

A close-up photograph of lavender flowers in bloom, with green stems and small purple blossoms. The image has a soft, slightly blurred background, creating a serene and natural atmosphere.

HOW TO MAKE YOUR OWN

*All Natural  
Beauty Products*

# Agenda Today

**Help you understand the ingredients that go into common DIY Recipes,  
How to make substitutions and alterations based on your skin type and  
ingredients you have available. We'll Discuss:**

**Tools**

**Shopping List For Common DIY Ingredients**

**Where To Get Your Supplies**

**Carrier Oils & Substitutions**

**Essential Oils & Substitutions**

**Recipes: Scrubs, Body butters, Lotions, Soaks, Cleansers, Lip Balms,  
Shampoos And Conditioners**

# Tools

The tools you will need depends on the type of products you would like to make. Some products, such as clay facials and bath salts only require measuring cups and spoons, mixing bowls, and spoons for stirring and adding the final product into your choice of packaging. Other products such as lotions, balms and soaps require additional equipment and supplies.

Possible tools or equipment you may need:

- Glass Containers
- Coffee Grinder
- Electric Scale
- Cutting Board
- Immersion Blender
- Measuring Spoons
- Metal Whisks
- Large Knife
- Rubber Spatulas
- Cloths and Paper Towels
- Product Packaging Materials

# Shopping List

Sweet Almond Oil – Inexpensive carrier oil, low odour

Argan Oil – Great for the face

Baking Soda – exfoliator, face cleanser, deodorant

Beeswax – Body butters, lip bals, glosses

Cocoa Butter – Smells like chocolate

Shea Butter – Makes amazing body butters, sopas and lotions, lip balms

Extra Virgin Coconut Oil – I use this in everything:  
scrubs, lotions, soaks, body butter, lip balm

French green clay - Makes a great face mask, sucks out the toxins and heals blemishes in no time

Jojoba oil – Super rich carrier oil, great for lotions, scrubs, and hair products

Vitmin E – I put this in nearly everything, amazing healing properties especially scars and stretch marks

Emulsifying wax – Helps create an emulsion in your lotions at percentages of 5-10%.  
Emulsimulse

Sugar (brown,white) – Great for scubs  
Salt – Great for scrubs

Oatmeal – Great for scrubs

# WHERE TO GET SUPPLIES

Where you get your supplies will depend on what products you are making, among other factors. For items you don't have locally, there are plenty of online vendors that sell supplies.

**Aromatic- Natural Skin Care supplies, U.K.**

<http://www.aromatic.com/>

**Cranberry Lane- DIY Body care- soaps, hair care,**

**aromatherapy. Canada** <http://www.cranberrylane.com/>

**Amazon - Sign Up For Prime For Free Shipping**

**Essential Wholesale- Natural and Organic Products and**

**Ingredients. U.S.** <http://www.essentialwholesale.com/>

**Mountain Rose Herbs- Herbs, Essential Oils, and Natural  
Body**

**Care ingredients. U.S.** <https://www.mountainroseherbs.com>

**Nature's Garden- Soap and Cosmetic supplies (in addition to  
their candles). U.S.**

<http://www.naturesgardencandles.com/>

**New Directions Aromatic - Canada**

<http://www.newdirectionsaromatics.ca/>

These are just some examples of the many online vendors that offer supplies and ingredients. It can be helpful to find a website based out of your own country to avoid high customs or shipping charges. Do some research based on what you need to find the supplier(s) best for you.

# CARRIER OILS

# CARRIER OILS

A carrier oil is a vegetable oil derived from the fatty portion of a plant, usually from the seeds, kernels or nuts. "Carrier oil" comes from their purpose in carrying the essential oil into the skin.

Here are some example carrier oils:

## Apricot Kernel Oil

Perfect light oil for face care including moisturizing oils and serums. Can be used as a light massage oil as it is easily absorbed. Good for all skin types, especially sensitive or dry, dehydrating, or maturing skin. High in oleic and linoleic fatty acids for skin nourishment.

## Avocado Oil

This oil is packed with vitamins and nutrients for skin repair and healing from the outside in! It is a thicker oil, so use it in a blend of carrier oils to create a nutrient-rich body oil.

## Fractionated Coconut Oil

This is a light, clear, and odorless oil, making it is a great carrier for essential oils. It's also the perfect massage oil as it provides good lubrication and nice slip against skin.

## Hempseed Oil

Put this oil on and step into the sun! This oil has many powers, from being a natural sun block, anti-inflammatory, and even contains high amounts of Vitamin E and antioxidants. Perfect as a light moisturizer that won't clog your pores. And it wouldn't hurt to add this oil to your diet, it's known to make skin glow, nails stronger, and hair shinier!

## Jojoba Oil

Jojoba is a rich and luxurious liquid wax that is great as part of a body oil blend. It has a lightly nutty scent and is high in Vitamin E. Its composition is similar to the skin's natural oil, sebum. It is relatively expensive, but ideal for skin conditions and absorbs readily into skin.

## Macadamia Oil

Macadamia is a luxurious oil that is great for especially sensitive skin. It is great for massage and moisturizing dry skin. Simply wonderful for babies!

## Olive Oil

Olive is a good oil for skin care, especially dry skin. It makes an excellent conditioner for hair and nails. A good oil for making soaps, salves, and herbal infusions. And easy enough to get from your local store! Sesame Seed Oil This oil is nearly clear, with a golden hue, and is packed with Vitamin A and E. It is great in salves, lotions, and body oils for normal to dry skin types.

## Sweet Almond Oil

This oil is a favorite for aromatherapists because it is suitable for all skin types. It provides great lubrication when used as a massage oil. Its light scent makes it perfect for blending into a scented body oil.

# CARRIER OILS

## Substitutions:

When substituting carrier oils, you must replace eliminated carrier oils with something similar, or you can very drastically alter the final product.

So, when you're trading ingredients, your first consideration should be if the replacement ingredient is the same consistency as the original at room temperature. Also, when swapping out oils in a recipe where absorbency is important, ensure the replacement oil is pretty similar to the original in terms of absorption speed.

## Things To Consider:

Bulking/ Dilluting

Consistency

Melting Point

Absorption

Fast to Absorb	Average to Absorb	Slow to Absorb
Safflower	Jobba	Avocado
Camellia Seed	Kuikuinut	Castor
Hazelnut	Argan	Flax seed
Grapeseed	Sweet Almond	Evening Primrose
Rosehip (also drying)	Olive	Oat
Apricot kernel	Coconut oil	Macadamia nut
Canola	Sunflower	

Liquid Oils	Soft Oils	Brittle Oils
Olive oil	Coconut oil	Cocoa butter
Canola oil	Shea butter	Kokum butter
Grapeseed oil	Cupuacu butter	Illipe butter
Safflower oil	Mango butter	
Argan oil	Babassu oil	



*Common  
Essential  
Oils*

# **ESSENTIAL OILS**

- 1) Scent – Citrus (grapefruit), Floral (lavender), Woodsy (sandalwood) , Spicy (cinnamon) , Herb (thyme)**
- 2) Physical effect – Pain killing, anti bacterial**
- 3) Aromatherapy effect – relaxing, sleep inducing**

# **ESSENTIAL OILS STARTER LIST**

- **Lavender – Calming, Anti Bacterial**
- **Tea Tree – Anti bacterial, anti fungal**
- **Lemon, orange, grapefruit – Great for circulation and cleaning products**
- **Peppermint – Great for lip balm and scrubs**
- **Eucalyptus Globulus – Great for colds and skin problems**
- **Rosemary – Antiseptic/antimicrobial**
- **Chamomile – Calming**
- **Cedarwood – stress and anxiety**
- **One or two of your choice**

Anti-bacterial	Anti-viral	Relaxing	Healing
Tea Tree	Oregano	Chamomile	Helichrysum
Honey Myrtle	Lavender	Violet Leaf	Cinnamon Bark
Pine Scotch	Ravensara	Vetiver	Cinnamon Leaf
Chamomile	Tea Tree	Vanilla	Fir Needle
Ravensara	Patchouli	Fenugreek	Myrrh
Savory	Helichrysum	Cypress	Patchouli
Thyme	Onion	Ho Wood	Rue
Garlic	Hyssop	Rosalina	Spearmint
Lemon Myrtle	Honey Myrtle		Frankincense

Cooling	Sinus Clearing	Warming	Pain Killer
Peppermint	Cajeput	Cassia	Clove
Menthol	Menthol	Cinnamon	Juniper
	Camphor	Ginger	Chamomile
			Cinnamon

BUTTERS



# BUTTERS

Butter made from fruit, beans, seeds and leaves is produced by hydrogenating the cold pressed oil extracted from them. From oils themselves, for instance Hemp Seed Oil, butter is produced by extracting the oil and combining the fatty acids and unsaponifiables (wax) from the oil. Extracted oils are also blended with Palm Oil, Soybean Oil or other vegetable oils to make butter.

## Avocado Butter

It is a great moisturizing treatment for hair. It makes a good butter for belly balms and lip balms. It can be used as an eye makeup remover and in hair conditioning creams.

## Coffee Bean Butter

It offers natural protection from ultraviolet light and is becoming a popular ingredient in sunscreen products. It is an antioxidant and contains phytosterols which have anti-irritation and anti-inflammatory properties, condition skin and hair and promote moisture retention. It is good for dry skin.

## Cupuacu Butter

It is similar to Cocoa Butter, but has a softer, creamier consistency. It contains essential fatty acids and phytosterols, and is very moisturizing for skin and hair. It is also a natural protection from UV-A and UV-B rays. It can be used to treat skin conditions such as eczema and dermatitis and adds shine and replenishes moisture in hair.

## Green Tea Butter

It is anti-inflammatory, anti-cellulite (much cheaper than those anti-cellulite creams on the market – about \$9 for 8oz) and has anti-irritancy and anti-fungal effects. It has a high content of polyphenols (antioxidants). It protects the skin from aging and against UV-B rays. Hemp Seed Butter It is rich in essential fatty acids that nourish the skin and helps reduce moisture loss from the skin.

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## Kokum Butter

It has the ability to soften skin and heal ulcerations of lips, hands and soles of feet. Kokum Butter helps reduce degeneration of the skin cells and restores elasticity.

## Macadamia Butter

It has a high concentration of palmitoleic acid, a naturally occurring fatty acid. Our production of palmitoleic acid decreases as we get older so this butter is great for mature skin, as well as and dry skin.

# Different Types Of Body Butters

Capuacu Butter (medium/ hard butter) – The least greasy butter available. Absorbs fast. Great for dry skin.

Cocoa Butter (hard butter) – Smells AMAZING. Brittle. Great for dry or combo skin. Can be a bit too emollient for oily skin.

Shea Butter (soft/medium butter) – Great texture: softer, smooth. Very moisturizing. All skin types.

Mango Butter (medium/hard butter) – Rich in antioxidants. Can be useful for treating burns, stretch marks and scar reduction. Great for all skin types. Very healing.

Avocado Butter (soft/medium butter) – Natural sunscreen properties and contains Vitamins, A, B, G, E wonderful moisturizing properties. Great for all skin types, especially dry.

# Body Butter Basics

**A combination of different oils and butters, usually a heavy weight and heavy moisturizer. They range in texture from whipped to solid.**

**Body Butters do not include water like lotions do.**

**Tips For Body Butters:**

**Experiment with different oils and butters to find the right absorption speed, consistency and weight based on your preference**

**Apply lightly**

**Rub it in well**

# Whipped Body Butter Recipe

**14oz Shea Butter**

**5 Oz Coconut Oil**

**Essential Oil Of Your Choice**

**Combine all the ingredients together for 7-10 minutes or until light and fluffy like whipped cream**

**Substitutions: See Carrier Oil Substitution Chart**

# Scrubs

**Sugar:** Gentler than salt scrubs because the granule is round and doesn't 'cut' the skin. Better for sensitive skin. Sugar granules dissolve more easily in hot water and are less abrasive than salt scrubs. Glycolic acid content in sugar also helps to prevent skin from harmful toxins. Very moisturizing.

**Salt:** More abrasive because of salts sharper edges but do a better job smoothing the rough skin on the body. Salt also has many therapeutic and mineralizing benefits. Sea salt naturally purifies and removes toxins that block the pores of the skin. Promotes better circulation.

**Other Salts:** Himalayan, Mediterranean, Hawaiian, Dead Sea Salt.

**Coffee:** Caffeine can help distribute fat cells and lower the formulation of cellulite. Prevent or eliminate varicose veins. Helps to shrink blood vessels.

**Basic Recipe:** 2 Parts Sugar, 1 Part Oil

**Add ons:** Vitamin E, Baking Soda, Jojoba Beads, Essential Oils, Coconut, Spice Mixes (pumpkin pie mixes)

# **FACE SCRUB**

- **2tbsp kaolin clay**
- **2tbsp rolled oats**
- **1tbsp baking soda**
- **1tbsp honey**
- **1 tbsp melt and pour soap base**
- **2 drops lavender essential oil**
- **1 drop ylang ylang essential oil**
- **Combine everything together in a coffee grinder and store in mason jar**
- **Massage about 1-2 tsp into your face in circular motion then rinse off**

# Emulsified Lotion

## Base Lotion Formula

1 part Oil (avocado, jojoba oil, grapeseed oil, rosehip oil) cocoa butter, shea butter – used sparingly)

2 Parts Water (or rose water, green tea etc)

$\frac{1}{4}$  part beeswax (or emulsifying wax – binds water/oil)

Essential oils (added to waters prior to incorporating)

Silk (optional)

# Emulsified Lotion Recipe

1 ½ Tablespoon Cocoa butter

2 tablespoon Jojoba Oil

¼ Cup + 2 Tablespoons Avocado Oil

2 Tablespoons Grated Beeswax

1 Cup water (same temperature as the oil beeswax combo)

Step 1: Heat the oils, butter and beeswax together on a double broiler until the mixture is completely liquid

Step 2: Add any essential oils to the water prior to incorporating.

Step 3: Blend the mixture with an immersion blender while slowly pouring in the warm water. MAKE SURE WATER AND OIL ARE AT THE SAME TEMPERATURE. Continue to blend and watch it transform until a white lotion

Shelf Life: 1 Month without preservative. Keep In Fridge.

# Preservatives

A preservative is an anti microbial solution that helps prevent mold and other things growing in your product

Preservatives are needed in any product that has water in it to prevent bacteria nad mold from growing in it.

Currently there isn't a good quality, affordable all natural preservative on the market. An Anti oxidant is not a preservative. It lacks anti microbial qualities. Vitamin E, Grapefruit seed extract, rosemary can help prevent your oils from going bad but does not preserve as it does not have antimicrobial properties in it.

For a more detailed look at preservative options and their uses:

<http://www.soapqueen.com/bath-and-body-tutorials/lotion/talk-it-out-tuesday-preservatives/>

# Foaming Cleanser

¼ Cup Liquid Castile Soap

¼ Organic Chamomile tea (anti inflammatory properties)

1 tsp grapeseed oil or avocado oil

1 TBSP Manuka honey

8 drops of lavender essential oil

Vitamin E (a few drops)

Mix Together and store in glass dropper bottle

Where To Buy Castile Soap:

<https://www.mountainroseherbs.com/products/liquid-castille-soap/profile>

# Variations To Cleanser

**For Oily Skin** – Use an astringent or antiseptic EO like tea tree, bergamot, geranium or lemongrass

**Dry Skin** – Choose A Mild EO like sandalwood, chamomile, lavender or rose.

**Mature Skin** – Use oil known for stimulating new cell growth such as lavender, jasmine or geranium. Use vitamin E.

**Chamomile tea substitutions** – rose water, distilled water, pure aloe vera gel

# Oil Cleansing Method

**Oil Cleansing Method:** Basic concept is oil dissolves oil.

**Oily Skin:** 1/3 Castor Oil or Hazelnut Oil and 2/3 Olive, Sunflower or other oil

**Combination Skin:** 1/4 Castor or Hazelnut Oil and 3/4 Olive, Sunflower or other oil

**Dry Skin:** All nourishing oils like olive oil, or a very small amount of Castor/Hazelnut Oil added to the nourishing oils

**Step One:** Massage about a quarter size amount of oil into your skin for 2-3 minutes.

**Step Two:** Place a clean washcloth under very hot tap water until it's soaked and wring it out. Place the cloth over your face and allow the steam to penetrate your skin for about a minute.

**Step Three:** Use the corners of the washcloth to gently remove any remaining oil

# Clay Face Mask

I LOVE clay based face masks and tend to use them once a week to help clear our pores, soothe the skin and encourage healing.

Here's A Great Basic Recipe For A Clay Mask

2Tbsp witch hazel

4 TBSP French Green Clay

8 Drops Lavender essential oil

3 drops rosemary essential oil

**Step One:** Blend clay into witch hazel using a whisk.

**Step Two:** Whisk in essential oils.

**Step Three** Spread the clay mixture across your face. Let dry for 20 minutes before rinsing off

**Step Four:** Soak warm washcloth and hold it on your face to rehydrate the mask then wipe

**Step Five:** Follow up with argan oil

# Clay Substitutions

**Bentonite Clay** – very fine and has a powerful healing and drawing action on the skin. The unique chemical structure allow it to soak up bacteria and debris from the follicle wall, through an electric attraction.

**French Clay** – Extremely mild and calming, helping to soothe irritations

**Red Clay** – Great for normal skin – high in minerals and iron so great to regenerate and replenish skin cells

**Yellow Clay** – Slightly exfoliating and stimulating clay. Ideal for oily or combination skin due to it's gentle drawing action.

**Green Clay** – Great for oily skin and acne.

**Kaolin Clay** – Great for oily acne prone skin. Very mild

# Face Moisturizer

30 ML Argan Oil

2 Drops Helichrysum EO

8 Drops Lavender EO

8 Drops Chamomile EO

Mix everything together. Apply after washing face.



## Basic Lip Balm Recipe

**1 part beeswax (1 tbsp)**

**2 parts shea, cocoa or mango butter (2 tbsp)**

**2 parts coconut oil (2tbsp)**

**Essential Oils**

# Burts Bees Lip Balm

**.7 Oz Beeswax**

**.88 oz Coconut Oil**

**.5 oz Cocoa Butter**

**1.4 oz Sweet Almond Oil**

**.3 oz vitamin E Oil**

**Essential Oil: peppermint**

**Melt everything together in saucepan and then pour into tins or tubes**

# Shampoo Bar

**1 lb M&P Base**  
**1 Teaspoon Almond Oil**  
**4 Teaspoon Shea Butter**  
**1 ½ Teaspoon Castor Oil**  
**1 oz beeswax**  
**1 ½ oz cocoa butter**  
**3 drops grapefruit EO**  
**3 Drops Lemon EO**  
**3 Drops Orange EO**

## **Instructions:**

**Step One: Melt Soap Base and then combine with melted oils and butters**

**Step Two: Stir until cooled, add fragrance**

**Pour Into Molds and allow to cool**

# WHIPPED HAIR CONDITIONER

Hair conditioners are very similar to body butters. The fats are excellent for your hair

**½ Cup Shea Butter**

**1 Cup Coconut Oil**

**½ Cup Grapeseed oil**

**Essential Oils**

**Melt The Oils and butters together using a  
double broiler**

For greasy or oily hair/scalp, add 6-8 drops of an essential oil such as bergamot, lavender, lemon, rosemary, sandalwood, tea tree, or ylang ylang.

For dry scalp and dandruff, you can add 6-8 drops of essential oils like tea tree, peppermint, eucalyptus, lemon, sage, or rosemary.

Rosemary is great for all hair types.



*Additives*

# Additives

**Coffee grounds - Used Or New. Great Exfoliant.**

**Peppermint Leaves- Sprinkle them on top. Adding them in soap turns them dark black.**

**Oatmeal - ground quite finely for use as an exfoliant.**

**Spearmint Leaves - Same as peppermint leaves**

**Lavender Buds - Sprinkle a few into your recipe.**

**Herbal Teas: You can buy teabags and break one or two open into your soaps and lotions for an exfoliate or health benefits**

**Fruit Peel - For Decoration**

**Fruit Zest - Great Smell, amazing exfoliant texture**