softening Oatmeal Soak .....	11
Mountain Lodge Bath Soak .....	12
Shower Scrubby Bag.....	12
Soothing Oatmeal Bath Cookies.....	13
Stress Away Bath Melts.....	13
Bubbling Bath Powder.....	14
Vanilla Vixen Soothing Bath .....	14
Citrus Mint Scentsation.....	15
Bath Melts.....	15

Dipped Bath Bon Bons .....	16
Bubble Bath Powder .....	17
Bubble Baths .....	18
Flower Bath Syrup .....	18
Bubble Bath Powder .....	18
Disappearing Bubbling Bath Oil.....	19
Fizzie, Sudsy Bath Melts .....	19
Bath Bombs.....	20
Fizzy Bath Bombs.....	20
Bombs Away! .....	21
Butters, Balms & Lotions .....	22
Simply Luscious Lotion Bars.....	22
Healing Ointment.....	22
Whipped Body Butter .....	23
Twisted Sisters' Body Frosting .....	23
Skin Softening Lotion Bars.....	24
Multi-Performance Hydrating Cream .....	24
Eczema Salve .....	25
Scar Salve.....	26
Chocolate Raspberry Body Butter .....	26
Shea Zest Crème .....	27
Handcrafted Soaps .....	28
Oatmeal, Milk & Honey Soap .....	28
Rosemary Apple Guest Soap – With Variations.....	29
Herbal Soap - With Variation .....	29
Peppermint Pedicure Soap .....	30
Marbled Chocolate Soap.....	31
Citrus Cinnamon Soap .....	31
Orange-Calendula Sunshine Soap.....	32
Cucumber Melon Ball KIDS' Soaps.....	32
Kudos to the Cook Kitchen Soap.....	33
Lime Bath Gummy Recipe .....	34
Vanilla Rhassoul Clay Soap.....	34
Gotcha! Fisherman's Soap.....	35
Grateful Gardener Soap .....	35
Merlot Wine Soap.....	35
Soothing Scottish Oatmeal Honey Oven Process Soap ....	36
Jewelweed and Plantain Soap .....	37
Bath Salts & Scrubs .....	38

Exfoliating Salt Scrub .....	38
Citrus Basil Bath Salts .....	39
Earth Goddess Bath Salts.....	39
Fizzing Bath Salts – With Variations.....	40
How Sweet It Is Bath Salts .....	40
In the Mood Bath Salts .....	41
Sore Muscle Soak .....	41
Orange Poppy Body Scrub.....	41
Basic Bath Salt Recipe.....	42
Spa Treatments.....	43
Serenity Bath.....	43
Maya Gaia Herbal Spa Clay Mask.....	43
Tropical Relaxation Bath Oil .....	44
Orange Spearmint Bath Oil.....	44
Blood Orange & Ginger Bath Oil .....	44
Bay Rum .....	45
Herbal After Shave .....	45
Spray Bath Oil.....	45
Spa Herbal Body Wrap .....	46
Peaches n Cream Mineral Blush.....	46
Rhassoul Fascial Masque.....	47
Vanilla Tea Tree Spa Bar.....	47
After Shave Gel.....	47
Disappearing Bubbling Bath Oil.....	48
Oats ‘N Honey Facial Scrub .....	48

## Chapter 1

# Potpourri Recipes

### **COUNTRY STORE PRIMITIVE POTPOURRI BLEND**

- 1 lb. juniper berries
- 1 lb. Seedless Rosehips
- 1/2 lb. Cinnamon Sticks
- 1/2 lb. Star Anise
- 1 lb. Dried Apple dices
- 2 ounces Orange Essential Oil
- 2 ounces Cinnamon leaf Essential Oil

Mix all ingredients in large glass or ceramic bowl. Add essential oils, mix well. Seal in glass jar, and allow potpourri scents to blend for 5-7 days, agitating twice daily. Package in primitive styled bags, fabric bags, or display in container.

NOTE: May stain some fabrics. Keep away from hardwoods.

### **WINTER SIMMER BLEND**

- 1lb. Dried Lemon Peel
- 1 lb. Dried Orange Peel
- 1/2 lb. Cinnamon Chips
- 1/2 lb. Cloves
- 1 lb. Dried Apple Dices
- 5 Bay leaves, crumbled fine

Mix all ingredients in a large container which can be sealed. Allow potpourri scents to blend for 5-7 days, agitating twice daily.

To package, add 2-3 tablespoons of potpourri to a heat and seal teabag. Iron teabag closed. Package teabags in zip top plastic bags.

To use: Simmer teabag in saucepan on stove, or in appropriate style simmer pot, taking care to make sure teabag is completely covered in water. Never leave a simmering potpourri bag unattended.

### **FALL COLOR POTPOURRI**

- 20 Drops Ginger Essential Oil
- 20 drops Lime Essential Oil
- 5 drops Basil Essential Oil
- 5 drops Juniper Essential Oil
- 1 Tablespoon each of fresh ground pepper, fresh ground coriander
- 1 Teaspoon ground ginger
- 5 Cups botanicals - oak leaves, acorns, small cones, seed heads, Chinese lanterns, milo berries, eucalyptus bells, cinnamon sticks, etc.

Mix all of the spices and dried botanicals into a large lidded ceramic or glass container. Slowly add essential oils, stirring constantly. Seal container and allow to cure for 4-6 weeks, agitating twice daily. Package in desired method.

### **SUMMER DAZE POTPOURRI**

- 20 drops Lavender Essential Oil
- 10 drops Blood Orange Essential Oil
- 20 drops Rose Geranium Essential Oil
- 3 teaspoons ground cinnamon
- 1 Tablespoon ground orrisroot



- 1 whole nutmeg, grated
- 5 Cups botanicals - dried rose petals, rosebuds, lavender, angel wings, babu, orange peel, peonies, rosemary

Mix all of the spices and dried botanicals into a large lidded ceramic or glass container. Slowly add essential oils, stirring constantly. Seal container and allow to cure for 4-6 weeks, agitating twice daily. Package in desired method.

### **SPICE CLAY ORNAMENTS**

- 1-1/2 cup Herb of choice
- ½ cup Applesauce to moisten
- 1 tsp orris root
- few drops corresponding essential oil

Mix the ingredients to form a smooth firm dough. Roll out to about ¼ thickness, and cut out shapes with cookie cutters. Use a coffee stir stick to form hanging holes before laying out on waxed paper or parchment to dry for 2 or 3 days.

### **FRANKINCENSE AND MYRRH INCENSE CONES**

- 1 part powdered frankincense
- 1 part powdered myrrh
- 4 parts powdered sandalwood (or pine)
- 1 part powdered orrisroot
- 1 part saltpeter
- 1 part gum tragacanth OR gum Arabic powder

Using 1 teaspoon as a part works well, and will yields about 3 dozen cones. Mix the saltpeter with a few tablespoons of warm water and mix well. Blend all of the other ingredients and add the water/saltpeter mixture. Mix well.

Continue adding plain water until a firm, pliable dough is formed. If it becomes too wet it will still be alright, but take longer to dry. Take very small bits (1/4 tsp) of the dough and form into cones. Place on waxed paper and allow to dry for several days. Turn daily.

When completely dry, light with a match and burn in a fireproof dish or incense burner.

### **LEMON CITRUS SACHET**

- 1 lb. dried lemon peel
- 1 lb. cut orrisroot
- 1/8 ounce Lemongrass Essential Oil
- 1 ounce Bergamot Essential Oil
- 1/2 ounce Lemon Essential Oil

Place dried lemon peel in a large glass jar, add orrisroot. Add each oil slowly, allowing them to seep into the botanicals. Seal jar, and allow the potpourri fragrance to blend for 3-5 days. Agitate jar twice daily. Package in muslin or organza bag, or your favorite dish.

NOTE: May stain fine fabrics. Keep away from hardwoods.

Variations: Dried apple dices, cinnamon sticks and Apple Fragrance oil, dried orange peel, star anise, and Orange Essential Oil

## **POMANDERS**

- 1/2 ounce fresh grated nutmeg
- 1 ounce orrisroot
- 2 ounces ground cloves
- 4 ounces ground cinnamon
- 1 ounce ground allspice
- Whole cloves, for accenting your oranges
- Oranges - Seville oranges are best for this

Mix dry ingredients in a shallow, lidded casserole dish. Cut slits into the oranges running from top to bottom at varying intervals. Poke the whole cloves into the oranges in desired pattern. Place dry mixture into the casserole dish, and roll oranges in it -- coating completely.

Cover the dish, and allow the oranges to dry out. Check them every few days, and turn them -- if you notice moisture present, simply leave the lid slightly ajar, so that it will evaporate.

To use, thread a satin ribbon or jute cord through orange, and hang in closets or on a wreath. If scent begins to fade, it can be refreshed with Bergamot or Orange Essential oil.

## Chapter 2

# Aromatherapy Blends

Here are some fragrance combinations that you can use to help create new fragrances:

### **Essential Oil Blends**

- Rosemary Apple - Blend Apple Fragrance oil with a dash of Rosemary Essential Oil
- Lemon Ginger - Equal parts of Lemon and Ginger Essential Oil
- Spice Orange - Equal parts of Cinnamon Leaf and Blood Orange Essential Oil
- Ginger Peach - Blend Peach Fragrance oil with a splash of Ginger Essential Oil
- Lavender & Lemongrass - A blend of Lavender and Lemongrass Essential Oils
- Orange Peppermint - Blend either Blood Orange or Neroli Essential Oil with Peppermint Essential Oil
- Concord Grape & French Vanilla - A rich, unexpected fragrance results in this equal parts blend.
- Lemon Huckleberry - The tart of the lemon fragrance oil blends beautifully with the sweet scent of Huckleberry
- Gingersnap Apple - A spicy fall treat! Blend equal parts of Gingersnap and Apple fragrance oils
- Peach Melba - Blend Peach and Raspberry fragrance oils in equal parts
- Key Lime & Raspberry - Crisp and tart, with a touch of sweetness. Blend equal parts of both.

## **INVIGORATING BATH**

- 6 drops Bergamot\* Essential Oil
- 11 drops Lavender+ Essential Oil
- 7 drops Orange Essential Oil
- Blend with carrier oil such as Sweet Almond, Grapeseed, etc.

\* Can cause sensitivity to light. Safe application is 4 drops to 2 teaspoons of carrier oil

+ Do not use during first trimester of pregnancy, with epilepsy, or with low blood pressure.

## **RELAXING BATH BLEND**

- 2 drops Roman Chamomile Essential Oil
- 2 drops Geranium\* Essential Oil
- 2 drops Rose Otto Essential Oil
- 2 drops Rosewood Essential Oil
- 2 drops Ylang Ylang+ Essential Oil
- Blend with carrier oil such as Sweet Almond, Grapeseed, etc.

Blend oils together, and add to warm bath water.

+ Do not use with low blood pressure or sleep apnea. May irritate sensitive skin.

\* Do not use during first trimester of pregnancy, with estrogen dependent cancers, or with hypoglycemia. May cause insomnia if over used.

## **STRESS RELIEF BATH BLEND**

- 4 drops Roman Chamomile Essential Oil
- 5 drops Lavender+ Essential Oil
- 3 drops Marjoram\* Essential Oil
- Blend with carrier oil such as Sweet Almond, Grapeseed, etc.

+ Do not use during first trimester of pregnancy, with epilepsy, or with low blood pressure.

\* Do not use if pregnant, on children, or the elderly. Do not use with low blood pressure.

## CHAPTER 3

# Bath Teas, Additives & Soaks

### **CITRUS BUTTERMILK BATH**

- 2 C. Buttermilk Powder
- ¼ C. Cornstarch
- ¼ C. Tapioca Starch
- ¼ C. Epsom Salts
- 1 TB Dried Orange or Lemon Peel, finely ground
- 2 teaspoons dried rosemary
- 2 teaspoons of desired citrus fragrance or essential oil

Mix ingredients together in large glass bowl. Transfer to desired packaging. To use, add ½ cup to warm bath.

### **VANILLA JASMINE SOFTENING SOAK**

- 1 C. Epsom Salts
- 1 C. Baking Soda
- ¼ C. Tapioca Starch
- 3 drops Jasmine fragrance or essential oil
- 3 drops vanilla fragrance oil
- Soap Safe Colorant, if desired
- 2 tbs. Liquid Glycerin

Mix ingredients together in large glass bowl. Transfer to desired packaging. To use, add ½ cup to warm bath.

## **TROPICAL FRUIT BATH SOAK**

- 1/2 C. Baking Soda
- 1/4 C. Epsom Salts
- 1/4 Teaspoon Orange Essential or Fragrance Oil
- 1/4 Teaspoon Pineapple Fragrance Oil
- Soap Safe Colorant, if desired

Mix ingredients together in large glass bowl. Transfer to desired packaging. To use, add desired amount to a warm bath.

Variations: To make the mixture fizz, add in 1/4 cup of Citric Acid. Fragrance/essential oil variations include: Vanilla and Lavender, Lavender and Chamomile, Lemon and Blueberry, Vanilla and Cherry, Orange and Peach.

## **HERBAL BATH**

- 1 C. Oatmeal
- 1 Tablespoon dried herbs (see list)
- 1-3 drops essential oil of choice

To stimulate and invigorate – lavender, lemon verbena, mint, sage, rosemary, rose geranium

To soothe and relax – Chamomile, primrose, jasmine, juniper berries, lemon balm, roses

Combine ingredients in a blender – blend until mixture is finely ground. Transfer to glass bowl, add essential oil of choice, and mix well. Transfer to desired packaging. To use, add 2-4 tablespoons to warm running bath.



## **SORE MUSCLE SOAK**

- 2 C. Epsom Salts
- 1 C. Sea Salt
- 10 drops Lavender essential oil
- 10 drops Peppermint essential oil
- ½ cup dried rose petals (if desired)

Mix all ingredients in medium bowl, transfer to desired packaging. To use, add 2-4 tablespoons to warm running bath water.

## **PRINCESS BATH SOAK**

- 1 C. Buttermilk Powder
- ½ C. Tapioca starch
- ¼ C. Mango Butter, melted
- 3-5 drops Grapefruit Essential Oil

Mix all ingredients in medium bowl, transfer to desired packaging. To use, add a generous amount to warm running bath water. Soak & enjoy!

## **SOFTENING OATMEAL SOAK**

- 2 C. Buttermilk Powder
- ½ C. Cornstarch
- ½ C. Tapioca Starch
- ½ C. Oatmeal, finely ground
- ¼ C. Mango Butter, Melted
- 1 teaspoon soap safe fragrance, if desired

Mix all ingredients together in medium bowl. Transfer to desired packaging. To use, add a generous amount to warm running bath water. Soak & enjoy!

## **MOUNTAIN LODGE BATH SOAK**

- 1 C. Epsom Salt
- 1 C. Sea Salt – Medium or Fine
- 1 Tablespoon Baking Soda
- 1 Tablespoon Dried Lavender
- 1 Tablespoon Citric Acid
- 4 Drops each of: Chamomile, Rosewood, & Cedarwood Essential Oils

Mix all ingredients together in a large glass bowl, adding oils one at a time – mixing well in between. Transfer to desired packaging. To use, add desired amount to warm running bath.

## **SHOWER SCRUBBY BAG**

- Fill a 3 x 4" muslin bag with about 1/3 Cup of one or more herbs from this list:
- Peppermint for a refreshing wake-up
- Chamomile for an apple-scented soothe
- Calendula for healing
- Lavender for scent and soothing
- Patchouli for a 60's scent!
- Rose petals for scent and romance

Adding some Irish moss will cause the baggy, when wet, to become soft and gelatinous, and give it a soothing feel. Wipe it all over you while you shower. It will soothe and scent your skin.

To use as Bath Herbs: Use the scrubby above as a "tea bag" and brew up a heavenly scented "tea" to add to your bath, or simply hang the bag over the water spout, allowing the water to flow through the herbs as the tub fills.

## **SOOTHING OATMEAL BATH COOKIES**

*NOTE: Not for consumption*

- 1 1/2 C. Sea Salt
- 1/2 C. Baking Soda
- 1/2 C. Cornstarch
- 1/2 C. Scottish Oats
- 2 TB light oil
- 2 eggs
- Fragrance Oil of choice

Preheat oven to 200 degrees. Mix together ingredients. Add small amount of water if needed. Take a spoonful of the dough and pack it tightly into a flat, round cookie shape. Place these on an ungreased sheet. Bake the cookies for about 20 minutes until they are VERY LIGHTLY browned. DO NOT OVERBAKE or they will be too hard to crumble or dissolve in your bath water. Allow to cool completely.

To use: Crumble one or 2 cookies into a warm bath and let dissolve.

## **STRESS AWAY BATH MELTS**

- 3/4 cup citric acid
- 1 cup baking soda
- 10 drops Ylang Ylang essential oil
- 10 drops Patchouli essential oil
- 6 oz Cocoa butter

Melt the cocoa butter, let it cool slightly, but not get thick, whisk in the essential oils, and then whisk in the citric acid and baking soda. Put into molds. Place mold in the freezer about 45 minutes. Remove & package in desired method.

## **BUBBLING BATH POWDER**

- 2 cups baking soda
- 3/4 cup Epsom salts
- 1/4 cup corn starch
- 1 cup citric acid
- 1/2 cup Sodium Lauryl Sulfoacetate
- 3 tsp. jojoba oil
- 20 drops lavender essential oil
- 10 drops roman chamomile essential oil
- 10 drops patchouli essential oil
- 1 drop rose essential oil

Mix the dry ingredients in a large mixing bowl. Add the liquids and very slowly... a little at a time. It should just barely hold together. Mix, knead, shake. Store in a large decorative jar in the bathroom.

To use, add a scoop to the running bath water.

## **VANILLA VIXEN SOOTHING BATH**

- 1/2 cup coconut oil (warmed)
- 1/2 cup mango butter (melted)
- ½ cup of honey
- ½ cup of liquid soap
- 2 tablespoons vanilla fragrance oil

Blend the ingredients well and pour into a clean bottle. Secure tightly and store in the bathroom. Pour about a ¼ cup under running water. Remember to shake before using.

If the mixture begins to solidify in the bottle, simply immerse the bottle into the warm water to soften.

## **CITRUS MINT SCENTSAATION**

- 2 cups buttermilk powder
- 1/2 cup tapioca starch
- 1 tablespoon orange peel
- 2 teaspoons fresh mint
- 1 tablespoon lemon peel

Mix all ingredients together until well blended. Pour into a clean dry container. To use: Pour a few tablespoons into warm bath water.

## **BATH MELTS**

Find Candy Molds of your choice, without the stick, at your local Craft store. You will need about three to four molds. Wash and dry molds.

- 3-4 clean Candy Molds
- Paper Towels
- Glass Measuring Cup
- Double Broiler or Microwave
- Spoon
- Candy Thermometer
- 3/4 cup Natural or Unscented Cocoa Butter
- 1/4 cup Extra Virgin Coconut Oil
- Essential Oils of your choice

Measure Oils. Place oils in double broiler or melt in a glass measuring cup in microwave until just melted. When oils reach 80-90 degrees, add Essential Oils. Stir and pour carefully into each cavity of the molds. Let stand overnight.

(Shortcut, let stand about 45 minutes then place in freezer about 20 minutes.) Unmold Bath Melts and store in a cool, dry place.

Package in desired method.

To use: Add 2-3 melts to warm running water and enjoy the aromatherapy and feel the wonderful moisture it leaves on your skin!

NOTE: Can cause tub to be slippery – USE CAUTION!

### **DIPPED BATH BON BONS**

- 2 cups Sea Salt
- 1/2 cup Baking Soda
- 1/2 cup Cornstarch
- 1/2 cup Scottish oats
- 2 Tablespoons light oil
- 2 eggs
- 4 ounces M&P Soap Base
- Fragrance oil of choice

Mix together ingredients EXCEPT the soap. Add small amount of water if needed. Take a spoonful of the dough and pack it tightly into a round ball shape. Place these on an ungreased cookie sheet.

Bake the bon bons for about 20 minutes until they are VERY LIGHTLY browned. DO NOT OVERBAKE or they will be too hard to crumble or dissolve in your bath water.

Allow to cool completely. Melt soap base in microwave or double boiler. Do not allow to boil. Dip each bon bon into the soap and allow to cool on wax paper.

To use: Crumble one or 2 bon bons into a warm bath and let dissolve.

## **BUBBLE BATH POWDER**

- 2 cups Baking Soda
- 1/8 cup Tapioca starch
- 3/4 cup Epsom Salts
- 1/8 cup Corn Starch
- 1 cup Citric acid
- 1/2 cup Sodium Lauryl Sulfoacetate
- 2 teaspoons of scent of your choice, essential oil or fragrance oil.

Mix the baking soda, Epsom salts, starches and citric acid together in a glass or stainless-steel bowl. SLOWLY & CAREFULLY add the Sodium Lauryl Sulfoacetate. Try not to breathe the very fine powder, as it can irritate the nasal passages.

Add your fragrance or essential oil(s). Mix well. Put in a glass jar with a good lid. Keep away from moisture, heat or sunlight.

To use, add a couple of scoops to warm running water.

## CHAPTER 4

# Bubble Baths

### **FLOWER BATH SYRUP**

- 3 ounces Sulfonated castor oil (aka Turkey Red Oil)
- 1 ounce vegetable glycerin
- 1/8 ounce jojoba oil
- 1/2 ounce rosewater
- 6 drops sweet orange essential oil
- 2 drops jasmine absolute
- 2 drops clary sage essential oil
- 1 drop ylang ylang essential oil

Measure the Turkey Red oil into a glass bottle. Add the vegetable glycerin, jojoba oil and rosewater. Cap and shake gently to mix. Add the essential oils and jasmine absolute last and cap. Shake gently again to mix. Allow Flower Bath Syrup to sit for several days before using so that the scents can mingle.

To use, shake well before pouring into a drawn bath.

### **BUBBLE BATH POWDER**

- 2 cups Baking Soda
- 3/4 cup Epsom Salts
- 1/4 cup Corn Starch
- 1 cup citric acid
- 1/2 cup Sodium Lauryl Sulfoacetate (\* USE CAUTION - Eye & Nose irritant)



- 2 teaspoons of scent of your choice, essential oil or fragrance oil.

Mix first 4 ingredients together in a glass or stainless-steel bowl. SLOWLY & CAREFULLY add the Sodium Lauryl Sulfoacetate. Add your fragrance or essential oil(s). Mix well. Put in a glass jar with a good lid. Keep away from moisture, heat or sunlight.

To use, add a couple of scoops to warm running water.

### **DISAPPEARING BUBBLING BATH OIL**

- 1 C. Apricot kernel oil
- ½ C. glycerin
- ½ C. liquid soap
- Add a few drops of Essential Oil or Fragrance Oil

Mix together. Shake gently and use ¼ C. into bath under running water

### **FIZZIE, SUDSY BATH MELTS**

- 1/2 cup baking soda
- 1 T cornstarch
- 1-1/2 T. Mango Butter
- 1-1/2 T. Shea Butter
- 2 T citric acid
- 2 T. Sodium Lauryl Sulfoacetate
- 20 drops fragrance or essential oil of your choice

Mix soda and cornstarch together. Melt oil. Add melted oil to the soda/cornstarch. After mixing, add fragrance and coloring, then add citric acid and SLS. Pack into molds, place in freezer for 30 minutes or until solid. Unmold and set out to dry for several days.

## CHAPTER 5

# Bath Bombs

### **FIZZY BATH BOMBS**

- 2 tbs. citric acid
- 2 tbs. cornstarch
- 1/4 C. baking soda
- 3 tbs. Coconut oil (feel free to substitute another oil of choice)
- 1/4 tsp. fragrance oil
- 3-6 drops of Soap Safe colorant, if desired

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, airtight container.

To use, drop 1 to 3 bombs into warm bath water.

## **BOMBS AWAY!**

- 1/4 C. Citric Acid
- 1 tsp. Tapioca Starch
- 3/4 C. Baking Soda
- Witch Hazel
- 3-5 drops desired Fragrance or Essential Oil

Combine the dry ingredients in a glass bowl. Continue to mix, spritzing lightly with Witch Hazel as needed. Once the mixture begins to stick together, it is ready to be packed into your desired mold.

Allow to dry completely before removing from mold. Take special care to keep bath bombs out of humid environments, as this will cause them to “bloom”.

## CHAPTER 6

# Butters, Balms & Lotions

### **SIMPLY LUSCIOUS LOTION BARS**

- 5 Ounces Jojoba Oil
- 4 Ounces Mango or Shea Butter
- 4 Ounces Beeswax
- 2 teaspoons soap safe fragrance oil – we like Orange & Peppermint!

Melt oils and beeswax separately, then combine in medium glass bowl. Mix well, then add fragrance. Allow the mixture to cool slightly before pouring into containers. This mixture will completely set within 1-2 hours.

### **HEALING OINTMENT**

- 1 tbsp Vegetable Oil
- 2 tbsp Coconut Oil, Fractionated
- 0.3 oz. Beeswax Beads
- 0.3 oz. Lanolin, Anhydrous
- 20 drops Lavender EO
- 5 drops Tea Tree EO

Melt all ingredients together. Allow to cool partially, then add essential oils. Stir well and pour into sterilized container. Can use Avocado, Apricot Kernel, or your favorite carrier oil. Can add 1 oz. of Emu oil as a part of the base oils.

## **WHIPPED BODY BUTTER**

- 1 cup unrefined Shea Butter
- 1/8 cup Apricot Kernel oil
- 1/8 cup jojoba oil
- 20 drops essential oil (rose geranium is great)

Soften the butter in the microwave for 15 seconds. Using a mixer, begin whipping, while slowly adding the liquid oils. Add any fragrance while whipping.

## **TWISTED SISTERS' BODY FROSTING**

- 6.5 oz. Mango Butter
- 1 oz. Emu Oil
- 6.5 oz. Shea Butter
- 1 tsp. Cornstarch
- 2 oz. Passion Fruit Oil
- 2 ml fragrance of your choice

Melt oils gently over low heat. Remove from heat and add cornstarch. Place in mixing bowl and begin blending. Slowly at first. When mixture is no longer transparent, place in refrigerator for about 5 minutes.

Add any fragrance – preferably essentials because of the emu – at this time (we used spearmint.) Return to mixer, increasing speed. Continue cooling and beating until butter begins to hold its shape. When it looks like frosting in a jar, but is still pourable, place into jars.

## **SKIN SOFTENING LOTION BARS**

- 2 oz. deodorized cocoa butter or mango butter
- 2 oz. beeswax, refined beads
- 2 or 3 oz. oil such as jojoba, sunflower or sweet almond
- 2 tsp. essential oil or fragrance oil of your choice

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). Melt together in microwave. Add the 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. 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, place in refrigerator a few minutes before popping out of mold.

## **MULTI-PERFORMANCE HYDRATING CREAM**

Gentle enough for under-eye use. Makes a good overnight cream. Can also be used like cold cream to remove makeup. This recipe is for experienced lotion makers.

### **Part A**

- Behenyl Alcohol 1%
- Emulsifying Wax 5%
- Olive Butter 20.5%
- Avocado Butter 20.5%
- Evening Primrose Oil 8%
- AquaEm 4%
- PEG-7 Oliviate 5%
- T-50 Tocopherol 1%
- Phenonip .5%

## Part B

- Water 29%
- Phenonip .5%
- Antioxidant Compound 4%
- Fragrance 1%

Melt Behenyl Alcohol, Emulsifying Wax, Olive Butter, and Avocado Butter together. Cool to around 150 degrees. Add remaining Part A ingredients. Mix well. Heat water to approximately 150 degrees, and add phenonip. Blend thoroughly with stick blender.

Add Antioxidant Compound and fragrance. Mix well. Add Part B to Part A with mixing. Alternate cooling, and mixing with stick blender until mixture reaches around 110 degrees. Pour into jars and allow to cool completely.

## **ECZEMA SALVE**

- 2 oz. Shea butter
- 1/2 oz. calendula-infused olive oil
- 2 oz. jojoba oil
- 30 drops lavender Essential Oil (EO)
- 1/2 oz. beeswax
- 20 drops evening primrose oil

Place shea, jojoba and beeswax in a pan and melt gently. When oils have completely melted, allow to cool until it is comfortable to put your hand on the side of the pan.

Add calendula-infused oil, lavender EO and evening primrose oil. Stir well and pour into sterilized container. Allow to set up overnight.

## **SCAR SALVE**

- .2 oz beeswax
- 1 oz jojoba
- .5 oz unrefined shea
- 1 oz Emu Oil
- 1 oz avocado
- 20 drops Essential Oil (EO) mixture (3:2 Chamomile : Lavender)

Gently heat oils and beeswax until wax is melted. Remove from heat, cool a bit and add Essential Oils. Pour into container

## **CHOCOLATE RASPBERRY BODY BUTTER**

- ¼ C. grated cocoa butter
- 1 T. avocado oil
- 1 T. coconut oil
- 1 T. beeswax pastilles
- 2 T. sesame oil
- 20 drops raspberry Fragrance Oil

Combine all ingredients and melt gently. Add fragrance, and stir in. Pour the melted mixture into a clean jar and allow to cool. Stir the cooled mixture.



## **SHEA ZEST CRÈME**

- 50% Shea butter
- 25% Kokum butter
- 11.5% Meadowfoam oil
- 11.5% jojoba oil
- 1% Vitamin E
- 1% Lemon essential oil

Melt kokum butter slowly. Soften Shea butter (do not melt completely) and blend butters together. Add Meadowfoam and jojoba oils into butters. Whip with blender to blend ingredients. Add essential oil and blend again.

Put into freezer for 5 to 15 minutes to thicken. Remove from freezer and whip to consistency of whipped cream. Pour into desired container(s).

## CHAPTER 7

# Handcrafted Soaps

### **OATMEAL, MILK & HONEY SOAP**

- 1-1/2 lbs. White Melt & Pour Base
- 2-1/2 tsp. Oatmeal, Milk & Honey Fragrance
- 1-2 Tbs. Oatmeal, finely ground
- Soap Mold of Choice

Melt soap in desired method -- double boiler, or microwave. If using the microwave, be sure to heat in short small bursts, stirring in between. Take care not to bring the soap to a boil. Once melted, slowly add the fragrance oil, stirring to incorporate completely.

Add in oatmeal, and mix well. Pour into molds, stirring as you pour. You may alternately wish to add the oatmeal to the bottom of the mold prior to pouring -- which will create an exfoliating layer on the top of your soap.

To rid the mold of air bubbles, spritz lightly with a bit of rubbing alcohol. Allow to cool completely before removing from molds. Package in desired method.

## **ROSEMARY APPLE GUEST SOAP – WITH VARIATIONS**

- 1 lb. Melt & Pour Soap (clear or opaque)
- 1 tsp. Apple Fragrance oil
- Soap Safe Colorant, if desired
- 1/2 tsp. finely ground loofah
- ½ tsp. Dried Rosemary – finely ground
- Soap Mold of Choice

Melt soap base in glass bowl or measuring cup, using the microwave. Melt the soap using short bursts of 1-2 minutes, taking care to stir the base in between bursts.

Remove from microwave, and add fragrance and mix well. Slowly add Rosemary and loofah, stirring constantly. Allow mixture to thicken slightly, and stir again, to prevent Rosemary and loofah from sinking to the bottom.

Some other combinations: Lemon Essential & Ground Vanilla Bean, Lemon Essential & Ground Cinnamon, Blood Orange and Peppermint, Orange Essential & Dried Lavender.

Add mixture to your favorite soap mold, or heavy-duty candy mold. Allow to harden – remove gently and package using desired method.

## **HERBAL SOAP - WITH VARIATION**

- 1 lb. Melt & Pour soap base of choice
- 1 tsp. Camphor oil
- 1 tsp. Clary sage Essential oil
- Soap safe colorant, if desired
- Soap Mold of Choice

Melt soap base in glass bowl or measuring cup, using the microwave. Melt the soap using short bursts of 1-2 minutes,

taking care to stir the base in between bursts. Remove from microwave, and add oils, and mix well. Add mixture to your favorite soap mold, or heavy-duty candy mold. Allow to harden – remove gently and package using desired method.

Variation: Rosemary Mint Invigorating Soap - 1 lb. Goat's Milk Soap Base, 1/2 tsp. Rosemary, finely ground, 1/2 tsp. Mint, finely ground, 4 drops Peppermint Essential Oil. Follow steps outlined above.

### **PEPPERMINT PEDICURE SOAP**

- 1 empty chip canister (such as Pringles® brand)
- 1 natural loofah sponge
- 8 oz. Goats Milk Soap Base
- ¼ TSP Peppermint Essential Oil
- 1/2 tsp. Mint, finely ground
- Soap Safe colorant, if desired

Wet the loofah, wring out excess water. Place into clean, dry canister. Melt soap using desired method; allow to cool slightly before adding ground mint and essential oil.

Slowly begin filling the canister – you may wish to tap the canister lightly against the counter to ensure mixture goes all the way to the bottom. Fill the canister, leaving 1/2"-1" remaining at the top of the canister. Allow to cool completely.

Gently peel away the canister, and remove the soap log formed. Turn the log on its side, and carefully slice into desired thickness. Package as desired.

## **MARbled CHOCOLATE SOAP**

- 1 lb. Goat's Milk Soap Base
- 1 TB. Cocoa butter
- 1 tsp. Cocoa Powder
- 1 tsp. Chocolate fragrance oil
- 1 TB. Loofah, finely ground
- Toothpicks
- Soap Molds of choice

Melt soap using desired method; allow to cool slightly. Gently stir in the cocoa butter and fragrance. Divide batch into two parts, one slightly larger than the other.

Add cocoa powder into the smaller batch of mixture, and blend well. Pour the uncolored batch into the molds first, then gently a small amount of the darker mixture.

Using a toothpick, swirl the two colors together, creating a marbled effect. Continue until all of mixture has been used.

## **CITRUS CINNAMON SOAP**

- 1 lb. Goat's Milk Soap Base
- 1 tsp. Cinnamon Fragrance Oil
- Soap Safe colorant, if desired
- 1 TB. Dried Orange Peel, finely ground
- Soap Mold of Choice

Melt soap using desired method; allow to cool slightly. Gently stir in the fragrance, orange peel and colorant (if desired). Mix well. Pour into molds, allow to cool completely. Package in desired method.

## **ORANGE-CALENDULA SUNSHINE SOAP**

- 1 lb Clear Soap Base
- 2 TB. Calendula Petals, finely chopped
- 1 tsp. Orange Essential Oil
- Soap Safe Colorant, if desired
- Soap Mold of Choice

Melt soap using desired method; allow to cool slightly. Gently stir in the essential oil, calendula petals, and colorant (if desired). Mix well. Pour into molds, allow to cool completely. Package in desired method.

## **CUCUMBER MELON BALL KIDS' SOAPS**

- 1 lb. White Soap Base
- 2 tsp. Powdered Loofah
- 1 tsp. Vegetable Glycerin
- Soap Safe Colorant
- 1 tsp. Cucumber Melon Fragrance Oil
- Small Melon Ball Kitchen Tool
- 16-ounce heavy duty plastic food storage container

Melt soap in desired method -- double boiler, or microwave. If using the microwave, be sure to heat in short small bursts, stirring in between.

Take care not to bring the soap to a boil. Once melted, slowly add the fragrance oil, stirring to incorporate completely. Gently add in the glycerin and loofah, mix well.

Slowly pour mixture into the storage container, allow to cool. Using the melon ball tool, scoop out soap balls. These are easy for little hands to grasp, and fun to use! Package in small cello bags with wire tire closure.

## **KUDOS TO THE COOK KITCHEN SOAP**

- ½ lb White Glycerin Soap
- ½ lb Clear Glycerin Soap
- ½ T Castor Oil
- ½ T Beeswax
- ¼ Cup Sea Salt
- 2 TB. Ground Espresso
- 1 tsp. Lemon Essential Oil
- Tube Mold (\* From your local home store, or Pampered Chef)
- Non-stick cookie sheet

Melt soap in desired method -- double boiler, or microwave. If using the microwave, be sure to heat in short small bursts, stirring in between.

Take care not to bring the soap to a boil. Once melted, slowly add the oil, beeswax, salt, espresso and fragrance. Mix well -- allow to cool slightly. Place tube mold on its capped end on top of the cookie sheet.

Gently pour mixture into the mold. Allow to harden. You may wish to chill the mold in the freezer to help ease the release of the soap from the mold. Slice soap log into desired thickness -- package in desired method.

## **LIME BATH GUMMY RECIPE**

- 2 Packets of unflavored gelatin
- 1/2 cup of liquid soap
- 1/2 Cup of water
- Green food coloring
- 5 T liquid surfactant
- 20 drops Lime Essential Oil
- Plastic storage jar with lid

Empty the packet of gelatin into a bowl and set aside. Boil 1/2 cup of water in a saucepan. Pour the hot water into mixing bowl and mix it with the gelatin powder. Dissolve completely. Next pour the liquid soap into the gelatin mix in the bowl.

Add 2 drops of food coloring into the mix and also add your fragrance oil now (about 5 drops) and stir it very gently so the bubbles do not become agitated. Pour the mixture into molds, and refrigerate until set.

To use, add one "gummy" to the bath.

## **VANILLA RHASSOUL CLAY SOAP**

- 1 lb. Vegetable Glycerin Soap Base
- 1 oz. finely ground Rhassoul clay
- 2 TB. Shea Butter, melted
- 1/4 Cup Distilled Water
- 1 tsp. Vanilla Fragrance Oil

Melt soap in desired method. Once melted, add a small amount of the melted soap mixture to the clay in a small bowl. Blend completely, then return the clay mixture to the soap bowl. Stir soap mixture, incorporating the clay completely. Add melted shea, water, and fragrance oil, and blend completely. Pour into soap mold of choice, allow to harden. Package in desired method.



## **GOTCHA! FISHERMAN'S SOAP**

It's said that Anise helps attract fish!

- 1 lb. Transparent Soap Base
- ½ TB Anise Essential Oil

Melt soap in desired method. Once melted, add a small amount of the melted soap mixture to the clay in a small bowl. Slowly add the essential oil, mix well. Pour into soap mold of choice, allow to harden. Package in desired method.

## **GRATEFUL GARDENER SOAP**

- 1 lb. Goat's Milk Soap Base
- 1 tsp. Loofah, finely ground
- 2 TB. White Cornmeal
- 1 1/2 T. Fine Pumice
- 1 TB. Bentonite Clay
- 1 tsp. Dried Chamomile flowers, finely ground
- 2 tsp. Orange Essential Oil

Melt soap in desired method. Once melted, add a small amount of the melted soap mixture to the clay in a small bowl. Stir in cornmeal, chamomile, clay and loofah. Mix well, allow to cool slightly before pouring into molds. Allow to harden. Package in desired method.

## **MERLOT WINE SOAP**

- 3 oz Castor Oil
- 16 oz Coconut Oil
- 12 oz Olive Oil
- 24 oz Crisco Shortening
- 12 oz Water
- 8 oz Lye Crystals
- 6 oz Merlot Wine (heat to a boil to rid of alcohol)

Use usual soapmaking safety precautions: Boil wine, then chill. Add lye to chilled water and set aside. Melt oils together; add lye water to oils at 110 to 115F.

Add wine -- mix, then pour into mold. Do not insulate, cover lightly. This soap traces quickly, and really heats up during saponification. It has a light fruity fragrance, with nutlike base notes and the color is usually a rose/tan.

## **SOOTHING SCOTTISH OATMEAL HONEY OVEN PROCESS SOAP**

- Canola Oil 8 ounces
- Coconut Oil 4 ounces
- Olive Oil 16 ounces
- Palm Kernel Oil 4 ounces
- Sodium Hydroxide 4.35 ounces
- Distilled Water 10 ounces
- 4 ounces Honey
- 1 cup Scottish Oats

While wearing safety goggles and neoprene gloves, slowly stir the lye into the water, stirring well. Set aside and allow to cool (100° F to 125° F). In a stainless-steel pot, combine oils and heat gently.

Once the fats and oils are melted allow the temperature to drop to 100° F to 125° F. Pour lye solution slowly into the melted oils. Be careful not to splash while combining the mixtures. Stir with mixing stick until the mixture traces.

Let the mixing stick cool for 5 minutes after each 5 minutes of mixing to prevent motor overheating. Tracing looks like a slightly thickened custard, not instant pudding but a cooked custard. It will support a drop, or your stir marks for several seconds. Once tracing occurs...add the honey and stir well and.

Place the lid on the pot of soap. Place on the low rack in a 200-degree oven for approximately 2 hours, stirring well for 15 seconds every 20 minutes. The soap will go through different stages, you will notice.

For a while it will get harder to stir. When the soap is translucent, looks uniform throughout the soap, and very easy to stir, it is ready. Cook another 10 minutes to be sure. Add the Scottish oats and stir well. Pour into lined molds and let sit overnight.

Cut soap into bars and set the bars out to dry for a couple of weeks. You can use it now, but it will be harder in a couple of weeks. Olive oil recipes take longer to harden fully, but it is one of the best oils for dry skin.

## **JEWELWEED AND PLANTAIN SOAP**

Jewelweed and Plantain are wonderful to use in the summer for rashes and insect bites. Making these into a melt and pour soap preserves them so that they are always at the ready. Gather and puree one cup of a combination of the two plants.

Half-and-half is a good proportion of them. Use all aerial parts of the plants. Melt four cups of glycerin soap base. Add the pureed herbs. You might also add 20 drops each of lavender and tea tree oils. Stir gently until the soap begins to set. Break out this soap at the first sign of poison ivy or oak, nettle stings, or insect bites.

## CHAPTER 8

# Bath Salts & Scrubs

### **EXFOLIATING SALT SCRUB**

Mix and match the fragrances and seeds to make assorted variations!

- ½ lb Sea Salt (medium to fine grain)
- 1 ounce Sunflower Oil
- 3 ounces Jojoba Oil
- 2 ounces Unscented Liquid Soap Base
- ¼ teaspoon Peppermint Essential Oil
- ¼ teaspoon Blood Orange Essential Oil
- 2 teaspoons Dried Raspberry Seeds

Variations: Essential Oils of Lemon, Orange, Grapefruit, Lavender, Rose, Ylang Ylang, Sandalwood, Peppermint, Chamomile, Jasmine, Bergamot, Clary Sage, Eucalyptus, Geranium, Ginger

Seed Variations: Grape Seeds, Poppy Seeds, Blueberry Seeds

Mix all ingredients together in large glass bowl. Transfer into desired packaging. To use, add desired amount to palm of hand or scrub mitt. Gently rub over skin to exfoliate, rinse well.

## **CITRUS BASIL BATH SALTS**

- 3 C. Sea Salt – Medium or Fine Grain
- 2 C. Epsom Salt
- 2 teaspoons Baking Soda
- 2 teaspoons Citric Acid
- 2 teaspoons Sunflower Oil
- 4 drops each of Lime & Basil Essential Oils
- 2 tablespoons Dried Lavender
- Soap Safe Colorant, if desired

Mix all ingredients well in large glass bowl. Transfer to desired packaging. To use, add ¼ cup to warm running bath.

## **EARTH GODDESS BATH SALTS**

- 1/2 cup Epsom Salts
- 1 cup Baking Soda
- 1/2 cup Sea Salt
- 1/2 tsp. Vitamin E
- 2 tsp. Sweet Almond Oil
- 20 drops Patchouli Essential Oil
- 15 drops Cypress Essential Oil
- 5 drops Vetivert Essential Oil

Mix all salts and baking soda together. Then combine oil, essential oils, and Vitamin E in a separate bowl. Add liquid to salts, and mix thoroughly. Transfer to desired packaging. To use, add ¼ cup to warm running bath.

## **FIZZING BATH SALTS – WITH VARIATIONS**

- 1 C. Sea Salt
- 1 C. Epsom Salt
- 1 C. Baking Soda
- 1/3 C. Citric Acid
- 2 teaspoons Liquid Glycerin
- 15-20 drops Essential Oil of choice (see list)

Variations: Essential Oils of Lemon, Orange, Grapefruit, Lavender, Rose, Ylang Ylang, Sandalwood, Peppermint, Chamomile, Jasmine, Bergamot, Blood Orange, Clary Sage, Eucalyptus, Geranium, Ginger

To use, add 2-4 tablespoons to warm running bath water.

## **HOW SWEET IT IS BATH SALTS**

- ¼ C. Epsom Salts
- ¼ C. Sea Salt
- ½ C. Baking Soda
- ¼ C. Citric Acid
- 1 Tablespoon Cornstarch
- 1 Tablespoon Tapioca Starch
- 5 Drops Each: Rosemary Essential Oil, Peppermint Essential Oil, Lavender Essential Oil, and Eucalyptus Essential Oil
- Soap Safe Colorant (if desired)

Mix all ingredients in large glass bowl. Transfer to desired packaging. To use, add ¼ cup to warm running bath water.

## **IN THE MOOD BATH SALTS**

- 2 C. Epsom Salts
- 1 C. Sea Salt
- 1 C. Baking Soda
- 10 drops Rose Essential Oil
- 10 drops Ylang Ylang or Sandalwood Essential Oil
- Soap Safe Colorant (if desired)

Mix all ingredients in medium bowl, transfer to desired packaging. To use, add 2-4 tablespoons to warm running bath water.

## **SORE MUSCLE SOAK**

- 2 C. Epsom Salts
- 1 C. Sea Salt
- 10 drops Lavender Essential Oil
- 10 drops Peppermint Essential Oil
- ½ cup Dried Rose Petals (if desired)

Mix all ingredients in medium bowl, transfer to desired packaging. To use, add 2-4 tablespoons to warm running bath water.

## **ORANGE POPPY BODY SCRUB**

- 1/2 cup of Sweet Almond Oil
- 1 cup Sea Salt – Fine Grains
- 2 tbl Poppy Seeds
- 1/4 teaspoon of Orange Essential Oil

Thoroughly combine all of the ingredients together. Package in desired method. Gently exfoliate your skin, using a bath mitt or palm of hand. Rinse thoroughly, pat dry.

NOTE: Oil can make tub slippery – USE CAUTION!

## **BASIC BATH SALT RECIPE**

- 1/3 C. Epsom Salts
- 1/3 C. Sea Salt
- 1/3 C. Baking Soda
- 15-20 drops Essential Oil or Blend of Choice

Depending on your preference, use:

- Earthy: Blend sandalwood, patchouli, and lavender
- Uplifting: Blend Rosewood, bergamot, and grapefruit
- Relaxing: Blend Lavender, Rosemary, and Chamomile



## CHAPTER 9

# Spa Treatments

### **SERENITY BATH**

- 2 C. Epsom Salt
- 1 C. Sea Salt
- 2 tsp. Sweet Almond Oil
- 1 tsp. Liquid Glycerin
- 1 tsp. Rosemary Essential Oil
- 1 tsp. Peppermint Essential Oil

Mix all ingredients together in large glass bowl. Transfer to desired packaging. To use, add a generous amount to warm bath.

### **MAYA GAIA HERBAL SPA CLAY MASK**

- 3 Tbsp Kaolin Clay
- 3 Tbsp Bentonite clay
- 1 tsp Calendula flowers
- 1 tsp Comfrey leaves
- 1 tsp Rosemary leaves
- 1 tsp Peppermint leaves
- 1 tsp Irish moss
- 1 tsp Rose petals

Grind finely together a small quantity of each (approximately 1 tsp): Calendula flowers, Comfrey leaves, Rosemary leaves, Peppermint leaves, Irish moss, Rose petals. Add 3 drops of each essential oil: peppermint oil, rosemary oil, lavender oil, eucalyptus oil. To use, moisten 1 Tbsp of the mixture with a Tbsp of plain

yogurt, and apply to the face and neck. Relax for 10 - 15 minutes. Remove with cool water. Pat dry.

### **TROPICAL RELAXATION BATH OIL**

- 1/8 cup Sweet Almond Oil
- 5 drops of Mango Fragrance Oil
- 5 drops of Coconut Fragrance Oil

Mix all of the ingredients thoroughly together, bottle until ready for use. To use: Add desired amount to warm running water.

NOTE: Oil may cause tub to be slippery. USE CAUTION!

### **ORANGE SPEARMINT BATH OIL**

- 1/2 cup of Castor Oil
- 1/2 teaspoon of Spearmint Oil
- 1/2 teaspoon of Orange Oil

Mix all of the ingredients thoroughly together, bottle until ready for use. To use: Add desired amount to warm running water.

NOTE: Oil may cause tub to be slippery. USE CAUTION!

### **BLOOD ORANGE & GINGER BATH OIL**

- 1/8 cup Sweet Almond Oil
- 1/8 cup of Grape Seed
- 3 drops of Blood Orange Essential Oil
- 3 drops of Ginger Essential Oil

Mix all of the ingredients thoroughly together, bottle until ready

for use. To use: Add desired amount to warm running water.

NOTE: Oil may cause tub to be slippery. USE CAUTION!

## **BAY RUM**

- 3 oz. Witch Hazel
- 3 oz. Rum
- 3 to 4 Bay Leaves
- 1/4 tsp. Allspice
- 1 stick Cinnamon
- 1/4 tsp. Orange Extract

Combine the ingredients above. Steep for 1-2 months, strain and bottle. Put a cinnamon stick, a few allspice berries and a bay leaf in the bottle before sealing.

## **HERBAL AFTER SHAVE**

- 2 tbs. Dried Rosemary
- 2 tbs. Dried Lavender
- 1 tsp. Glycerin
- 10 oz. Witch Hazel

Combine ingredients above. Steep 3 weeks; strain and bottle. Try other herbs for variation.

## **SPRAY BATH OIL**

- 1-1/2 oz. Oil
- 2-1/2 oz. Distilled Water
- 1 ml Polysorbate 20 (to keep spray mixed)

Preservative should be added according to manufacturer's instructions. Place in a spray bottle, shake well and spray liberally after shower, before gently drying off.

### **SPA HERBAL BODY WRAP**

- 6 cups Hot Water
- 1/2 cup Dried Chamomile
- 1/2 cup Dried Lavender
- 1/2 cup Peppermint Leaves
- Large cotton gauze and cheesecloth cut into 6-inch strips.

Boil the water then wrap the herbs in gauze. Push them into the water. Cover the infusion and allow to sit 15-20 minutes. Then add your strips allow to saturate.

Ring out strips, and place them on the body cover all except the face. Herbal wraps act as an herbal sauna and are used to detox the body.

### **PEACHES N CREAM MINERAL BLUSH**

- 1 tsp Silk or Satin Mica
- 1/4 tsp Kaolin Clay
- 1 tsp Micronized Titanium Dioxide
- 1 tiny scoop Red Iron Oxide
- 1 tiny scoop Yellow Oxide
- 1/2 tsp Gold Lame Mica or 1/2 tsp Sunstone Mica

Other optional ingredients that can be added: 2 drops jojoba oil, 2 drops aromatherapy lavender and 1/2 tsp zinc oxide. Blend approximately 1 1/2 to 2 minutes. This will give you a soft peach long lasting color.

## **RHASSOUL FASCIAL MASQUE**

- 1oz. finely ground Rhassoul clay
- 1 Tbsp. Honey
- 1-1/2 oz Water or Floral Water
- 1 Tsp. Oat Flour

Mix all ingredients to form a paste. Rub onto moist, clean skin and work in circular motion not using too much pressure. Let dry 10-15 minutes. Rinse with warm water, and pat dry. Draws dirt and toxins out of the first layer of skin. Leaves smooth, tone skin with a beautiful glow if applied regularly. Apply 1-2 times a week.

## **VANILLA TEA TREE SPA BAR**

- 1 lb White Glycerin Soap Base
- 6 TB. Sea Salt, fine grains (may decrease as desired)
- 1 tsp. Sweet Almond Oil
- 1 tsp. Vanilla Fragrance Oil
- 1/2 tsp. Tea Tree Essential Oil

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, allow soap to dry completely on wax paper. Package using desired method.

## **AFTER SHAVE GEL**

- ½ C. Aloe Vera Gel
- 2 T. Vodka (\*cannot be used if product is to be sold!)
- 1 T. Hydrosol
- 2 t. Witch Hazel

- 10 drops Fragrance or Essential oil of your choice.

Mix all together and package in a wide mouthed jar for a soothing aftershave.

### **DISAPPEARING BUBBLING BATH OIL**

- 1 C. Apricot Kernel Oil
- ½ C. Glycerin
- ½ C. Liquid Soap
- few drops of Essential Oil or Fragrance Oil

Shake gently and use ¼ cup into bath under running water.

NOTE: May cause tub to be slippery, USE CAUTION!

### **OATS ‘N HONEY FACIAL SCRUB**

This is a very simple recipe and you can use some or all of the ingredients. Oatmeal is a must, but the rest is up to the individual. Into the food processor, throw the following dried ingredients in “handfuls”: Oatmeal, Lavender, Yarrow, Nettle, Irish moss, Rose petals, Elderflower, Soap powder, Almonds. Process until all the ingredients are a coarse mealy texture. Package in jars and label.

To use, moisten about a teaspoon of the mix in the palm of your hand with an equal amount of honey. Using the fingers, vigorously scrub the skin. This is a great mix for teens with oily skin. Make it a little more effective by blending several drops of lavender and tea tree essential oils into the process.