

The garden therapy

# Natural Beauty

*Recipe Book*

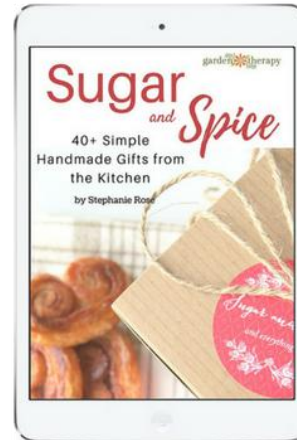
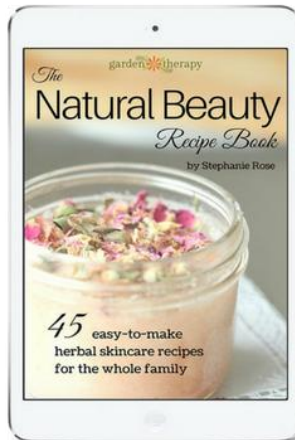
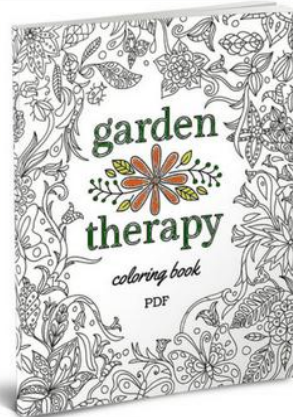
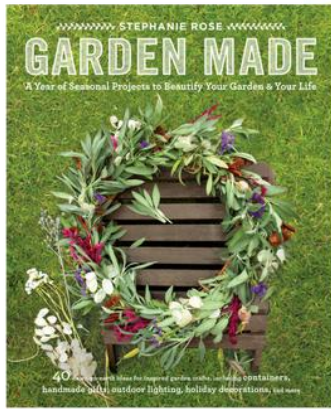
Written & Photographed by  
Stephanie Rose



**45** easy-to-make  
herbal skincare recipes  
for the whole family

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# INTRODUCTION

Your body is a temple.

You are what you eat.

Garbage in, garbage out.

These are common phrases we often hear in regards to healthy living through natural food. The idea is that we are the result of the fuel that we put inside our bodies. Fill up with natural, healthy, nutritious ingredients and you can achieve health from the inside out.

I truly believe that garden-fresh produce, natural foods, and consuming only recognizable ingredients is the way to be healthy inside. But what about our skin? Doesn't the same premise of “garbage in, garbage out” hold true? Don't the ingredients matter just as much when you use them on your outer layers?

Of course they do!

Your skin is an organ—the largest organ in your body—and it absorbs much of what we put onto it. If you eat

healthy, and treat your body like a temple, shouldn't you also be mindful of the ingredients that go on your skin?

Yes!

This book outlines some of my favorite recipes, the ones that I use every day with my family. By choosing ingredients that are close to nature, these skincare products have the power of healing from herbs and are so pure that (in most cases) you could eat them.

If you suffer from dry or oily skin, dry patches, blemishes, or other common skin issues, trying out the natural recipes in this book may make a world of difference for you.

There is more good news: natural beauty products are so much easier to make than you can imagine. Once you have the basic instructions and some ingredients you will spend only minutes mixing and melting your scrubs, lotions, and balms.

Many of the ingredients you may have in your kitchen right now. Others may be a little bit more elusive. But once you start stocking up on supplies you'll find that you

spend far less money, use less packaging, make less polluting products, and change your skin forever.

This book begins with a chapter outlining the different ingredients that you'll need in your home supply: oils, butters, waxes, essential oils, botanicals, and more.

The rest of the book is broken into five chapters of simple beginner recipes for natural beauty. **Scrubs, Lotions, & Potions** covers exfoliating sugar and salt scrubs for your whole body, as well as homemade lotion, toner, face masks and even a portable hand sanitizer.

**Balms and Butters** covers the basics of making balms like lip balm, cuticle repair, solid perfume, as well as body butter and an all-natural vapor rub recipe for cold and flu season.

**Tub Time!** takes us to the bath with herbal salts, bath bombs, tub teas, melts, and soaks to soothe and repair tired bodies and minds. Many of these also make fantastic homemade gifts.

Summer skin needs a little bit extra love and you'll find it in the chapter on **Summer Skin Care**. From sunscreen lip balm and sunburn lotion to bug sprays and insect bite

relief this chapter pampers your skin in every way under the sun.

The littlest humans have the most sensitive skin so I've dedicated a chapter to the special needs of babies: **Just for Baby**. In this chapter, you will find an all-natural wipe solution plus a balm for baby and a butter for mama.

Let's not forget about our fur babies! For those of you with a natural lifestyle and a **Pampered Pooch** these recipes are barking good. A gentle shampoo that helps deter fleas, a stinky dog cologne, and remedies for Fido's common ailments can all be found in this chapter.

Now let's get busy making your own natural beauty products! I hope it becomes a way of life and a pathway to healthier, more beautiful skin.



# RESOURCES AND SUPPLIES

Before you get started on your natural beauty journey, I have created a resource and supplies page for this book:

**[CLICK HERE FOR THE RESOURCE GUIDE](#)**

This page is meant to help you find everything from the ingredients to the tools you will need to get started at home. In many cases, you will have everything you need in your kitchen, in other cases, you may need to order some of the supplies. Either way, it's best to stick to the recipes as they are written. Skincare is stricter than food recipes as not all substitutions will work.

The resources and supplies page is updated regularly to ensure that the items you need to make these projects can be found. You will also find links to the ingredients for each and every recipe found in this book, and in many cases, there will be a link to step-by-step photos if you need them. If you would like a bit more visual instruction, these links will help you get there.

If you have printed this book, then type the following URL into your browser to find the up to date resources and supplies page:

**<https://gardentherapy.ca/natural-beauty-apothecary/>**

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As with all home recipes, I recommend you test a bit on your skin and see how you react. Those with sensitivities, who are pregnant or breastfeeding, and for use on children should take caution and check with their healthcare professional before making or using any homemade natural beauty recipes.

## Oils & Butters

**Olive Oil** is probably the most common oil used in households, making it easy to use in natural beauty recipes. It is good at conditioning skin as well as being very stable. This rich yellow to green oil can have a strong aroma so it is often best mixed with other ingredients to make it more pleasant in skincare recipes. In skincare recipes, it is not necessary to use virgin/extra virgin. Save the more expensive oil for cooking.

**Jobba Oil** is listed here as oil however it is technically a wax extracted from a Southwestern North American grown shrub (*Simmondsia chinensis*). Jojoba seeds are processed to produce a liquid wax ester that has a similar skin absorption to our own sebum making it an excellent carrier oil and cleanser.

**Castor Oil** is plant oil derived from the castor bean. It is most prominently used as an emollient in cosmetics. It is unique from other oils because it has water-binding properties that allow it to seal in moisture by creating a solid film on the skin.

**Sweet Almond Oil** is light, fragrant oil from the sweet almond tree (*Prunus dulcis, var. amygdalus*). The oil is expeller pressed from almonds and contains the fatty acids and vitamins present in the nuts we eat. Sweet almond oil is popular in natural beauty recipes because it penetrates easily into the skin and thus it is effective at conditioning the skin and hair.

There is much written about the benefits of **Coconut Oil** on both diet and for use on the skin because of its high amount of fatty acids, antibacterial / antimicrobial properties, and its general ease of use. Many people use pure coconut oil, which is in a solid form at normal room temperature (76 F / 24 C), as a moisturizing lotion but it works even better when combined with other oils, waxes, and butters. When shopping for coconut oil for use in natural beauty recipes, it should be unrefined. Unlike olive oil, it is preferable to use virgin coconut oil.

**Mango Butter** has been used in Asia for centuries to moisturize skin. It is expeller pressed from mango seeds, full of essential fatty acids and vitamins, and melts on contact with skin.

**Cocoa butter** is the edible fat extracted from the cocoa bean and the main ingredient in chocolate. In fact, the flavor and aroma of chocolate come from cocoa butter. True chocolate can only be called by name if it contains 100% cocoa butter. It is also full of antioxidants and is so good at moisturizing skin that it is very often used in skincare products. At room temperature, it is solid. But as you warm cocoa butter, the oil disperses into the other ingredients and blends well.

**Shea Butter** is another expeller-pressed fat with superior moisturizing properties for the skin. In addition, shea butter offers a low level of UV protection (approximately SPF-6). It has a somewhat strong aroma, so it is best mixed with other ingredients and scented with essential oils.

## Wax

**Beeswax** is one of the most common waxes used in cosmetics as it is very effective at binding other ingredients and adding some solidity to the fats. Look for clean, cosmetic-grade beeswax sold in pellets or pastilles to save you from needing to grate it. It also lends a gorgeous honey aroma to beauty products that makes it extra sweet.

**Carnauba Wax** is a very hard wax that comes from palm trees. Carnauba wax is also a good choice for vegan skincare recipes in place of beeswax.

[\*\*CLICK HERE FOR THE RESOURCE GUIDE\*\*](#)

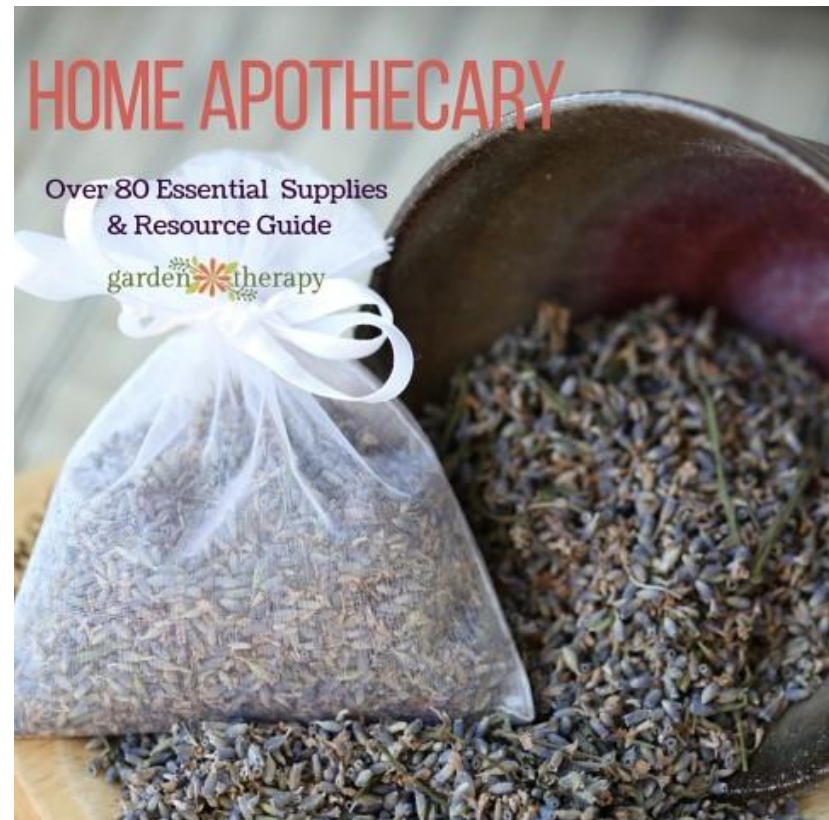
## Essential Oils

I use essential oils in all my homemade bath and body products as opposed to synthetic fragrance. There is much variety in quality for essential oils and in price as there is no separate regulation for essential oils. The best way to get started with essential oils is to purchase a starter pack and start using them. Remember, essential oils are powerful and should only be used with the approval of a healthcare practitioner. Many of the recipes in this book only contain a few drops of an essential oil, which may make you question whether or not it is necessary. But with these small-batch recipes and the potency of essential oils, it really does make a world of difference to have even 1-2 drops.

Some of my favorite combinations are:

- lavender / grapefruit
- lemongrass / ginger
- rosemary / spearmint
- basil / bergamot
- sweet orange / vanilla / cinnamon
- lemon / lime / mandarin / sweet orange /pink grapefruit
- peppermint / vanilla (candy cane)

You will find plenty of recipe and scent recommendations in this book, but for more ideas on how to create a customized scent, skip forward to the recipe for [Natural Solid Perfume](#) and develop your own personalized scent combinations.



[Click Here to Go to Supplies and Resources Page](#)

## **Manuka Honey**

Manuka honey is collected from bees on New Zealand that pollinates manuka bushes. Look for raw organic honey with a UMF factor of 15 or more as this will have the most antibacterial properties. The antibacterial nature of honey comes from methylglyoxal (MG). MG is present in all honey but it can be found in much larger concentrations in manuka honey. Manuka honey also has anti-inflammatory properties, which is important when treating chapped or sun-damaged lips.

## **Dried Flowers and Herbs**

Dried botanicals can add as much to a recipe as the other ingredients. Some can be used to infuse oils or make tea, while others can be added to the recipe for decorative or aesthetic properties. Ensure that if you are using dried botanicals that they are properly dried. Any remnants of moisture or mold spores will affect the end results of the recipes.

**[CLICK HERE FOR THE RESOURCE GUIDE](#)**

Some of the botanicals used in this book are:

- Dried lavender flowers
- Chamomile
- Calendula
- Flower petals: rose petal, monarda (bee balm), peony
- Tea (mint, green, etc)

## **Natural Colorants**

Ground up dried herbs and other organics work well as natural colors in your handmade beauty products. While you may not get the same bright hues as with synthetic colors, you will get natural tints and the peace of mind that what is going on your skin is good for you.

- Green – spirulina, sage powder
- Golden yellow – safflower powder
- Yellow – turmeric
- Orange (yellowish) – annatto seed powder
- Orange (reddish) - paprika
- Pink – madder root
- Purple – ratanjot
- Brown – cocoa powder

## Infused Oils

Infusing oil with herbs is a great way to add color, scent, and healing properties to the raw ingredients you will be using in natural beauty recipes.

Simply soaking herbs in oil isn't enough to infuse the oil; it needs to be heated. Luckily, there are a few ways of doing this so you are sure to find one that suits your needs. The following describes how to infuse oils using the stovetop, a slow cooker, and the sun!

The general instruction for all methods is to pack as many dried herbs as you can fit in a container, and then add in the oil so that the herbs are completely submerged. Choose herbs that are completely dry (moisture and oil don't mix). When the infusing is finished, strain the herbs from the oil with a fine sieve once, then pour the oil through a coffee filter or cheesecloth-lined fine sieve.



Generally infused oil will last up to the “Best Before” date on the original package label. Olive oil should last for 2-3 years and coconut oil will last for many years, although spoiling could happen more quickly if contaminants were introduced in the infusing process.



## Stove Top Oil Infusing

Use a double boiler to slowly heat the oil and herbs. Pack a handful of herbs in the top of a double boiler, and pour oil over. If you are using coconut oil which is solid at room temperature, then melt the oil first then add the herbs. Fill the bottom pot with an inch of water and set the double boiler on medium-low heat to warm up, then turn down to low for a few hours or until the oil becomes aromatic.

## Slow Cooker Oil Infusing

The slow cooker method takes longer but it requires less attention than the other methods. Just set it and forget it!

If you have a small slow cooker, you can add the herbs right into the ceramic bowl and set it on low for 8-12 hours. To do a number of different herbs in separate oils, you can put the oil/herb combination in Mason jars and set those in the slow cooker. Infuse for the same timing: 8-12 hours on low. There is no need to put lids on the jars when you have the lid on the slow cooker.

## Sun-Infused Oil

Pack herbs into Mason jars and pour oil over them. Screw on a lid and set in the sun for 8 hours. The summer sun can be very hot, so this method is best used in cooler months and with large jars. Overheating the oils can remove some of the beneficial properties and this method is one you will have to watch more closely. It doesn't use any power beyond the sun so you can infuse oils right out in the garden as you harvest them!

Infused oils can be substituted in most recipes for natural beauty: soap, body butter, lip balm, and scrubs. Some good choices for oils to infuse are olive oil, coconut oil, and sweet almond oil.

Some herbs that are good for infusing are:

- Lavender - relaxing, antibacterial, adds purple color to oil
- Calendula – healing, adds golden color to oil
- Chamomile - calming
- Comfrey - helps with pain and inflammation
- Sage - pain relief, anti-inflammatory
- Mint – energizing, pain relieving, darkens color of oil
- Rose – romance, love, adds pink color to oil



# Chapter 1

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## SCRUBS, LOTIONS, & POTIONS

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## Super Simple Sugar Scrub

An uber-moisturizing, exfoliating sugar scrub recipe that will wake up your skin and your mind with two energizing scent choices: lemongrass and ginger or rosemary and spearmint.

### Ingredients

- small ¼ pint (125ml) jam jars
- 1 cup granulated white sugar
- ¾ cup sweet almond oil

### Lemongrass Ginger Recipe Ingredients

- 3 drops of lemongrass essential oil
- 1 drop of ginger essential oil
- ¼ tsp turmeric for coloring





### **Rosemary Spearmint Recipe Ingredients**

- 2 drops of rosemary essential oil
- 2 drops of spearmint essential oil
- ¼ tsp spirulina for coloring
- ¼ tsp crushed dried mint leaves

### **Make it!**

In a bowl or large 1L measuring cup mix together the sugar, oil, and recipe ingredients.

Spoon the mixture into small jam jars and smooth out the top.



## Lemon Meringue Sugar Scrub

The delicious scent of lemon and vanilla together will brighten your mind and awaken your appetite.

### Ingredients

- 1/2 cup white sugar
- 1/4 cup olive oil
- 3-4 drops vanilla absolute (essential oil)
- 5-6 drops lemon essential oil

### Make it!

Mix all ingredients in a bowl thoroughly.

Note: Vanilla absolute is different than vanilla extract - please use the absolute as it is much more concentrated. As it is quite dark, it will add a bit of brown to your sugar scrub, so only use a few drops. Those drops do go a long way in giving this scrub a delicious scent and it helps to mask the olive oil aroma.

If you aren't a fan of olive oil, you can substitute it for the same amount of coconut oil or sweet almond oil. If you swap out the oil, your scrub will also be white.

## Healing Himalayan Pink Salt Scrub

This Himalayan pink salt scrub is a powerful detoxifier packed with healing minerals for your whole body. With rose petals and essential oils added, this scrub becomes a home spa treatment that heals, soothes, and revitalizes the skin.

There are many benefits to using Himalayan pink salt as a culinary ingredient, as it is full of 80+ minerals and elements such as magnesium, calcium, and potassium. The pink color is a result of these trace elements in the salt, including energy-rich iron. These minerals can often be more accessible to the body through dermal absorption making this salt scrub a nourishing and therapeutic experience for the body.

Rose geranium, pink grapefruit, and ylang-ylang essential oils have been added for an aroma that helps to bring balance and harmony as well as stimulating and uplifting properties. This powerful combination works wonders to transform a weary body and mind in just the time it takes to have a bath.



## Ingredients

- 8 oz pink Himalayan sea salt
- 2 oz coconut oil
- 1 oz sweet almond oil
- 10 drops rose geranium essential oil
- 5 drops pink grapefruit essential oil
- 5 drops ylang-ylang essential oil
- Dried rose petals (optional)

## Make it!

Mix together all ingredients in a jar. Warm up the coconut oil if you need to soften it. Add dried rose petals to the top of the jar if you want a more luxurious bath or if giving it as a gift. Store in small batches in the fridge to prolong life.

## Directions for Use

This Himalayan pink salt scrub is best when applied before a warm bath. Massage into wet skin all over the body and step into a warm bath for at least 20 minutes. Soak, rest, relax, and dry skin after the bath. Bring a cool glass of water to the bath with you as detoxification can be powerful.

You may feel a bit woozy right afterward. Drink at least two 8-oz glasses of water during and within one hour after the bath. If this routine is being done before bed, you should have a wonderful night's rest. In the day, give yourself an extra 30 minutes to relax after the bath, then jump up and get on with your day.





## Honey Lip Scrub

Keep lips kissable and soft with this healing honey sugar scrub. Summer sun, cold winter air, and everything in between can cause chapped, dry, or inflamed lips but with this recipe you can say goodbye to dry, chapped lips forever! Honey is a natural antibacterial that heals, sugar scrubs off any dry skin, and the oils moisturize.

### Ingredients

- Manuka honey
- Olive oil
- Sugar

### Make it!

Mix all ingredients together well and store in a small, airtight container.

Apply a pea-sized amount to lips and massage in until the sugar has dissolved. Rinse with cool water and a cloth. Apply the lip balm of your choice (many natural recipes can be found here.)

Store in the fridge for up to 30 days.

## **Pampering Peppermint Foot Scrub**

What do achy, dry, rough feet need? A little pampering! This peppermint sugar scrub is made for feet. Exfoliating sugar and dried herbs will scrub away rough skin, coconut oil will soften cracks, and soothing peppermint essential oil will help to ease pain.

This recipe is perfect for feet. You can certainly use it all over your body, and I have, but I love this for cooling and soothing feet. The secret is in the peppermint essential oil. It has analgesic and anti-inflammatory properties to relieve pain and inflammation. It also has a stimulating and cooling effect on the skin that can really perk up tired feet. If you are prone to foot or leg cramps, peppermint essential oil's anti-spasmodic properties can help with that too!







### **Ingredients:**

*Makes 1 cup*

- 2/3 cup white sugar
- 1/2 cup coconut oil
- 8-10 drops peppermint essential oil
- 1/2 tsp dried herbs such as mint, lavender, chamomile

### **Make it!**

Coconut oil is a solid at room temperature so it will require melting beforehand. Measure sugar into a Mason jar, then pour melted coconut oil in. Add essential oil drops and stir well.

Add in dried herbs for additional texture and for visual appeal. I like to use dried mint, lavender, and chamomile from the herb garden.

Tip: If you don't have dried herbs handy you can use the contents of a mint tea bag.



## Easy Lavender Grapefruit Whipped Coconut Oil Lotion

After the bath, this whipped coconut lotion will nourish skin and bring along the refreshing lavender grapefruit scent for the rest of the day.

### Ingredients

- 1 1/2 cups coconut oil
- 10 drops lavender essential oil
- 10 drops grapefruit essential oil

### Make it!

To whip coconut oil you will need a hand blender or mixer with a whisk attachment. It's best to start with cold tools as with whipping cream. Coconut oil is liquid at higher temperatures, so start with oil that is in solid form. If it is warm out, then put it in the fridge to firm up.

Add the oil to the mixing bowl and whisk until stiff peaks form. Add essential oils and whisk briefly to combine.

Store in the refrigerator to keep it firm.

## Homemade Toner Recipes

A toner helps to balance skin's pH level after cleansing. Soap is typically alkaline and a toner helps to bring the skin back to a neutral pH which helps to prevent blemishes and signs of aging.

### Green Tea Toner

- 1 cup green tea
- 1 tbsp rosewater

### Chamomile Toner

- 1 cup chamomile tea
- 1 tbsp witch hazel

### Apple Cider Vinegar Toner

- 1 cup water
- ¼ cup apple cider vinegar

### Make it!

Mix ingredients together and add to spray bottle. Spritz skin after cleansing. Pat to dry.



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## Foodie Face Masks

Simple face masks can be made with any number of fresh foods found in your refrigerator.

### Basic Face Mask Recipe

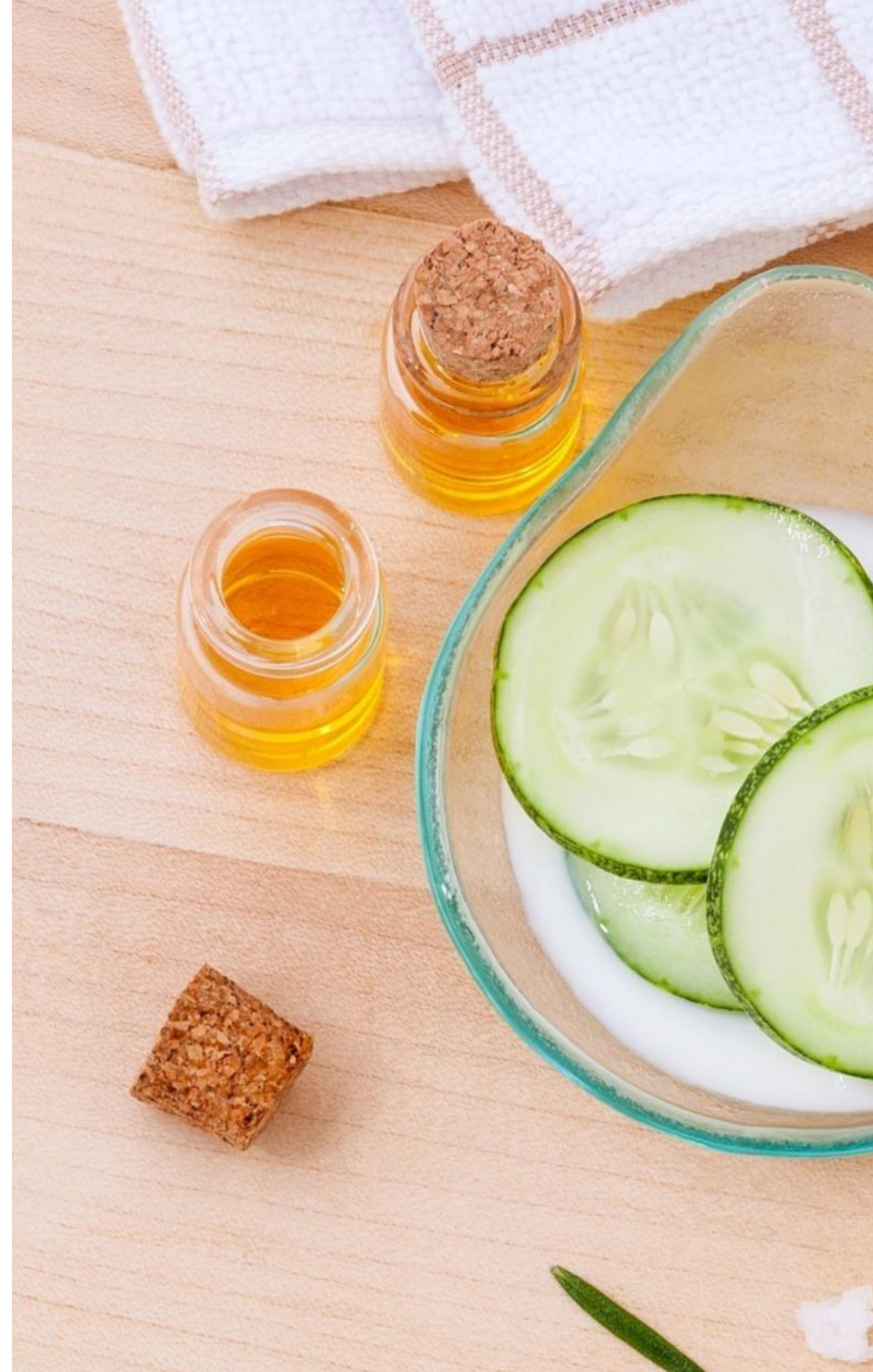
Mix together 1 tbsp of each yogurt and honey and apply to face.

Add in these foods for additional benefits

- 1/2 of an avocado, mashed
- 1 carrot, boiled mashed and cooled
- 1 small banana, mashed
- 5 strawberries, hulled and mashed
- 1/2 cucumber, puréed
- 1/4 cup prepared oatmeal
- Aloe vera gel

### Make it!

Mix together. Stir and apply to face. Let sit 15-20 minutes and wash off. These recipes do not store well so discard leftovers.



## All-Natural Hand Sanitizer Recipe

I'm a big believer in hand-washing as the best way to ward off colds and the flu. If I don't find myself in a place where I can wash my hands then I'm glad to have this all-natural hand sanitizer made with aloe vera, witch hazel, and Thieves Oil. It packs a big punch at crushing viruses while softening my hands and keeping them free from harsh chemicals.

Thieves Oil is an essential oil blend of clove, lemon, cinnamon, eucalyptus, and rosemary. The story behind this blend is that a band of 15<sup>th</sup>-century thieves remained in tip-top health despite ransacking the riches from the graves of those who had died from the bubonic plague. When they were captured, they were traded leniency in their sentence for sharing the secret to their impervious health. So the legend of Thieves Oil was born.

Whether you believe the story or not, the benefits of essential oils in boosting immunity and countering germs is much more plausible. I personally prefer a homemade product over one filled with ingredients I don't recognize and hand sanitizer is one of those products that I love to have a more natural version of. That being said, please recognize that essential oils are potent and can be

harmful to some. Thieves Oil contains clove, rosemary, and eucalyptus oils which are not safe for use on small children. Use this hand sanitizer on grown-ups only, please. You can replace clove, rosemary and eucalyptus oils with lavender, sweet orange, and fir oils if you plan to use it around children 6 months and older (no essential oils are recommended for babies younger than 6 months old).

You can buy a Thieves Oil blend or make your own for this recipe.





## Ingredients

*Makes 1 cup*

- 1/3 cup pure witch hazel
- 2/3 cup 100% pure aloe vera gel
- 1 capsule of Vitamin E oil – a natural preservative
- 15 drops Thieves essential oil blend  
or Homemade Thieves Oil Recipe
  - 10 drops of clove essential oil
  - 9 drops of lemon essential oil
  - 5 drops of cinnamon essential oil
  - 4 drops of eucalyptus essential oil
  - 3 drops of rosemary essential oil

## Make it!

Mix witch hazel and aloe vera gel together well in a bowl. Add essential oils and mix well, then open the vitamin E capsule and empty that into the gel. Use a funnel to pour it into a pump, gootob, or another container.

Shake well before each use. Squeeze a dime-sized amount on the palm of your hand and massage in. It will feel sticky at first but it will absorb cleanly in no time. Your hands will feel dry, clean, and smell terrific.

# Chapter 2

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## BALMS & BUTTERS

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## Making Balms

Balms are a mixture of fats and waxes to create fairly solid forms of moisturizer. Making balms is a simple process of melting the ingredients together and pouring them into a container. Specific instructions are outlined here, with recipes for different balms to follow.

### Equipment

- Double boiler or Turkish coffee pot
- Small spatula or metal spoon
- Lip balm tubes, metal tins, or pots

### Make it!

Melt the oils and waxes in a double boiler.

It really helps if you have a double boiler where the top pot has a pour spout. If not, you can transfer the hot liquid into a measuring cup with a spout for easier pouring. Once the half full lip balm has set, top up the rest of the tube. If you still get an uneven top when the balm has cooled completely, you can use a heat gun or lighter to level it out. Just be sure not to melt the tube!

Remove from heat, add essential oils, and blend with a small spatula or metal spoon while the mixture cools but is still pourable.

If you are using pots, pour the hot liquid into the pots and leave untouched until set.

If you are using tubes, fill each tube halfway full and let cool slightly. This will set the bottom of the tube so that a hole doesn't form at the top of the lip balm when cooled. Before the tubes are starting to set, fill the rest of the way, so there is a convex curve on the top being careful not to spill over the edges. When the lip balm cools, it will shrink so it should end up having a flat top. If you need to even out the top, a heat gun works really well.

Now that you have a handle on how to make a balm, let's move on to the recipes!



## Basic Lip Balm Recipe

This is a basic recipe for lip balm that has the right balance of oil and wax to both moisturize and protect your lips. Add any combination of essential oils to this recipe to make your signature creation.

### Ingredients

*Makes 12 tubes*

- 4 tbsp castor oil
- 4 tsp beeswax pellets
- 1 tsp carnauba wax
- 16-20 drops essential oil
- Variation: add ¼ tsp of manuka honey for shine
- Variation: add ¼ tsp of cocoa or cranberry powder for color

### Make it!

Melt the oil and waxes in a double boiler. Remove from heat, add essential oils, and blend well. Pour into tubes and leave untouched to set.



## Healing Eucalyptus Lip Balm

This healing balm is an anti-inflammatory and soothing recipe for lips that are very dry and/or chapped. Peppermint and eucalyptus cool lips and reduce inflammation while lavender acts as an antibacterial and antifungal to protect lips.

### Ingredients

*Makes 12 tubes*

- 4 tbsp castor oil
- 4 tsp beeswax pellets
- 1 tsp carnauba wax
- 10 drops peppermint essential oil
- 5 drops eucalyptus essential oil
- 5 drops lavender essential oil

### Make it!

Melt the oil and waxes in a double boiler. Remove from heat, add essential oils, and blend well. Pour into tubes and leave untouched to set.





## Chocolate Mint Lip Balm

This lip balm is a luscious treat for the chocolate lover without any of those pesky calories. Cocoa butter is ultra moisturizing and because it melts at body temperature, it is readily absorbed into the skin. The mint essential oils will add a cooling tingle to this luxurious lip butter.

### Ingredients

*Makes 4 pots or 10 tubes*

- 1 tbsp cocoa butter
- 1 tbsp sweet almond oil
- 1 tbsp castor oil
- 1 tbsp grated beeswax
- 1/2 tsp carnauba wax
- 8 drops peppermint essential oil
- 7 drops spearmint essential oil
- Optional 1/4 tsp cocoa powder

### Make it!

Melt the cocoa butter, oils and waxes in a double boiler. Remove from heat, add essential oils and cocoa powder, and blend well. Keep stirring as you pour the lip balm into tubes as the cocoa will settle quickly. Leave untouched to set.

## Chai Lip Balm

Chai lip balm is filled with spices that wake you up and make your lips tingle. This recipe is spicy and will encourage blood flow to the lips, making them fuller and rosy. If you have sensitive lips, use half the essential oils and/or avoid using this lip balm if you don't like the sensation.

### Ingredients

*Makes 12 tubes*

- 4 tbsp castor oil
- 4 tsp beeswax pellets
- 1 tsp carnauba wax
- 8 drops cinnamon essential oil
- 8 drops vanilla absolute essential oil
- 4 drops clove essential oil
- 2 drops ginger essential oil
- Optional ¼ tsp cocoa powder

### Make it!

Melt the oil and waxes in a double boiler. Remove from heat, add essential oils and cocoa powder, and blend well. Keep stirring as you pour the lip balm into tubes as the cocoa will settle quickly. Leave untouched to set.

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## Tropical Citrus & Coconut Lip Gloss

This is an uplifting lip balm with tropical coconut oil that glides on lips smoothly. Coconut oil is a natural bacteria fighter and is full of antioxidants to help prevent aging. This is a softer lip balm so it is perfect for everyday wear.

### Ingredients

*Makes 4 pots or 10 tubes*

- 1 tbsp coconut oil
- 1 tbsp sweet almond oil
- 1 tbsp castor oil
- 1 tbsp grated beeswax
- 1 tsp carnauba wax
- 10 drops sweet orange essential oil
- 5 drops ylang-ylang essential oil

### Make it!

Melt the cocoa butter, oils and waxes in a double boiler. Remove from heat, add essential oils, and blend well. Pour into tubes and leave untouched to set.

## Candy Cane Lip Balm

This festive recipe smells just like the holidays! Candy cane scented lip balm gives you a minty tingle along with a sweet vanilla aroma that will make it an everyday favorite.

### Ingredients

*Makes 12 tubes*

- 4 tbsp castor oil
- 4 tsp beeswax pellets
- 1 tsp carnauba wax
- 16 drops peppermint essential oil
- 10 drops vanilla essential oil

### Make it!

Melt the oil and waxes in a double boiler. Remove from heat, add essential oils, and blend well. Pour into tubes and leave untouched to set.



## Healing Cuticle Balm

Home chefs, gardeners, and just about anyone in cold climates during the winter will regularly have problems with dry, cracked cuticles. This soothing balm is packed with an herbal blend that will mend those cracks and make hands soft again.

### Ingredients

*Makes 5 small lip balm pots or 2 larger pots*

- 1 tbsp coconut oil
- 1 tbsp sweet almond oil
- 1 tbsp hemp oil
- 1 tbsp mango butter
- 1½ tbsp grated beeswax
- 10 drops lavender essential oil
- 5 drops peppermint essential oil
- 5 drops eucalyptus essential oil
- 5 drops fennel essential oil
- 5 drops clary sage essential oil

### Make it!

Melt the butter, oils, and wax in a double boiler. Remove from heat, add essential oils, and blend well. Pour into pots and leave untouched to set.





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## Natural Solid Perfume

Here is where you get to play with scents you love to come up with your own signature scent. A good place to start is with your nose! Choose a scent that you know you love (Lavender? Vanilla? Citrus?) and choose another essential oil that you think will match well. Unscrew the caps and hold them to your nose. Add more scents until you have the right mix and your signature scent is born!

### Ingredients

*Makes 5 small lip balm pots or 2 larger pots*

- 3 tbsp jojoba oil or sweet almond oil
- 1 tbsp unrefined coconut oil
- 1 tbsp beeswax pellets
- 50 drops essential oil

### Make it!

Melt the oils and wax in a double boiler. Remove from heat, add essential oils, and blend well. Pour into pots and leave untouched to set.



## All Natural Vapor Rub Recipe

When you are hit with a cold and need a little relief from chest pain and cough there is nothing like eucalyptus and menthol, similar to active ingredients in commercially purchased vapor rubs.

### Ingredients

*Makes 3 x 4 oz tins*

- 1/2 cup olive oil
- 1 cup coconut oil
- 3/4 cup grated beeswax
- 35 drops eucalyptus essential oil
- 30 drops peppermint essential oil
- 15 drops lavender essential oil
- 15 drops rosemary essential oil

### Make it!

Melt the oils and wax over a double boiler. Stir in essential oils. Pour into metal tins and let set. Re-melt to add more essential oils if you want it a bit stronger.

### To Use

Rub balm on your chest to help soothe congestion and cough. Rub under your nose for a stuffy nose and sore skin from scratchy tissues. Have someone rub some on your feet just because it feels good to get a foot rub when you have a rotten cold.



## Mango Citrus Whipped Body Butter

A perfectly light and silky butter that's more like whipped cream. The uplifting citrus scent plus the healing properties of mango and shea butter make this the perfect lotion for soothing dry skin after the shower. It also has just the right texture for massage so consider this a gift for someone who could use a little pampering.

### Ingredients

- 20 g mango butter
- 20g cocoa butter
- 30g shea butter
- 30g coconut oil
- 20g apricot kernel oil
- 1 tbsp cornstarch
- 20 drops citrus essential oil: 5 lime, 5 sweet orange, 5 lemon, 5 pink grapefruit

### Equipment

- Double boiler
- Metal spoon
- 2 small glass jam jars (100ml each)
- Digital kitchen scale
- Whisk
- Ice water bath



## Make it!

Measure all of the ingredients precisely then add the oils and butters into the double boiler. Gently melt, not letting the mixture get too hot.

Set up the ice water bath by adding water and ice to a bowl large enough for the top pot of the double boiler to fit in. When the oils and butter are melted, move the pot to the ice bath and stir in the essential oils and cornstarch.

When the mixture is beginning to cool, whip until stiff peaks form. This will happen quickly when the butter is cool enough.

Scoop the whipped butter into two clean glass jars and seal airtight. Use within a few months as there are no preservatives to prevent spoiling. Add the contents of a few Vitamin E tablets before whipping for a slightly more extended shelf life.





## Chapter 3

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### TUB TIME!

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## Easy Lavender Bath Salts

Making fragrant jars of homemade bath salts couldn't be easier. In vintage canning jars, bath salts look beautiful on display and make wonderful gifts.

### Ingredients and Materials

- Epsom salts
- 100% pure lavender essential oil (not fragrance)
- Dried lavender
- Vintage canning jars

### Make it!

Fill each canning jar about halfway full of the Epsom salts.

Add just 10-15 drops of essential oil, replace lid, and shake.

Remove the lid again, add 1 heaping tablespoon of dried lavender flowers, replace lid and shake (again)

Add more Epsom salts to fill the jar then (you guessed it) replace the lid and shake shake shake.

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## Gardener's Herbal Foot Soak

This herbal soak looks pretty in the jar but packs a powerful punch of soothing herbs in a foot bath: eucalyptus, rosemary and comfrey root powder to soothe aches, lavender to relax, and mint to refresh. Why should feet have all the fun? It's a great soak for use in the bath as well.

### Ingredients

- 2 cups Epsom salts
- 8 drop pure lavender essential oil
- 6 drops mint essential oil
- 2 drops eucalyptus essential oil
- 2 drops rosemary essential oil
- 1 tsp dried comfrey root powder
- 1 tsp dried lavender
- 1 tsp dried mint leaves
- ¼ tsp dried monarda (bee balm) petals

### Make it!

Fill a pretty jar about halfway full of the Epsom salts. Add essential oils and herbs, replace lid, and shake. Add more Epsom salts to fill the jar, replace the lid and shake one last time.

## Bath Bombs

Love those awesome fizzing bath bombs but don't want to spend \$6 a piece? It's easy to make your own with natural ingredients.

While there are many other recipes that recommend using synthetic fragrance and coloring, there are plenty of options available that are 100% natural. You can feel confident that when you use these natural products or give them as gifts, that they are healthy for the body.

### Ingredients and Materials:

- 2 cups baking soda
- 1 cup citric acid
- 100% pure witch hazel
- Spray bottle
- 10-20 drops of 100% pure essential oils (do not use fragrance for any bath or body products)
- Natural colorant (green=spirulina, yellow=turmeric, purple=ratanjot)
- Plastic molds



## Make it!

In a large bowl, measure in the baking soda, citric acid and mix well.

Add a ½ teaspoon of coloring and mix well. Add more coloring if you want a deeper color, but keep in mind that too much color will leave a ring in your tub, so go easy. The color will become more pronounced when you add the witch hazel anyhow.

Add 20-30 drops of essential oils and mix well.

Using an atomizer or spray bottle filled with witch hazel, lightly spray the entire surface of the powder and mix with your hands at the same time. Keep spraying and mixing rapidly until the mixture holds together when scrunched with your hand (think of making snowballs). Be careful not to add too much witch hazel – a little goes a long way.

Working quickly, firmly press mixture into molds. You can use soap-making molds, chocolate molds, ice cube trays, or even plastic Christmas ornaments that snap into two parts. The key is that they are plastic and large enough for the bath bomb to combine and set.

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Gently tap the mold so that the bath bomb releases and carefully lay on a towel or tray to dry. To make a round bath bomb, over-fill two molds and press them together firmly before tapping the mold to release the bath bomb.

Let the bath bombs dry for 30 minutes or until they are firm and won't fall apart.

Tip: use the extra powder from the bowl and counter and shake it into carpets or rugs, then vacuum. Instant deodorizing!







## Tub Tea

Herbs are fabulous in the bath but they can leave a lot of mess behind. Tub teas can contain herbs, salts, moisturizers, and skin softeners to create a soothing bath without all the clean up.

To make a tub tea, start with extra large paper tea bags then choose your ingredients. Here is a list of some of the possible options:

- Dried lavender
- Rose petals
- Pink Himalayan bath salts
- Epsom salts
- Ground oatmeal
- Dried monarda (bee balm)
- Dried mint leaves
- Fennel seeds
- Comfrey root powder
- Powdered milk or goat's milk

Seal the tea bags by folding the top down 4-5 times and secure with a single staple. Pack tea bags into a Mason jar or pretty vase and give with instructions to use.

## Lavender and Cocoa Butter Bath Melts

Add a little luxury to the bath with these moisturizing cocoa butter bath melts. They are made with ingredients so natural that you could eat them, and you might just want to! The cocoa, coconut, lavender aroma makes my mouth water for what is essentially a truffle. These truffles are best used in the bath, however, as the silky soft oils melt in the warm water and soak into your skin.

### Ingredients and Materials

*Makes 12 bath melts*

- 55 g cocoa butter
- 2 tablespoons coconut oil
- 20 drops lavender essential oil
- 1 tablespoon dried lavender flowers
- Turkish coffee pot
- Spatula
- Silicone ice cube tray as a mold





### **Make it!**

Melt the oils in the small pot over medium-low heat. Stir constantly and keep a watchful eye on the oils. You want them to just reach the melting point and not overheat.

When the oils have melted and combined, add the essential oils and stir well.

Immediately pour into silicone molds. I used a silicone ice cube tray but a candy mold will also work. A small pot with a pour spout makes this job a lot easier. I use a Turkish coffee pot for all my natural skincare recipes as it is small but tall, has a long handle to keep your hands away from hot oils, and because it is much easier to pour with a spout.

Sprinkle dried lavender buds on the hot oil, dividing the tablespoon up evenly between the bath melts.

Move the silicone mold to the refrigerator to cool for 2 hours. Store the finished bath melts in the fridge or a cool place if your house is warm so they don't melt before you want to use them!

Pop one or two bath melts into a tub filled with hot water and soak for at least 20 minutes.

# Chapter 3

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## SUMMER SKIN CARE

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## Sunscreen Lip Balm

Before you head out in the sun do you make sure that you cover your skin with sunscreen? What about your lips? Applying sunscreen meant for your skin directly to your lips doesn't taste very good. Plus it dries out your lips and dulls the shine. Instead, try this homemade sun protection lip balm. It will protect your lips, make them kissably soft, and it's made of all-natural ingredients!

Many ingredients that are used in natural lip balm recipes provide a degree of SPF. Some oils add sun protection properties such as raspberry seed oil (natural SPF of 28-50) and carrot seed essential oil (SPF can be as high as 40). This recipe is made from a basic lip balm recipe with soft oils like wheat germ and jojoba, as well as shea butter, each of which has SPF properties themselves.

It's important to also note that there are ingredients that can cause the sun's effects to be accelerated. Phototoxic essential oils typically run in the citrus family (lemon, lime, bitter orange, mandarin leaf, and grapefruit). Sweet orange oil, however, is generally considered not phototoxic.

Making sunscreen or sun protection products at home is a solid way to add sun protection and one that I use for my fair, freckly skin. Even so, I would not venture a guess as to what the SPF is of a homemade recipe. I can say that I have been using this recipe on my own lips for years and have not burned them once. Plus, I can feel good about the ingredients that go into the recipe and on my skin. My general rule of thumb is to stay out of the sun when the UV is strongest and take the steps to protect my skin (and lips) as naturally as possible.

## Ingredients

*Makes six tubes*

- 2 tablespoons olive oil with calendula
- 1 tablespoon jojoba oil
- 1 tablespoon wheat germ oil
- 0.5 teaspoon raspberry seed oil
- 2 tablespoons grated beeswax
- 1.5 teaspoons carnauba wax
- 1 teaspoon shea butter
- 10 drops vanilla essential oil
- 8 drops sweet orange essential oil
- 5 drops carrot seed essential oil

## Materials

- 6 lip balm tubes
- Turkish coffee pot or small double boiler
- Small spatula

## Make it!

First, infuse olive oil with calendula by following [these instructions](#), which can also be found on page 11.

Measure all the ingredients into a small double boiler or a Turkish coffee pot. I like to use the Turkish coffee pot because it has a pour spout. I can heat the oils up quickly and then pour them easily into the tubes.

Once the oils, waxes, and butter have all melted together turn off the heat and add in the essential oils. Stir well with a small spatula.

When everything is thoroughly mixed, use the spout on the Turkish coffee pot to pour the lip balm into the tubes. Fill each tube to just above where the center screw is.

Let the lip balm cool and then warm up the remaining mixture in the pot so that you can top off each one of the tubes.

Filling the lip balm tubes in two steps ensures that you won't have a large depressed area with a hole in the center of the lip balm. If this still happens then you can always add a little bit more lip balm onto the top of the depressed area and use a lighter to melt it onto the rest of the lip balm.

If this recipe is just for your own use (and you don't really care what it looks like) then just fill up each one of the tubes the first time; it won't affect the final product's function or usefulness.





## After-Sun Lip Balm

Did you know that your lips can get sunburned? Of course, they can! But you may not think about it when you slather on that SPF. In case you forgot about the skin on your lips, here is a healing after sun recipe to cool and soothe sunburned lips.

### Ingredients

*Makes six tubes*

- 2 tablespoons olive oil with calendula
- 2 tablespoons castor oil
- 2 tablespoons grated beeswax
- 1.5 teaspoons carnauba wax
- 1 teaspoon shea butter
- 10 drops vanilla essential oil
- 8 drops ylang-ylang essential oil
- 5 drops peppermint essential oil
- 5 drops lavender essential oil

### Materials

- 6 lip balm tubes
- Turkish coffee pot or small double boiler
- Small spatula



## Make it!

First infuse olive oil with calendula by following [these instructions](#), which can also be found on page 11.

Measure all the ingredients into a small double boiler or a Turkish coffee pot. I like to use the Turkish coffee pot because it has a pour spout. I can heat the oils up quickly and then pour them easily into the tubes.

Once the oils, waxes, and butter have all melted together turn off the heat and add in the essential oils. Stir well with a small spatula.

When everything is thoroughly mixed, use the spout on the Turkish coffee pot to pour the lip balm into the tubes. Fill each tube to just above where the center screw is. Let the lip balm cool and then warm up the remaining but the mixture in the pot so that you can top off each one of the tubes. Filling the lip balm tubes in two steps ensures that you won't have a large depressed area with a hole in the center of the lip balm. If this still happens then you can always add a little bit more lip balm onto the top of the depressed area and use a lighter to melt it onto the rest of the lip balm.



## Aloe Vera Sunburn Remedy

The healing power of plants cannot be denied, especially when something as simple as an aloe vera plant can provide great relief to something so painful: sunburned skin. This aloe vera sunburn remedy is one that I have been using for as many years as I can remember.

When I was a kid (a freckly, redheaded kid at that), I fondly remember visits to my grandmother's place at the beach. She lived in a warm city where the sun shone relentlessly in the summer despite that it was windy enough to keep us cool. This meant more hours of fun in the sun than my skin could reasonably handle. Even if I did put on sunscreen, and reapply regularly, the sun would win out by the end of the day and I would be left with those bright pink shoulders that radiated heat up to my ears! That was when my brilliant grandmother would cut off a little piece of her aloe vera plant, split it open with a knife, and apply it to my shoulders. It stung just a bit at first but then cooled the burn right down. The relief came almost instantly and when I woke up the next morning my shoulders were pink but not inflamed and not radiating heat like the sun.

That's because aloe vera is a powerful anti-inflammatory and it is most potent when applied directly from the plant. Since then, I've always kept in aloe vera plant growing in my house. I've had some that have provided me with the healing gel for many years.



To use aloe vera gel on a sunburn is simple. Cut a piece of aloe vera off of the plant with a sharp knife. Cut the tip off of one of the leaves (it can be as large as the whole leaf or just part of the tip). Cut at an angle and don't cut the whole leaf so the end of the leaf will seal up. Then take a paring knife and split the leaf in half so that the gel inside has the most surface area. Take the leaf and rub it directly on the burn\*. You can also put the leaves in the fridge and use them as a cold gel to soothe the burn. It will feel good but will not add any additional healing properties so this isn't an essential step.

*\*Be sure to test a small patch of skin before applying it en masse. Some people have allergies to aloe vera straight from the plant and you don't want to cause a worse reaction!*

Compost the leaves when you're finished applying the gel on your skin and repeat every six hours if you're still looking for a relief from a nasty sunburn. Please note that this is for a typical sunburn, serious burns with blisters, headache, or severe pain should be seen by a doctor.



## After-Sun Lotion Recipe

Even if you don't have a sunburn, this after-sun lotion is a summer necessity to rehydrate and soothe sun-kissed skin. Apply it after a good scrub in the shower to remove sunscreen residue. Slather on this balm and your skin will drink in the oils and butters, dealing with sun-damaged skin while you sleep.

### Ingredients

*Makes 2 oz*

- 3 tablespoons olive oil infused with calendula
- 1 tablespoon coconut oil
- 1 teaspoon cocoa butter
- 1 teaspoon Shea butter
- 1 tablespoon grated beeswax
- 15 drops lavender essential oil
- 3 tablespoons aloe vera gel

### Make it!

Melt the oils, butters, and beeswax in a double boiler or Turkish coffee pot. Use a medium heat and stir as the oils melt. Remove from heat just as all ingredients are liquid. Stir in essential oil. Allow to cool slightly and then add

the aloe gel. Mix the gel in well with the rest and pour into a 2oz container.

### To Use

Apply the lotion generously to sunburned skin and rub it in as well as you can (which I know can be difficult with a sunburn!). Apply again after waking in the morning or showering, until the sunburn has settled down. Shower to remove any sunscreen and use the lotion each evening after a day of sun exposure.





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## All-Natural Bug Spray Recipe

This all-natural bug spray recipe is not only bad for bugs, it's good for you. Good because it's super simple. Good because it actually smells nice. And good because it's not toxic on your skin. All that and it keeps mosquitoes from biting.

This recipe uses some pleasing essential oils in a base of witch hazel that you'll love and they hate.

### Ingredients

- 4 drops citronella essential oil
- 4 drops lemongrass essential oil
- 4 drops rosemary essential oil
- 4 drops eucalyptus essential oil
- 4 drops mint essential oil
- 1/4 cup pure witch hazel

### Make it!

Add all ingredients into a small glass or plastic atomizer. Shake well and apply liberally.

## **Insect Bite Roll-on Remedy**

This insect bite roll-on is great to have on hand when you least expect that you'll get attacked by mosquitoes, flies, or other annoying pests. If you've ever been caught outside at dusk without bug spray you may also know the frustration of trying to enjoy time with friends while getting eaten alive by mosquitoes or swarmed by flies. This handy little roll-on bottle is an easy way to make sure that you always have a bite relief on hand in your purse, pocket, or bag.

### **Ingredients and Materials**

- 10ml glass aromatherapy roll on bottle
- Small funnel
- Pure witch hazel
- 2 drops lavender essential oil
- 2 drops tea tree essential oil

### **Make it!**

Pour the witch hazel into the roll-on bottle using a small funnel. Add the essential oils and put the roll-on top back on the bottle. Shake well before using.

To quickly relieve mosquito bites apply the roll-on as soon as you see the mosquito on you or feel the bite starting to itch. Don't scratch! Roll on a little of this bug bite relief right onto the bite and allow it to dry. Again, don't scratch! The more you scratch the more inflamed it will be. If you can restrain yourself while the bug bite remedy works, you should feel better in about 15 minutes.



# Chapter 4

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## JUST FOR BABY

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## Tender Tushie Baby Wipe Solution

This solution is meant to clean, disinfect, and moisturize baby bottoms during diaper changes. Add it to a spray bottle and spritz some on tissue as you go, or use the solution to make up some baby wipes.

There are two types of wipes you can make: disposable and reusable. The disposable wipes are made using a paper towel roll cut in half. The reusable ones are made from cotton fabric. DIY instructions follow this recipe.

### Ingredients

- 1 cup distilled water
- 1 tbsp pure witch hazel
- 1 tbsp liquid castile baby soap
- 1 tbsp olive oil (you can also infuse the olive oil with calendula flowers as described in the Ingredients section).
- 1-2 drops of lavender essential oil (for babies older than 6 months)

### Make it!

Add all ingredients to a large Mason jar and stir. Keep any leftover solution in the fridge.







## All-Natural Baby Wipes - Disposable

Get rid of those stinky chemical baby wipes with this simple-to-make, all-natural recipe for baby wipes.

### Materials

- 1 paper towel roll
- Plastic or glass container that will fit the roll cut in half
- Tender Tushie Baby Wipe Solution

### Make it!

First, get a cutting board and a sharp knife and cut the paper towel roll in half lengthwise. Make sure the container you have will fit the paper towel roll and put half inside it.

Mix the ingredients together well then pour over the paper towel. It should saturate the whole thing but you can pour off the excess or add more if you need it.

Pull the cardboard roll out of the center and you should be able to easily find the end of the towel that you can gently pull up through the center.

## Reusable Baby Wipes

To make reusable wipes, cut up a cotton receiving blanket into squares (I like to use jersey because it doesn't fray) and stack them in a plastic or glass storage container.

Pour solution over the fabric just to saturate, wring out any excess, and store with the lid on.



## Baby Bum Balm

You can feel good that this all-natural bum balm will moisturize and protect baby's sensitive skin. Made with ingredients safe enough to eat, this bum balm works wonders on sensitive skin.

Use this balm on clean, dry skin between diaper changes to soothe and prevent diaper rash. In addition, you can use this balm on any dry or chapped skin, or even to calm cradle cap.

### Ingredients & Materials

*Makes 2 x 2 oz tins of bum balm*

- 1/4 cup olive oil infused with calendula flowers
- 1 tbsp jojoba oil
- 2 tsp shea butter
- 2 tsp grated beeswax
- 1 tsp cocoa butter
- 1 tsp carnauba wax
- Double boiler
- 2 x 2 oz shallow metal tins

### Make it!

Infuse olive oil with calendula flowers as described in the Ingredients chapter. In a double boiler, slowly heat up the olive oil and the remaining ingredients until just melted. Stir well. Pour into the metal tins and allow to cool completely before use.



## Mama's Healing Butter

This is for all those breastfeeding mamas out there: a recipe to protect sensitive nipples and help to restore moisture. Use this butter after every feeding to prevent and heal chapped or dry skin. It is made with food grade ingredients that are safe for breastfeeding tots.



## Ingredients & Materials

*Makes 2 x 2 oz tins of healing butter*

- 1/4 cup olive oil infused with calendula flowers
- 2 tbsp shea butter
- 2 tbsp cocoa butter
- 2 tsp carnauba wax
- 1 tsp mango butter
- Double boiler
- 2 x 2 oz shallow metal tins or lip balm pots

## Make it!

Infuse olive oil with calendula flowers as described in the Ingredients chapter. In a double boiler, slowly heat up the olive oil and the remaining ingredients until just melted. Stir well. Pour into the metal tins and allow it to cool completely before use.

# Chapter 5

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## PAMPERED POOCH

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## Herbal Anti-Flea Dog Shampoo Recipe

This dog shampoo not only leaves your puppy with a herb-fresh scent, but those herbs also work to deter fleas. The recipe comes to us from the herb garden, making it powerful yet gentle on your furry friend's skin. The addition of herbs and essential oils also helps with muscle pain and skin healing.

This all-natural shampoo is packed with essential oils that fleas hate, but the castile soap is kind to fur and the people who pet it.

Herbs from the garden are infused into the shampoo to give a gentle topical skin treatment. Peppermint is for pain relief, rosemary is an antibacterial addition, and calendula is skin-repairing. The essential oil combination of rosemary, peppermint, pine, and lavender coats the fur leaving your dog puppy fresh to everyone but fleas.



## Ingredients

*Makes 1 cup*

- 2/3 cup water
- 1 tbsp chopped fresh or dried peppermint leaves
- 1 tbsp chopped fresh or dried rosemary leaves
- 1 tbsp calendula flowers
- 1 tbsp dried lavender buds
- 1 teaspoon olive oil
- 1/3 cup unscented baby castile soap
- 10 drops rosemary essential oil
- 8 drops peppermint essential oil
- 2 drops pine essential oil
- 2 drops lavender essential oil

## Make it!

Make an herbal tea by soaking the chopped rosemary, peppermint, lavender buds, and calendula flowers to boiling water. Steep until cool, then strain through a coffee filter set in a fine-mesh strainer.

Add all ingredients together in a bottle and shake to combine. Give the shampoo a good shake and use for up to 1 year.

Use shampoo monthly during flea season to deter fleas. Work shampoo into wet fur into a lather and give Puppy a good scrub. Rinse well and towel dry pooch.

If your pampered pooch does get fleas, then follow the shampoo with an apple cider rinse. Apply apple cider vinegar liberally all over the fur and skin and massage in. Rinse well with warm water and repeat if needed.



## Stinky Dog Spray

Is there a dog in your life with embarrassing odor? Well, you can discretely help out the little stinker with the gift of this Doggie Deodorant! You can use into right on the pooch, on bedding, leashes, toys, and clothes.

### Ingredients and Materials

- Spray bottle
- Pure witch hazel
- Lavender essential oil
- Lemon essential oil

### Make it!

Fill up the spray bottle 3/4 of the way full with water. Fill the remaining 1/4 with witch hazel and add 8 drops of lavender and 5 drops of lemon essential oils.

Add more drops of essential oils for a stronger fragrance, but keep it on the light side as to not put off the pooch. Dogs actually like wet dog smell!





## 5 Home Remedies for the Pampered Pooch

These home remedies for treating common dog health issues are tried and true in my household; however, you should speak to your animal health care professional before trying any home remedy.

### Flatulence Remedy

Is Mindy a bit windy? If so, then this remedy will make her much more pleasant to snuggle with in no time. One tablespoon of pumpkin purée added to meals is all you need to cure flatulence forever. Use organic pumpkin purée or make your own. Just be sure not to mistakenly use pumpkin pie filling which is sweetened and filled with spices.

### Flea Remedy

Adding a few drops of essential oils added to a fabric collar is a safe and natural flea remedy for use between baths. Lavender, cedar, peppermint, and eucalyptus oils all work to repel fleas. Citronella also repels fleas but dogs don't like the smell much so it's best to use something they won't be bothered by.

### Itchy Skin Remedy

Grind oatmeal and mix it with water in a bowl to make a thick paste. Apply oatmeal to the itchy areas and leave for 10 minutes. This is probably best done in the bathtub with the shower curtain pulled closed, especially if your pup is a shaker!

### Ear Infection Remedy

If your dog has stinky ears that she scratches often, then she may have an ear infection. Clean the inside of the ear with a clean, damp cloth, and then soak a cotton ball with apple cider vinegar. Rub the inside of the ear with the cotton ball and repeat 2-3 times a day until the infection has cleared up.

### Eye Infection Remedy

Eye infections can be treated quickly with a few drops of colloidal silver. Often used as a natural antibiotic, colloidal silver will quickly treat an infection. Add a few drops to an open eye, two times each day and the infection should clear up rapidly.

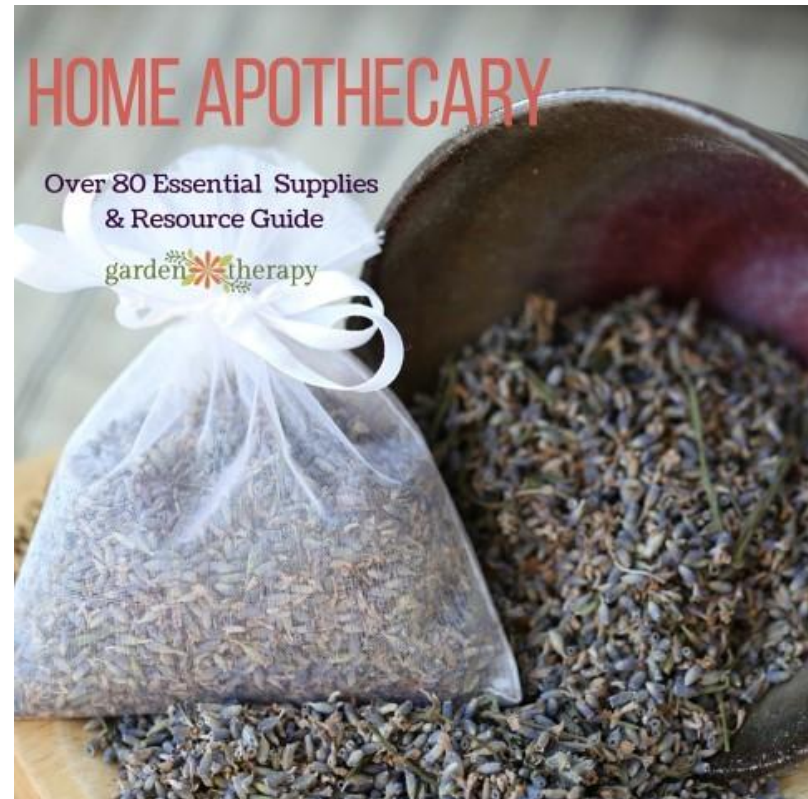
## Are you ready to get started?

I've created a handy resource guide that is meant to help you build your own natural beauty apothecary at home.

Find everything from the ingredients to the tools you will need to get started making your own DIY Natural Beauty products.

In many cases, you will have everything you need in your kitchen, in other cases, you may need to purchase some of the supplies. Either way, it's best to stick to natural beauty recipes as they are written. Skincare recipes are stricter than food recipes as not all substitutions will work.

The resources and supplies page is updated regularly to ensure that the items you need to make these projects can be found.



[CLICK HERE for Supplies & Resources](#)

# ABOUT THE AUTHOR

Stephanie Rose is an award-winning author and the creator of [Garden Therapy](https://gardentherapy.ca) (<https://gardentherapy.ca>). Garden Therapy started as a personal blog and has bloomed into a community of craft and garden projects for people looking to add some creativity to their lives.

Stephanie started making her own natural beauty products and soap in 2008 to use what was growing in the garden for personal beauty and wellness. After testing countless recipes, she has found what works best for her family and now makes all of her own soaps, lotions, scrubs, lip balms, and healing salves. Stephanie is an avid soap-maker and makes both cold-process soap and melt-and-pour soap recipes.

Stephanie lives in Vancouver, BC, where she works full-time as a writer, photographer, crafter, and artist. She can be found in her garden studio testing new soap recipes and creating beautiful things with natural elements.

