



# Homemade Frankincense Soap Bar

Total Time: 30 minutes    Serves: 30

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## **INGREDIENTS:**

20-30 drops frankincense essential oil  
Soap Base  
5 drops pomegranate oil  
Oval Bar Molds or Decorative Soap Mold

## **DIRECTIONS:**

1. Put soap base in glass bowl then place that bowl in sauce pan with water.
2. Heat stove to medium and allow base to melt.
3. Remove from heat and let cool slightly. Then add the frankincense and pomegranate oil
4. Mix well and transfer to a soap mold
5. Let mixture cool fully before popping bar out of mold. Keep at room temp

# Homemade Lavender Soap Bar

Total Time: 30 minutes    Serves: 30

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## INGREDIENTS:

20-30 drops lavender essential oil  
Soap Base  
3 drops Vitamin E  
Oval Bar Molds or Decorative Soap Mold

## DIRECTIONS:

1. Put soap base in glass bowl then place that bowl in sauce pan with water.
2. Heat stove to medium and allow base to melt.
3. Remove from heat and let cool slightly. Then add the lavender and vitamin E
4. Mix well and transfer to a soap mold
5. Let mixture cool fully before popping bar out of mold.  
Keep at room temp





# Homemade Honey Citrus Shampoo

Total Time: 2 minutes    Serves: 20-30

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## INGREDIENTS:

1 cup water  
5 tbsp honey  
5 drops lemon essential oil  
5 drops melaleuca essential oil  
Glass bottle with dispenser

## DIRECTIONS:

1. Combine all ingredients in a bowl and mix well
2. Transfer to a container. Mix well before each use

# Homemade After Sun Spray

Total Time: 2 minutes    Serves: 30

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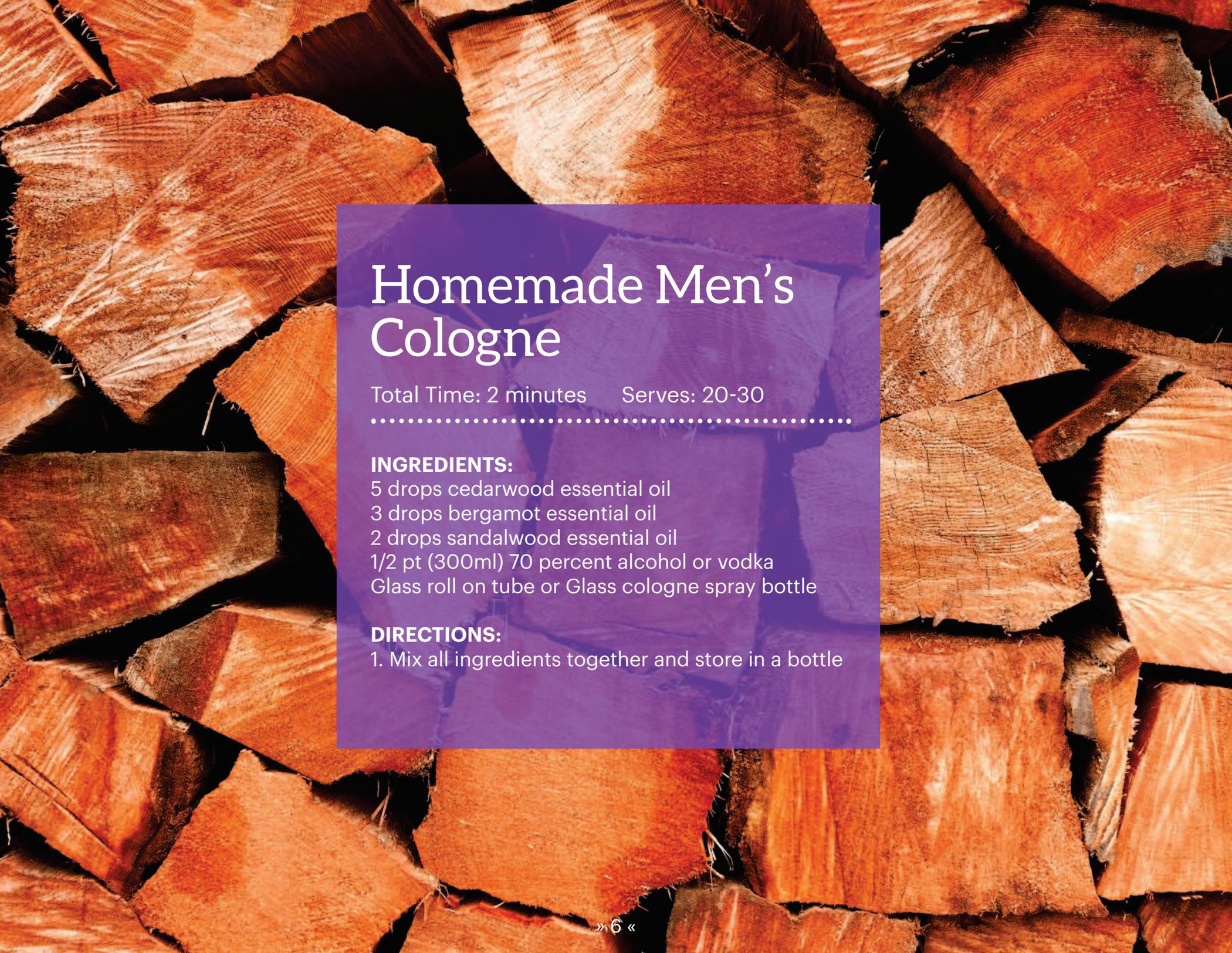
## INGREDIENTS:

1/2 cup water  
1/3 cup Aloe Vera Gel  
10 drops lavender essential oil  
10 drops frankincense essential oil  
5 drops peppermint essential oil  
Blue Glass spray bottle

## DIRECTIONS:

1. Place all ingredients in a bowl and mix together
2. Transfer to a spray bottle. Shake well before each use





# Homemade Men's Cologne

Total Time: 2 minutes    Serves: 20-30

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## **INGREDIENTS:**

5 drops cedarwood essential oil  
3 drops bergamot essential oil  
2 drops sandalwood essential oil  
1/2 pt (300ml) 70 percent alcohol or vodka  
Glass roll on tube or Glass cologne spray bottle

## **DIRECTIONS:**

1. Mix all ingredients together and store in a bottle

# Homemade Pomegranate Lip Balm

Total Time: 20 minutes    Serves: 3-6 lip balm tins  
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## **INGREDIENTS:**

1 tbsp olive oil  
2 tbsp Bees wax  
1 tsp honey  
1 tsp coconut oil  
7 drops pomegranate oil  
Lip Balm Tins or Lip Balm Tubes

## **DIRECTIONS:**

1. In a small pot over medium low heat melt beeswax, coconut oil, and olive oil. Use chopstick or other small, long stick to stir.
2. Remove from heat and add honey and pomegranate oil.
3. Whisk well with chopstick and try to distribute oil throughout the mixture
4. Pour quickly into tins or jars. Let cool on counter till hard.



# Homemade Lavender Mint Lip Balm

Total Time: 20 minutes    Serves: 4-6 lip balm tins

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## INGREDIENTS:

1 tbsp coconut oil  
1 tbsp Bees wax  
2 tbsp shea butter  
7 drops peppermint essential oil  
7 drops lavender essential oil  
Lip Balm Tins or Lip Balm Tubes

## DIRECTIONS:

1. In a small pot over medium low heat melt beeswax, coconut oil, and shea butter. Use chopstick or other small, long stick to stir.
2. Remove from heat and add lavender and peppermint oils. Whisk well with chopstick and try to distribute oil throughout the mixture - this is tricky
3. Pour quickly into tins or jars. Let cool on counter till hard.





# Homemade Lavender Lemon Lip Balm

Total Time: 15 minutes      Serves: 2-3 lip balm tins

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## INGREDIENTS:

3 tbsp Bees wax  
4 tbsp coconut oil  
7 drops lavender essential oil  
7 drops lemon essential oil  
2 drops Vitamin E  
Lip Balm Tins

## DIRECTIONS:

1. In a small pot over medium low heat melt beeswax, coconut oil, and vitamin E. Use chopstick or other small, long stick to stir.
2. Remove from heat and add essential oils. Whisk well with chopstick and try to distribute oil throughout the mixture - this is tricky
3. Pour quickly into tins or jars. Let cool on counter till hard.



# Homemade Frankincense and Myrrh Lotion

Total Time: 90 minutes    Serves: 30

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## INGREDIENTS:

- 1/4 cup olive oil
- 1/4 cup coconut oil
- 1/4 cup Bees wax
- 1/4 cup shea butter
- 2 tbsp Vitamin E
- 20 drops frankincense essential oil
- 20 drops myrrh essential oil
- BPA free plastic lotion dispenser bottles

## DIRECTIONS:

1. Put olive oil, coconut oil, beeswax and shea butter in glass bowl then place that bowl in sauce pan with water.
2. Heat stove to medium and mix ingredients together
3. Once mixed put in refrigerator for an hour until solid
4. With a regular mixer or hand mixer beat the mixture until it is whipped and fluffy. Then add essential oils and vitamin E and mix
5. Fill container and store in cool place

# Homemade Avocado Face Mask

Total Time: 2 minutes    Serves: 1

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## INGREDIENTS:

2 tsp mashed avocado  
1 tsp kefir  
1 tbsp honey  
1 tsp olive oil  
Glass Jar

## DIRECTIONS:

1. Mix all ingredients and put on face (avoiding eyes).  
Leave on for 20-30 minutes and rinse with water.





# Homemade Conditioner

Total Time: 2 minutes    Serves: 20-30

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## **INGREDIENTS:**

1 cup water

2 tbsp apple cider vinegar

10 drops of essential oils

Customize Your Conditioner: [Rosemary or sage essential oils for all types of hair] [Lemon, bergamot, or tea tree essential oils for oily hair] [Lavender, sandalwood or geranium essential oils for dry hair or flakes]

BPA free plastic bottles or Glass bottle with dispenser

## **DIRECTIONS:**

1. Mix ingredients together in 8oz spray bottle
2. Shake bottle before using and then spray hair
3. Leave in hair for 5 minutes then rinse



# Homemade Probiotic Toothpaste

Total Time: 2 minutes    Serves: 20

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## INGREDIENTS:

1/4 cup coconut oil  
3 tbsp Bentonite Clay  
2 capsules of Live Probiotics  
10 drops of peppermint essential oil  
Toothpaste Tube

## DIRECTIONS:

1. Mix all ingredients together
2. Put into rubber tube or sealed glass container
3. Brush teeth for 2 minutes 2-3x daily

# Homemade Natural Shaving Cream

Total Time: 30-45 minutes    Serves: 30

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## INGREDIENTS:

1/3 C coconut oil  
1/3 C shea butter  
2 tbsp olive oil  
15 drops lavender oil  
Glass Jar

## DIRECTIONS:

1. In a small saucepan, melt shea butter and coconut oil on low-medium heat
2. Once melted remove from heat and put into bowl
3. Add olive oil and lavender oil and place in refrigerator until solid
4. Remove from refrigerator and whip about 3-4 minutes until fluffy



# Homemade Muscle Rub

Total Time: 20-30 minutes    Serves: 30

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## INGREDIENTS:

1/2 cup coconut oil  
1/4 cup grated Bees wax  
2 tsp cayenne powder  
2 tsp ginger or turmeric powder  
15 drops peppermint essential oil  
15 drops lavender essential oil  
Glass Jar

## DIRECTIONS:

1. Pour all oils (except essential oils) in to a jar. Place a saucepan with 2 inches of water over medium low heat.
2. Place jar in saucepan and allow contents to melt. Stir to combine. Add the cayenne and ginger/turmeric.
3. Once combined, allow to cool slightly and then add in essential oils. Mix well.
4. Pour mixture into metal tins or storage containers and allow to set.





# Homemade Vapor Rub

Total Time: 30 minutes    Serves: 30-60

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## INGREDIENTS:

1/4 cup olive oil  
1/2 cup coconut oil  
1/4 cup grated Bees wax  
20 drops peppermint essential oil  
20 drops eucalyptus essential oil  
Glass Jar

## DIRECTIONS:

1. Pour all oils in to a jar. Place a saucepan with 2 inches of water over medium low heat.
2. Place jar in saucepan and allow oils to melt. Stir to combine.
3. Once combined, allow to cool slightly and add in essential oils.
4. Pour mixture into metal tins or storage containers and allow to set.

# Homemade Honey Face Wash for Clear Skin

Total Time: 2 minutes    Serves: 30

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## INGREDIENTS:

1 tbsp coconut oil  
3 tbsp honey  
1 tbsp apple cider vinegar  
20 drops melaleuca essential oil  
2 capsules of Live Probiotics

## DIRECTIONS:

1. Mix all ingredients together and blend with a hand blender.
2. Pour into a convenient bottle and store in cool place.





# Homemade Body Wash

Total Time: 2 minutes    Serves: 30

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## **INGREDIENTS:**

- 1 cup water
- 1/4 cup honey
- 2/3 cup Liquid Castille Soap
- 30 drops lavender oil, chamomile or geranium essential oils
- 1 tsp Vitamin E
- 2 tsp Jojoba Oil
- BPA free plastic lotion dispenser or Glass bottle with dispenser

## **DIRECTIONS:**

1. Mix ingredients until smooth and store in 8 oz plastic bottle.

# Homemade Hand Soap

Total Time: 2 minutes    Serves: 30-60

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## INGREDIENTS:

1/4 part Castille Soap

3/4 part water

5 drops peppermint essential oil

BPA free plastic dispenser or Glass bottle with dispenser

## DIRECTIONS:

1. Mix soap and water. Add in oils and mix.
2. Pour into dispenser.





# Soothing Throat Syrup

Total Time: 2 minutes    Serves: 1

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**INGREDIENTS:**

- 1 drop of lemon essential oil
- 1 drop of frankincense essential oil
- 1 drop peppermint essential oil
- 1 drop lavender essential oil
- 1 spoonful of honey
- Glass Jar

**DIRECTIONS:**

1. Add the oils to honey to the jar. Mix contents and then consume and swallow.

# Grapefruit Dimple Reducing Cream

Total Time: 2 minutes    Serves: 30

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## **INGREDIENTS:**

30 drops grapefruit essential oil  
1 cup coconut oil  
Glass Jar

## **DIRECTIONS:**

1. Mix grapefruit essential oil and coconut oil together  
Store in glass container
2. Rub into areas of concern for 5 minutes daily





# Homemade Sun Protection Cream

Total Time: .....

20-30 minutes Serves: 10

## INGREDIENTS:

10 drops lavender  
1 tbsp pomegranate oil  
3/4 C coconut oil  
2 tbsp Zinc Oxide  
2 tbsp shea butter  
Glass Jar

## DIRECTIONS:

1. Combine all ingredients except zinc oxide in a jar.
2. Place a saucepan with 2 inches of water on stove over medium/low heat.
3. Place jar in saucepan and stir contents until ingredients start to melt.
4. Once all ingredients are combined, add in zinc oxide and stir well. Store in a cool place.

# Homemade Rejuvenating Face Serum

Total Time: 2 minutes ••••• Serves: 15 •••••

## INGREDIENTS:

1/4 oz Jojoba Oil  
1/4 oz Evening Primrose Oil  
1/4 oz pomegranate oil  
15 drops Vitamin E  
20 drops lavender oil or frankincense oil  
10 drops Carrot Seed Oil

## DIRECTIONS:

1. Mix all of the ingredients together into a dark glass bottle. Use every morning and night on face, neck and chest.



# Homemade Bath Salts

Total Time: 2 minutes    Serves: 4

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## **INGREDIENTS:**

3 cups Epsom Salts

1 cup baking soda

Water to fill bath (as hot as you can stand without burning yourself)

40 drops lavender essential oil or any oil you like

Large Glass Jar

## **DIRECTIONS:**

1. Combine dry ingredients and store in a closed container
2. At bath time, add 1 cup of dry ingredients and the lavender to the water
3. Soak for 20-40 minutes (the longer the better)



# Homemade CALM Body Butter

Total Time: 45 minutes    Serves: 30

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## INGREDIENTS:

- 1/4 cup Avocado oil
- 1/4 cup Magnesium Oil
- 3/4 cup Cocoa butter
- 30 drops of Lavender Essential Oil
- Large Glass Jar

## DIRECTIONS:

1. In saucepan with water over low heat, place a jar containing the cocoa butter
2. Once melted, pour into bowl and let cool in fridge for 30 minutes
3. Using a standard mixer blend and whip it.
4. Once whipped add in magnesium oil, avocado oil and essential oils and mix
5. Transfer to glass jar or plastic container and keep in refrigerator for 90 days

# Homemade Teeth Brightener

Total Time: 2 minutes    Serves: 1-2  
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## INGREDIENTS:

1 tsp baking soda  
1 mashed strawberry  
3 drops lemon essential oil

## DIRECTIONS:

1. Mix baking soda with strawberry until a paste forms.
2. Add in essential oil drops. Put paste mixture on your toothbrush and brush teeth for 2 minutes.
3. Rinse mouth and brush teeth with normal tooth paste.
4. Use immediately after preparing ingredients. May store in refrigerated space for an additional 1-3 days. Mix before each use.



# Homemade Laundry Soap

Total Time: 5 minutes    Serves: 12-15

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## INGREDIENTS:

1 bar of grated Castille Soap Bar or I like to get a deal and buy them in bulk here  
2 cups Borax  
2 cups Washing Soda  
1 cup baking soda  
15 drops lavender essential oil  
15 drops peppermint essential oil

## DIRECTIONS:

1. Combine all ingredients and store in an air tight container



# Skin Supporting Salve

Total Time: 2 minutes    Serves: 30

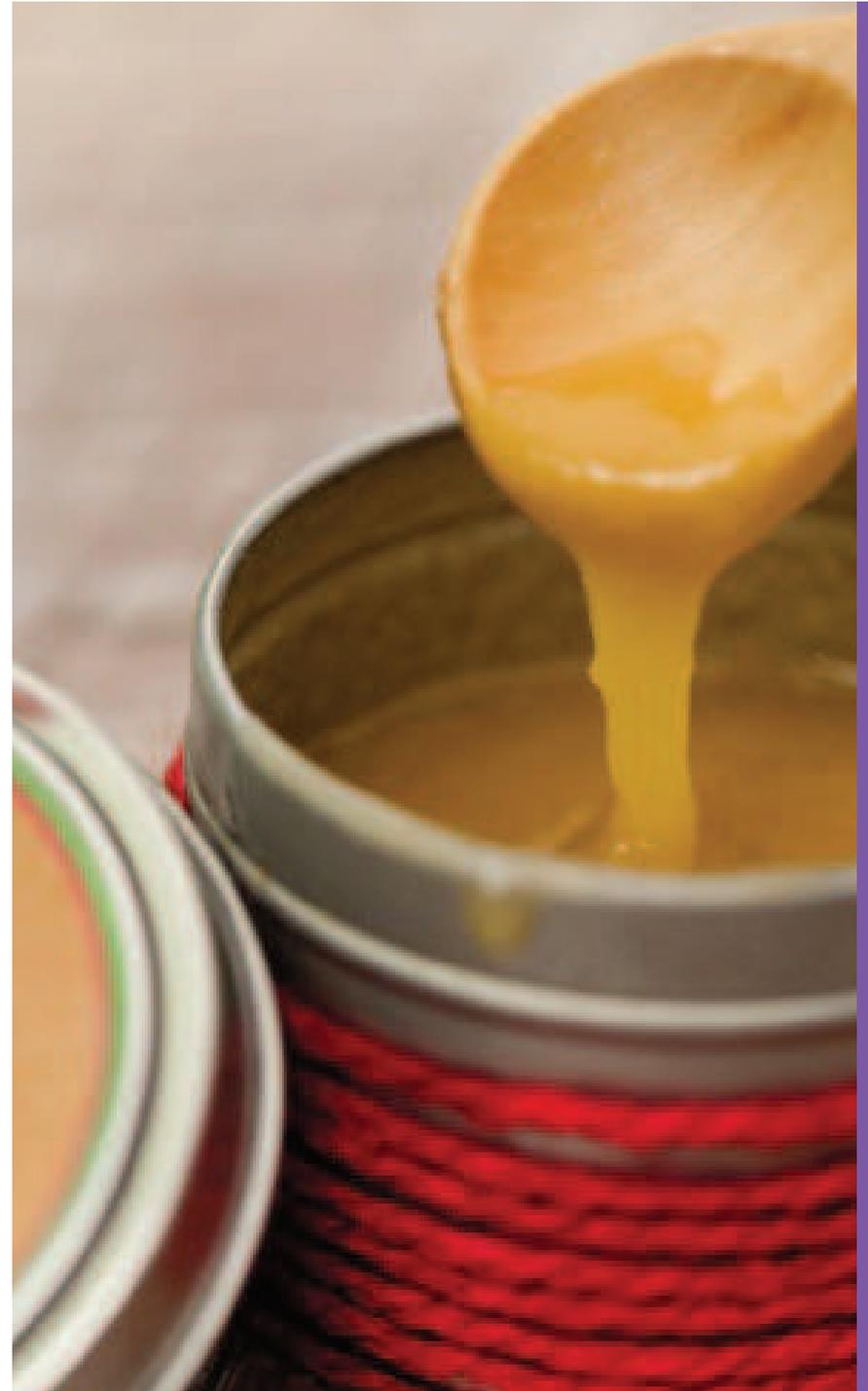
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## **INGREDIENTS:**

2 oz honey  
2 tbsp extra virgin olive oil  
20 drops lavender essential oil  
Glass Jar

## **DIRECTIONS:**

1. Mix all ingredients together and spread lavishly over injury
2. Cover injury site with dressing or band-aid



# Homemade Bug Spray

Total Time: 2 minutes    Serves: 30

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## INGREDIENTS:

1/2 cup witch hazel

1/2 cup apple cider vinegar

40 drops essential oils (eucalyptus, lemongrass, citronella, tea tree, or rosemary)

Glass spray bottle

## DIRECTIONS:

1. Mix all ingredients in 8oz spray bottle
2. Spray over all portions of the body but avoid in eyes and mouth



# Homemade Hand Sanitizer

Total Time: 2 minutes    Serves: 30

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## INGREDIENTS:

3 tbsp Aloe Vera Gel  
1 tbsp filtered water  
5 drops tea tree essential oil  
1 tsp Vitamin E  
Dispenser Tube

## DIRECTIONS:

1. Combine all ingredients together and mix.
2. Transfer ingredients into squeeze bottle.





# Homemade Face Wash

Total Time: 5 minutes    Serves: 30

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## INGREDIENTS:

1 cup coconut oil

1 tbsp baking soda

5 drops lavender essential oil

5 drops frankincense essential oil

5 drops lemon essential oil

Glass Jar

(if prone to breakouts, replace frankincense and lemon oils with 10 drops of tea tree essential oil)

1. Melt the coconut oil in a pan over low heat
2. Once melted, remove from heat and add in the remaining ingredients.
3. Store in wash dispenser or air tight jar and keep it in a cool place

# Homemade Rosemary Mint Shampoo

Total Time: 2 minutes    Serves: 10-15

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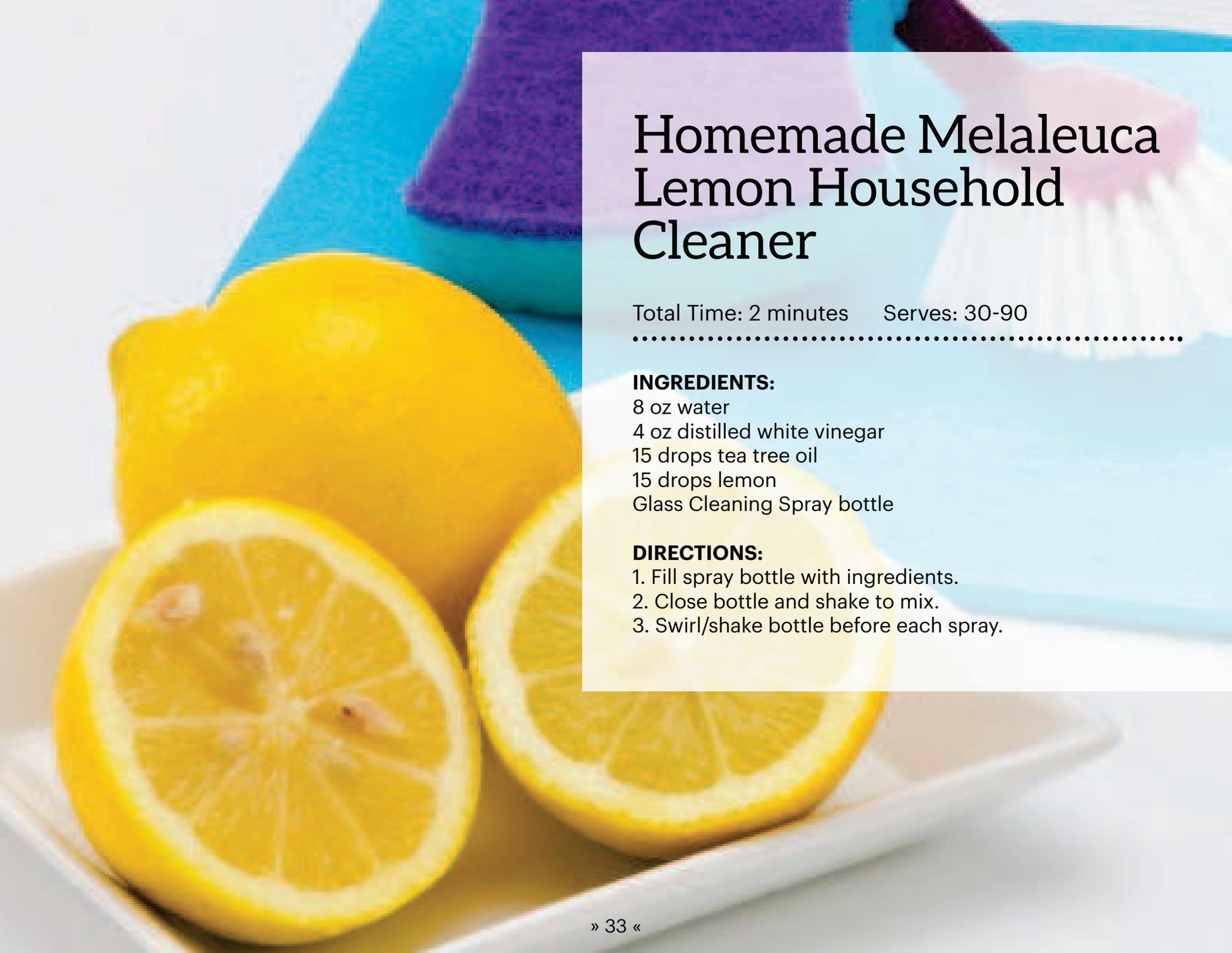
## INGREDIENTS:

6 oz Aloe Vera Gel  
3 Tbsp Olive Oil  
10 Tbsp Baking Soda  
20 drops Rosemary Oil  
10 drops Peppermint Oil  
BPA free plastic dispenser bottles

## DIRECTIONS:

1. Mix all ingredients together
2. Store in an 8oz glass or plastic bottle





# Homemade Melaleuca Lemon Household Cleaner

Total Time: 2 minutes    Serves: 30-90  
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## **INGREDIENTS:**

8 oz water  
4 oz distilled white vinegar  
15 drops tea tree oil  
15 drops lemon  
Glass Cleaning Spray bottle

## **DIRECTIONS:**

1. Fill spray bottle with ingredients.
2. Close bottle and shake to mix.
3. Swirl/shake bottle before each spray.

# Homemade Body Butter Lotion

Total Time: 1 hour 30 minutes    Serves: 30-90

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## INGREDIENTS:

- 1/2 cup shea butter
- 1/8 cup Jojoba Oil
- 1/2 cup coconut oil
- 20 drops Essential Oil (choose oils based on scent of choice)
- Large Glass Jar or Small glass Jar

## DIRECTIONS:

1. Put shea butter, coconut oil and jojoba oil in glass bowl then place that bowl in sauce pan that is filled with water.
2. Heat stove to medium and mix oils together
3. Once mixed, put in refrigerator for an hour or until solid
4. With a regular mixer or hand mixer, beat the oils until they are whipped and fluffy. Add essential oils and mix in
5. Fill container with body butter mixture and store at room temperature





# Homemade Deodorant

Total Time: 5 minutes    Serves: 30-90

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## INGREDIENTS:

- 1/2 cup coconut oil
- 1/2 cup baking soda
- 40-60 drops essential oils - Choice of Scents  
[Scent recommendations: Female oils scents (lavender, lemon and sage) Male oils scents (cypress, rosemary and bergamot)]
- Empty deodorant containers

## DIRECTIONS:

1. Put coconut oil in bowl
2. Mix in baking soda
3. Add in essential oils
4. Store in a deodorant container or in a glass jar

# Homemade Probiotic Deodorant

Total Time: 4 hours    Serves: 30-90

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## INGREDIENTS:

1/4 cup baking soda  
1/4 cup coconut oil  
1/4 cup grated Bees wax  
1/4 cup shea butter  
3 Tbsp arrowroot powder  
3 capsules of Live Probiotics  
10 drops tea tree oil  
10 drops of (lavender/citrus for women and cypress/  
bergamot for men)  
Empty deodorant containers

## DIRECTIONS:

1. Begin by melting coconut oil and beeswax together over a double boiler.
2. Then, stir gently until totally melted.
3. Then, add in other ingredients and stir
4. Once mixed, quickly pour into empty deodorant container
5. Keep container upright and allow mixture to cool and harden before use



# Homemade Mouth Wash

Total Time: 1 minutes    Serves: 30  
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## INGREDIENTS:

5 drops peppermint essential oil  
5 drops tea tree essential oil  
2 cups spring water  
BPA free plastic dispenser bottles

## DIRECTIONS:

1. Pour all ingredients into a bottle. Shake to mix.
2. Take a small sip, swish mixture around in your mouth, gargle for 30 seconds and spit out. Do not swallow.

