

DIY Body Care Recipes

For Every Body

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

Sugar And 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

1. Combine sugar, salt, and oil in a bowl and mix until all ingredients are incorporated well.
2. Add the essential oils and mix again.
3. 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

Yield: 1 bath

¼ cup NG bulk rolled oats

1 tablespoon baking soda

2 tablespoons NG bulk dried lavender

2 tablespoons NG bulk dried chamomile flower

20 drops of essential oil (optional)

1. Coarsely grind the oats in a food processor, coffee grinder or with a mortar and pestle.
2. Combine all ingredients in a bowl and mix well.
3. 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 reuse the bag, stocking or cheesecloth for another batch.

Silky Chocolate Lip Balm

Yield: 2 ounces

4 tablespoons cocoa butter
1 teaspoon almond oil or coconut oil
½ teaspoon NG raw honey
¼ teaspoon NG bulk cocoa powder (optional)
5-10 drops vanilla, sweet orange, or peppermint essential oil

1. Combine cocoa butter and almond or coconut oil in a glass measuring cup.
2. 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.
3. Remove from the heat and take the measuring cup from the pan. Add the honey, optional cocoa powder and essential oils and mix well.
4. Pour mixture into small jars or tins. Allow to cool completely before capping.

Smell Swell Deodorant Bar

Yield: 3 3-ounces bars | Adapted from: WELLNESSMAMA.COM

½ cup coconut oil
½ cup shea butter
2 ounces beeswax (grated or finely chopped)
1 tablespoon 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.

1. Combine coconut oil, shea butter and beeswax in a wide-mouthed mason jar and set it in a small sauce pan of water.
2. Bring the water to a gentle boil and stir ingredients until they're melted and smooth.
3. 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.
4. Pour into clean, empty deodorant containers, muffin tins, or other molds while still liquid. Allow mixture to cool overnight before using.

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