

# DIY Body Care Recipes for Every Body

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## SIGNATURE BLENDS FOR ANY MOOD



### ORANGE CREAMSICLE

10 drops sweet orange oil  
10 drops vanilla oil

### RISE & SHINE!

10 drops peppermint oil  
10 drops rosemary oil

### BREATHE EASY

7 drops eucalyptus oil  
7 drops lavender oil  
7 drops rosemary oil

### PEPPERMINT PATTY

10 drops peppermint oil  
10 drops vanilla oil

### CITRUS ZING

12 drops sweet orange oil  
6 drops peppermint oil  
3 drops rosemary oil

### LAVENDER FIELDS FOREVER (+MINT!)

10 drops lavender oil  
10 drops peppermint oil

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## SUGAR & SALT BODY SCRUB

½ cup NG BULK  
SUGAR (brown,  
white, turbinado, etc.)

½ cup NG BULK SEA  
SALT

⅓ cup oil (apricot,  
kernel, grapeseed,  
almond or jojoba)

10-20 drops essential  
oils

Combine sugar, salt, and oil in a bowl and mix until all ingredients are incorporated well. Add the essential oils and mix again. Transfer to an airtight container until ready to use.

*To use:* apply a thin layer to wet skin (the shower is a great time for this) with a gentle circular motion to scrub the skin. Avoid sensitive areas and the eyes. Rinse well and use a towel to pat dry, leaving some of the skin-softening oil on your skin.



## SKIN SOFTENING OATMEAL BATH MAKES 1 BATH

¼ cup NG BULK  
ROLLED OATS  
1 tbsp baking soda  
2 tbsp NG BULK DRIED  
LAVENDER  
2 tbsp NG BULK DRIED  
CHAMOMILE FLOWER  
20 drops of essential oil  
(optional)  
Muslin bag, cheese cloth  
or old stocking

Coarsely grind the oats in a food processor, coffee grinder or with a mortar and pestle. Combine all ingredients in a bowl and mix well. Transfer mixture to a muslin bag, an old stocking or tie up in several layers of cheese cloth.

*To use:* run bath water through the prepared sachet. Soak for 20-30 minutes and use the sachet to gently exfoliate the skin if desired. After the bath, empty the contents of the sachet into the trash and you can re-use the bag, stocking or cheesecloth for another batch.



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## SILKY CHOCOLATE LIP BALM MAKES 2 OUNCES

4 tbsp cocoa butter  
1 tsp almond oil or coconut  
oil  
½ tsp NG RAW HONEY  
¼ tsp NG BULK COCOA  
POWDER (optional)  
5-10 drops vanilla, sweet  
orange, or peppermint  
essential oil

Combine cocoa butter and almond or coconut oil in a glass measuring cup. Fill a small saucepan with 2-3 inches of water and heat over medium heat. Place the measuring cup in the pan so that the bottom of the cup is submerged in the water and the handle is hooked over the edge of the pan so it doesn't get too hot. Heat mixture gently until the cocoa butter is completely melted. Remove from the heat and take the measuring cup from the pan. Add the honey, optional cocoa powder and essential oils and mix well. Pour mixture into small jars or tins. Allow to cool completely before capping.

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## SMELL SWELL DEODORANT BAR MAKES THREE 3-OUNCE BARS MODIFIED FROM WELLNESSMAMA.COM

½ cup coconut oil  
½ cup shea butter  
2 ounces beeswax (grated or  
finely chopped)  
1 tbsp baking soda  
½ cup organic arrowroot  
powder  
2-3 capsules shelf-stable  
probiotics  
10-20 drops tea tree oil  
10-20 drops peppermint,  
lavender, lemon, sage,  
rosemary, etc.

Combine coconut oil, shea butter and beeswax in a wide-mouthed mason jar and set it in a small sauce pan of water. Bring the water to a gentle boil and stir ingredients until they're melted and smooth. Remove jar from the pan and allow mixture to cool for a few minutes before adding the remaining ingredients. Gently stir until all ingredients are incorporated.

Pour into clean, empty deodorant containers, muffin tins, or other molds while still liquid. Allow mixture to cool overnight before using.

