



DIY Bath & Beauty Recipes by Tiffany Pelkey

No part of this publication shall be reproduced, transmitted, or sold in whole or in part in any form, without the prior written consent from me, the author. Copyright ©2016 The Coconut Mama All rights reserved.

TABLE OF CONTENTS

Disclaimer	Page 2
Why DIY?	Page 3
Ingredients	Page 5
Whipped Body Butter	Page 6
Sweet Honey & Lavender Lip Balm	Page 7
Therapeutic Chest Rub	Page 8
Soothing Bath Salts	Page 9
Beautifying Face Serum	Page 10
Fizzy Bath Bombs	Page 11
Hard Lotion Bars	Page 13
Linen or House Spray	Page 14
Soft Skin Body Scrub	Page 15
Strengthening Nail Serum	Page 16
Non-Toxic Bubble Bath	Page 17
Carrier Oil Stick	Page 18
Perfume Roll-Ons	Page 19

DISCLAIMER

This ebook was created for educational purposes only. I am not a medical professional. You should not use any of the information in this book to replace the medical advice given to you by your primary care physician. To practice medicine requires a license... To promote good health does not; therefore, I do not diagnose, prescribe or offer treatment or cures for disease. I DO offer information to support and teach each of you how to rely on yourself to build better health. I seek to create a community of women and men who support each other on the path to wellness using non-toxic, safe, and natural approaches.

WHY MAKE BODY CARE & BEAUTY PRODUCTS?

There are hidden chemicals in many beauty and body care products, most of which have not been assessed by the FDA. Some of these substances are linked to hormone disruption, allergic reactions, and skin reactions. For example, the ingredient "fragrance" can actually be a complex mixture of numerous synthetic and natural chemicals.

“The average fragrance product tested contained 14 secret chemicals not listed on the label. Among them are chemicals associated with hormone disruption and allergic reactions, and many substances that have not been assessed for safety in personal care products...

The U.S. Food and Drug Administration has not assessed the vast majority of these secret fragrance chemicals for safety...

When sprayed or applied on the skin, many chemicals from perfumes, cosmetics and personal care products are inhaled. Others are absorbed through the skin. Either way, many of these chemicals can accumulate in the body. As a result, the bodies of most Americans are polluted with multiple cosmetics ingredients.

Numerous other products used daily, such as shampoos, lotions, bath products, cleaning sprays, air fresheners and laundry and dishwashing detergents, also contain strongly scented, volatile ingredients that are hidden behind the word “fragrance.” Some of these ingredients react with ozone in the indoor air, generating many potentially harmful secondary air pollutants such as formaldehyde and ultrafine particles...”

From the EWG report: Not So Sexy: The Health Risks of Secret Chemicals in Fragrance:
<http://www.ewg.org/research/notsosexy>

What's The Solution?

1. Look for nontoxic alternatives.

- Young Living carries many non-toxic beauty, body care and cleaners. You can find them when you log into your account at <https://www.youngliving.com/>
- EWG's Skin Deep Cosmetic Database: an easy to navigate online safety ratings for cosmetics and personal care. <http://www.ewg.org/skindeep/>

DIY Bath & Beauty Recipes by Tiffany Pelkey

No part of this publication shall be reproduced, transmitted, or sold in whole or in part in any form, without the prior written consent from me, the author. Copyright ©2016 The Coconut Mama All rights reserved.

2. Make your own!

Use nontoxic therapeutic grade essential oils to replace synthetic fragrances and get the added health benefits of pure essential oils. Essential oils can improve mood and energy levels, support a healthy immune system, and improve skin health.

WHIPPED BODY BUTTER

This cloud-like lotion is extremely nourishing and will leave your skin feeling soft! This Body Butter is great for babies or sensitive skin, and scents can be added to make it a custom gift for anyone (or to keep for yourself!).

Ingredients:

- 2 Ounces Coconut Oil (approximately $\frac{1}{3}$ cup)
- 2 Ounces Shea Butter (approximately $\frac{1}{3}$ cup)
- 2 Ounces Cocoa Butter (approximately $\frac{1}{3}$ cup)
- $\frac{1}{3}$ Cup Jojoba Oil or Almond Oil
- 15-30 Drops Essential Oils

Directions:

1. In a double boiler or glass bowl, combine all ingredients except essential oils.
2. Bring to medium heat and stir constantly until all ingredients are melted.
3. Remove from heat and let cool slightly.
4. Move to fridge and let cool another 1 hour or until starting to harden but still somewhat soft.
5. Use a hand mixer to whip for 10 minutes until fluffy. Add essential oils and whip for another minute.
6. Store in a glass jar with a lid.

My favorite essential oil to use in this recipe:

Peppermint (15-20 drops) - You'll smell like a candy cane! Great for this time of year.

Frankincense & Lavender (15 drops each) - Promotes beautiful skin!

Gentle Baby Blend - Great for mamas and babies!

Stress Away & Lavender (20 drops of Stress Away and 10 drops of Lavender) - Very relaxing!

Grapefruit & Lime (20 drops each) - This smells AMAZING!! Just be careful not to wear this outside since citrus oils are photosensitive.

LAVENDER & HONEY LIP BALM

This homemade lavender honey lip balm is very healing and nourishing for dry, chapped lips.

Ingredients:

- 3 Tbsp Coconut Oil
- 1/2 tsp Raw Honey
- 1 Tbsp Sweet Almond Oil
- 2 Tbsp Beeswax Pastilles
- 20 Drops Lavender essential oil

Directions:

1. Remove the lids from the lip balm tubes and secure upright with a large rubber band.
2. Melt the coconut oil and beeswax together in a double boiler.
3. Remove from heat.
4. Stir in raw honey, sweet almond oil and essential oils.
5. Pour the mixture into the upright tubes. (You have to move very quickly before the oils start to set.)
6. Allow the lip balm to set and then cap the containers.

This recipe will fill 12 lip balm bottles.

THERAPEUTIC CHEST RUB

This chest rub is soothing and supports the respiratory system. A lot of people need this rub this time of the year!

Ingredients:

- ½ Cup Coconut Oil
- 5 Drops Eucalyptus Essential Oil
- 5 Drops Peppermint Essential Oil
- 2-3 Drops Rosemary Essential Oil
- 2-3 Drops Lavender Essential Oil
- 2 Tablespoons Beeswax Pastilles

R.C. & Raven can be used in place of eucalyptus, peppermint, lavender and rosemary.

Directions:

1. Melt beeswax in a double boiler over low heat.
2. Once melted, mix in coconut oil and allow the rub to cool enough that it's not hot to the touch but not solid.
3. Add essential oils and mix well.
4. Pour into jar or container.

SOOTHING BATH SALTS

Who doesn't love a relaxing bath? Homemade bath salts make a wonderful and inexpensive gift.

Ingredients:

- 2 Cups Epsom Salts
- 10-15 Drops Essential Oils

Directions:

1. Fill your mason jar or canister $\frac{3}{4}$ the way full of epsom salts.
2. Add 10-15 drops of essential oils of choice.
3. Mix well and secure lid on the jar.

My favorite essential oil for salt baths:

Stress Away (8-10 drops per 2 cups of epsom salts)

PanAway (10-15 drops per 2 cups of epsom salts)

Joy (5-10 drops per 2 cups of epsom salts)

Lavender & Frankincense (10 drops of lavender & 5 drops of Frankincense per 2 cups of epsom salts)

Peace & Calming (8-10 drops per 2 cups of epsom salts)

R.C. (10-15 drops per 2 cups of epsom salts)

BEAUTIFY YOUR FACE SERUM (3 RECIPES)

People spend hundreds of dollars a month on expensive creams and serums but what they don't know is how easy and inexpensive it is to make them at home! The following homemade recipes for facial serum will beautify your skin and reduce the appearance of wrinkles, blotchiness, dark spots, light spots, redness, and blemishes!

Recipe #1

Ingredients:

- 5 Drops Frankincense Essential Oil
- 5 Drops Lavender Essential Oil
- 2 Drops Tea Tree Essential Oil
- 1 oz Liquid Carrier Oil (I use jojoba)

Recipe #2

Ingredients:

- 1 Drops Rose Essential Oil
- 2 Drops Sandalwood Essential Oil
- 2 Drops Frankincense Essential Oil
- 1 oz Liquid Carrier Oil (I use jojoba)

Recipe #3

Ingredients:

- 5 Drop Frankincense Essential Oil
- 5 Drops Lavender Essential Oil
- 2 Drops Geranium Essential Oil
- 2 Drops Bergamot Essential Oil
- 1 oz Liquid Carrier Oil (I use jojoba)

Directions:

1. Add essential oils to a 1 oz bottle fitted with a glass dropper.
2. Pour in the carrier oil you are using.

FIZZY BATH BOMBS

Add some fizzing aromatic fun to your next bath! These bath fizzers are fairly simple to make, and a lot of fun to drop into a warm bath as they fizz and bubble and cause the water to roll!

Ingredients:

- 2 Tbsp Baking Soda
- 2 Tsp Citric Acid (This can be found at many grocery stores or candy-making supply stores.)
- Essential Oils (20-30 drops): These not only give your bath fizzers their own unique scent, they also add the benefits of the essential oil you use to your bath.
- Water in a Spray Bottle: Cool water in any type of spray bottle that can spray a fine mist.

Directions:

1. Mix 2 tablespoons of baking soda with 2 teaspoons of citric acid in a small bowl.
2. Drop 20-30 drops of your desired essential oil or blend into the baking soda/citric acid mixture and stir it until combined. If desired, add a drop of food coloring to the mixture and quickly stir until combined.
3. Spray one or two sprays of water into the mixture and quickly stir until it is combined. Repeat this process until the mixture sticks together when compacted. The number of water sprays you will need will vary depending on the spray bottle and how much other liquid you previously added. I only used about 6 sprays from a 1 oz. blue glass spray bottle to reach the right consistency. Note: As you add the water in this step, you will probably hear some light fizzing sounds coming from the mixture. This is normal, and will continue until the mixture starts to dry.
4. Take some of the mixture and press it into a small candy mold. Repeat this process until you have pressed all or most of the mixture into molds. Note: If you don't have candy molds, you can shape it with your hands, or press it into cookie cutters, small yogurt containers, or any other container with smooth sides.
5. Allow the mixture to sit in the molds for one or two minutes, then turn the molds over and gently release the bath fizzers onto a sheet of plastic wrap or wax paper by gently bending the mold away from the bath fizzer.

Allow the bath fizzers to dry for a day or two until they have hardened all the way through (thicker bath fizzers will take longer to dry than these smaller ones).

If desired, wrap the bath fizzers in tissue paper or foil squares.

To use the bath fizzers, simply drop them into warm water. The bath fizzers will quickly fizz away, causing the water to roll, and releasing the aroma of your desired essential oil or blend into the air.

Extra Ideas:

This recipe can easily be made into larger amounts. Just keep the proportions of 1 Tbsp Baking Soda, 1 tsp of Citric Acid and 10-15 drops essential oil.

Make fun fizzing surprises by hiding small soaps or plastic toys in a larger Bath Fizzer. Just pack a large candy or soap mold about half-way with the mixture, place a small soap or toy in the center, then pack the rest of the mold with the mixture. These larger Bath Fizzer surprises will take a few days longer to dry and harden than the smaller ones.

Place several bath melts in a small basket, jar, or plastic container to give away as gifts.

HARD LOTION BARS

Ingredients:

- 1/3 Cup Coconut Oil
- 1/3 Cup Pure Beeswax
- 10-15 Drops of Essential Oils

Directions:

1. Heat coconut oil and beeswax together in a saucepan over low heat. It helps if you break up the beeswax into small chunks because it takes a while for the wax to melt.
2. Once the beeswax and coconut oil are melted remove from heat and add essential oils.
3. Pour melted coconut oil and beeswax into lotion bar molds or muffin tins. 4. Let them sit until cool. You can also place them in the refrigerator if you need to speed up the process.

How To Use Lotion Bars:

The first time I used a lotion bar I had some trouble. No one explained to me how to use them. I ended up bringing it into the shower with me and used it like a soap bar. It worked pretty well as a moisturizer, but a lot of it would wash off in the shower. Later I figured out that you're not supposed to use it in the shower (though I still keep one in my shower because we like to use it the wrong way). Instead you need to rub the bar until it's warm and then apply it on your skin like lotion. I REALLY love to use these on my elbows and knees and any area that gets dried and cracked during the winter.

My Favorite Essential Oils To Use:

20 Drops Each of Lavender & Melrose - This combo is great for those with super dry and irritated skin.

10 Drops Each of Geranium & Bergamot - This combo smells amazing!

10 Drops of Frankincense & 15 Drops of Lavender - This combo is really great for all skin types.

10 drops each of Stress Away & Peppermint - this is my all time favorite combo. I diffuse these oils together all the time. Of course they smell amazing together in these lotion bars.

LAVENDER LINEN SPRAY

This all natural spray isn't just for linens! You can use it as a house spray, body spray and linen spray.

Ingredients:

- 10 Drops Essential Oils
- 2 Ounces Distilled Water
- 2 Ounce Spray Bottle

Directions:

Pour essential oils into spray bottle and fill the bottle with distilled water.

My Favorite Essential Oils To Use:

Lavender - Great for linens and furniture

Christmas Spirit - I love this blend during the holidays!

Joy Essential Oil Blend - Very uplifting!

BASIC BODY SCRUB

I love homemade body scrubs. They're super easy to make and they exfoliate the skin and leave it feeling super soft and smooth! These recipes can be used as full body scrubs or as hand or foot scrubs.

Ingredients:

- 2 Cups Oil (I use coconut oil)
- 1 Cup White Sugar, Brown Sugar or Epsom Salt
- 8-12 Drops Essential Oils (I use lavender or geranium)

Directions:

Mix all the ingredients together and pour into jars or containers.

Sugar Vs. Salt

Sugar scrubs are perfect for all skin types and are gentle.

Salt scrubs are great for those with tough skin but they can sting sensitive skin.

STRONG NAIL SERUM

This serum helps to strengthen brittle nails. Rub over nails and cuticles daily.

Gift Idea: Gift this with a nail filer and your favorite non-toxic nail polish!

Ingredients:

- 1 Ounce Liquid Carrier Oil (I use V6)
- 6 Drops Lemon Essential Oil
- 3 Drops Carrot Seed Essential Oil
- 2 Drops Rosemary Essential Oil

Directions:

Pour carrier oil and essential oils into a 1 ounce dropper bottle.

NON-TOXIC BUBBLE BATH

My kids love my homemade bubble bath! I usually use gentle baby in this recipe but you can add any combination of essential oils to create your favorite bath experience.

Ingredients:

- 2 Cups Liquid Castile Soap
- ½ Cup Vegetable Glycerine
- 15 Drops Gentle Baby Essential Oil (or essential oil of choice)

Directions:

1. Mix the castile soap and vegetable glycerine together.
2. Add essential oils and gently mix.
3. Pour into jar or container.

How To Use: Pour ¼ cup or more of soap into bath while the bath is filling with water.

CARRIER OIL STICK

A carrier oil stick is great for those who don't want to carry liquid carrier oils around with them. All you have to do is swipe this on your skin, add your essential oil on the swipe and rub in! No more messy hands from using a liquid carrier oil!

Gift Idea: Give this away with a bottle of your favorite essential oil or a few samples of oils you like to use topically.

Ingredients:

- 1 ½ Tablespoon Coconut Oil
- 1 ½ Tablespoon Shea Butter
- 2 Tablespoons Beeswax Pastilles
- 5 Drops Vitamin E Oil

Directions:

1. Heat coconut oil, shea butter and beeswax pastilles together in a saucepan over low heat.
2. Once the beeswax and oils are melted remove from heat and add vitamin e oil.
3. Pour into 2 ounce roll-up container and secure with lid.
4. Let the stick cool and solidify. You can also place it in the refrigerator if you need to speed up the process.

VANILLA BEAN PERFUME ROLL-ONS

This homemade perfume can be used as a roll-on or in a spray bottle. There are two ways to make natural perfume, with alcohol or with a carrier oil. I've shared both methods below.

Alcohol Based Perfume Roll-On

This recipe takes 2-6 weeks to make (the longer it sits, the better the fragrance).

Ingredients:

- 1 Organic Vanilla Bean
- 8 Ounces of Vodka
- Essential Oils

Directions:

1. Cut the vanilla bean open and chop it up into pieces.
2. Scoop the vanilla bean pieces into an 8 ounce glass bottle.
3. Fill the bottle with vodka.
4. Secure the bottle with a lid and place it in a dark cool place.
5. Shake the bottle up every 3-4 days.
6. Smell the vanilla after 2 or more weeks. It'll smell beautiful! You can make this perfume as soon as 2 weeks, but the longer the vanilla sits the better it'll be.
7. Strain the vanilla beans from the vanilla.
8. Fill perfume bottle or roll-on bottles with vanilla.
9. Add 2 drops of essential oils for each tablespoon of finished vanilla perfume. Add more essential oil if you desire a stronger perfume.

My favorite essential oils to use in this recipe:

- Lavender
- Clary Sage
- Sandalwood
- Chamomile
- Peppermint (This combo smells like a candy cane!)

Oil Based Perfume Roll-On

This method is quicker than the alcohol based recipe. You must shake the bottle before each use to mix the essential oils with the carrier oil.

Ingredients:

- Liquid Carrier Oil (Fractionated Coconut Oil, Jojoba Oil, Almond Oil or V6 all work well)
- Essential Oils

Directions:

1. Fill each roll-on bottle $\frac{3}{4}$ the way full of carrier oil.
2. Add 10-25 drops of essential oils of your choice. Use more if you would like a stronger perfume. I prefer it more subtle so I only use 10-12 drops.