


Exfoliating Scrub– this can be used in the shower to slough off dry skin and also promotes [circulation and lymph flow](#) (if you lightly scrub).

Ingredients

- 5-6 tablespoons of organic sugar
- 4 teaspoons of carrier oil*
- ¼ cup raw local honey
- 30 drops of essential oil - *need help choosing an oil, check out [this link](#)*

**Carrier Oil options – fractionated coconut oil, jojoba, sweet almond, avocado; learn more in [this video](#)*

Instructions

- Mix all ingredients in a glass container and blend well. (you can use a recycled glass jar or a mason jar). I like jars that have wide openings for better scoopability.
 - For use, scrub on skin while in shower before your body is wet.
 - Rinse well with warm water.
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Shampoo

Ingredients

- 1 cup of Liquid Castile Soap (lavender scented or unscented is my favorite)
- 1 tablespoon of aloe vera gel, 10 drops of vitamin E (for shine)
- ½ cup canned coconut milk
- 1 teaspoon of jojoba or almond carrier oil
- 25 drops of your favorite essential oil or blend
- Optional – 5 drops carrot seed oil

Instructions

- Mix well using a hand blender or stirring well
 - Store in a 16 or 20-ounce glass bottle (ideally with a pump)
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Conditioner

Ingredients

- 1 cup distilled water, 1 tablespoon aloe vera gel, 1 teaspoon carrier oil
- 25 drops EO (match it with your shampoo), 10 drops of vitamin E (for shine)
- 2 teaspoons of guar gum (natural thickener)
- Optional – 5 drops carrot seed oil

Instructions

- In a glass bowl or jar, mix carrier oil, guar gum and Eos
 - Add distilled water and mix well using a hand blender or stirring well.
 - Store in a 16 or 20-ounce glass bottle (ideally with a pump)
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Body Wash

Ingredients

- ½ cup Liquid Castile Soap, 2 tablespoons carrier oil, 1 teaspoon of vegetable glycerin
- 1 teaspoon aloe vera gel, Distilled water
- 50-60 drops of Eos

Instructions

- In an 8-ounce container, preferably glass, add all ingredients
 - Fill remainder of container with distilled water
 - Mix well and shake before each use
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Hand Cream

Ingredients

- ¼ cup shea butter (unrefined)
- 1/8 cup carrier oil
- 1 tablespoon of natural beeswax
- 15 drops EOs

Instructions

- Place Shea butter, beeswax and carrier oil in glass jar and add this to a pan that contains 1 inch of simmering water (*jar sits in pan and acts as a double boiler*)
 - Note: if you are allergic to beeswax, other options are bayberry or candelilla wax
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Beard Oil

Ingredients

- ½ ounce sweet almond oil and ½ ounce jojoba oil (*you can also simply use 1 ounce of either sweet almond or jojoba*)
- 3 drops clove, frankincense or cedar EO, 3 drops bergamot EO, 3 drops lemon EO, 2 drops lavender EO
- 1 glass bottle with a dropper

Instructions

- Add all ingredients to glass bottle and shake well before each use
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Muscle Release

Ingredients

- 2-ounce glass salve jar
- 2 ounces of carrier oil
- 20 drops wintergreen EO, 10 drops turmeric EO (*this can stain due to pigment of EO*), 15 drops peppermint EO
- You can add liquid magnesium spray to this solution (5-10 drops); if you add this to the solution, reduce turmeric EO by 5 drops

Instructions

- Mix all ingredients and store in a glass jar
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Perfume

Ingredients

- 5 ml glass roller bottle
- 2 drops ylang ylang EO, 2 drops lavender EO, 2 drops bergamot EO
- Carrier oil

Instructions

- Add EOs to roller bottle
 - Fill remaining space of roller bottle with carrier oil
 - Shake well
 - Use on wrists, neck, behind ears
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Cologne

Ingredients

- 5 ml glass roller bottle
- 2 drops cedar EO, 2 drops bergamot EO, 2 drops patchouli or sandalwood EO
- Carrier oil

Instructions

- Add EOs to roller bottle
 - Fill remaining space of roller bottle with carrier oil
 - Shake well
 - Use on wrists, neck, behind ears
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