

ESSENTIAL OILS • 101

with Dr. Mariza Snyder

A GET-STARTED COURSE TO
TRANSFORM YOUR FAMILY'S WELLNESS

Personal Care and Beauty Recipes

Rejuvenating Pink Salt Scrub

Eucalyptus oil will give your skin a nice tingling sensation. I chose geranium and chamomile to relieve, soften, and nourish the skin. Other oils to consider for homemade salt scrubs are ginger, lime, orange, lavender, and frankincense.

Ingredients:

- 2 cups ground Himalayan salt
- 1 cup grape seed oil
- 1 cup fractionated coconut oil or almond oil (add more for a wet consistency)
- 10 drops geranium essential oil
- 10 drops chamomile essential oil

Directions:

In a mixing bowl, add the Himalayan salt. Mix in the grape seed oil and almond or coconut oil. Add the essential oils and mix in thoroughly. Next, spoon scrub mixture into a glass jar and store at room temperature. Apply salt scrub during the shower for soft, healthy skin.

Homemade Anti-Aging Butter

Apply homemade body butter after your morning shower for soft and invigorated skin. Lavender and frankincense essential oils are perfect for calming and regenerating new skin.

Yield: 16-ounce container

Ingredients:

1 cup unrefined shea butter
1/2 cup coconut oil
1/2 cup almond oil (or any other oil)
20 drops frankincense essential oil
10 drops lavender essential oil

Directions:

Heat shea butter, coconut oil, and almond oil together over a double boiler. Cool mixture to room temperature and add essential oils. Next, refrigerate mixture for an hour or so. Once solid, whip with mixing beaters until smooth. Store in a glass or stainless steel container.

Chocolate Orange and Peppermint Lip Balm

Yield: 2 lip balm tubes or containers

Ingredients:

5 tablespoons coconut oil
3 tablespoons beeswax
6 drops orange essential oil
6 drops peppermint essential oil
1/4 teaspoon cocoa powder

Directions:

Add coconut oil and beeswax into a glass measuring cup. Melt the coconut oil and beeswax in the microwave or double boiler. Once the mixture is clear and completely melted, stir in the essential oils and cocoa powder. Mix all the ingredients together and pour into the empty lip balm tubes or containers.
Apply on chapped lips to moisturize and soften.

Post Sun Soothing Spray

Coconut oil, witch hazel, and pure aloe vera are wonderful for hydrating irritated skin. Lavender essential oil is known as the best calming oil, especially for irritated skin, and peppermint essential oil is perfect to cool skin down. You can find aloe vera at any health food store.

Yield: 8-ounce glass spray bottle

Ingredients:

½ cup witch hazel
3 tablespoons pure aloe vera gel
¼ cup fractionated coconut oil
1 teaspoon vitamin E
10 drops lavender essential oil
6 drops peppermint essential oil

Directions:

Combine all ingredients in a glass spray bottle and shake the bottle until they are mixed completely together. Spray over irritated skin every hour to soothe.

Homemade Natural Deodorant

Melaleuca is great for reducing odor-causing environmental threats. Bergamot is a clean citrus essential oil that acts as a natural deodorant and has skin purifying benefits. Other recommended essential oils are lavender, lime, geranium, thyme, and frankincense.

Yield: One 2.5 ounce deodorant container

Ingredients:

¼ cup baking soda
¼ cup arrowroot powder
5 drops melaleuca essential oil
5 drops bergamot or grapefruit essential oil
4 tablespoons organic, unrefined coconut oil, melted

Directions:

In a bowl, stir together the dry ingredients and the essential oils. Slowly

add one tablespoon of coconut oil, mixing well to achieve desired consistency. Store in a shallow, airtight container, or press firmly into an empty deodorant container. Let sit until completely solidified. Apply a small amount to the underarm area to keep dry.

Note: If you live in a hot climate, consider adding 1/2 teaspoon of beeswax to recipe.

Hot Oil Hair Treatment

Rosemary and lavender essential oil promotes strong and healthy hair. Repeat hot oil treatment 2 to 3 times a month for thicker, healthier, and shiny hair.

Yield: 1 application

Ingredients:

2 cups water
1 tablespoon avocado oil
2 tablespoons coconut oil
1 teaspoon olive oil
5 drops lavender essential oil
4 drops rosemary essential oil

Directions:

In a small sauce pan, bring 2 cups of water to a boil. Reduce heat to low. Place all carrier oils, except for essential oils, in a heat-resistant bowl and let the hot oil mixture heat up for 5 minutes. Remove the bowl from heat and add the lavender and rosemary essential oils, gently stirring with a spoon or fingers.

To apply, dip your fingertips into the oil mixture and gently massage oil from the scalp to the ends of hair. Once hair is thoroughly coated, wrap in a towel or shower cap for 30 minutes. After treatment, shampoo and condition hair.

Lavender and Honey Body Wash

This is a small batch recipe; feel free to double it to save time. Lavender essential oil and honey are soothing for many skin types. Lavender is known as the calming essential oil and is idea for keeping skin soft and nourished. Use 10 drops of lavender for children six years old and younger.

Yield: 12-ounce pump dispenser

Ingredients:

1 cup unscented baby mild Castile soap
1/3 cup organic honey
1 tablespoon fractionated coconut oil
1 teaspoon vitamin E
3 teaspoons vegetable glycerin
25 drops lavender

Directions:

In a mixing bowl, whisk together all of the ingredients until completely blended. Transfer body soap mixture into a plastic pump bottle. Apply 2 to 3 pumps for each shower.

Whitening/Remineralizing Toothpaste

Yield: 4-ounce tube or glass jar

Ingredients:

5 tablespoons calcium carbonate
3 tablespoons xylitol
4 tablespoons raw organic coconut oil
2 to 3 tablespoons distilled water
2 tablespoons bentonite clay
20 to 30 drops essential oil (seems like a lot but the clay soaks it up)

Directions:

Mix all ingredients but clay and EOs in a food processor (you can do it by hand but the FP is just faster and more efficient). Slowly add clay with plastic spoon or silicon spatula and mix until smooth (a kid's plastic fork works great for mushing it). Add desired amount of EOs and mix. Store in a silicone squeeze tube (more sanitary) or a glass jar (you have to dip into it).

Note: Do not use metal with the clay as it will deactivate it. Travel-size silicone GoToob tubes are great for this recipe and the other toothpaste recipes to follow.

Optional flavors:

30 drops peppermint essential oil
15 drops spearmint and 15 drops peppermint essential oil
20 drops wild orange and 10 drops peppermint/spearmint essential oil
30 wild orange for children under age 12

Soothing Homemade Shaving Cream

This shaving cream can be used for both men and women alike. It also acts as a great moisturizer, so no need to use a lotion or body butter after shaving. Peppermint and grapefruit essential oils are energizing and smell incredible together. Also try wild orange and lime, or lavender and bergamot.

Yield: 20-ounce glass container

Ingredients:

1 cup shea butter
1 cup cold-pressed coconut oil
1/2 cup jojoba oil
7 drops grapefruit essential oil
5 drops peppermint essential oil
1 tablespoon vitamin E oil

Directions:

Heat shea butter and coconut oil together over a double boiler. Take the mixture off the heat for 3 to 5 minutes and add jojoba, essential oils, and vitamin E oil. Cool mixture to room temperature. Next, refrigerate mixture for an hour or so. Once solid, whip with mixing beaters until completely smooth. Store in a 12-ounce glass or stainless steel container with lid.

Soothing Salve

You may use this salve as a base to various health benefits. Add eucalyptus and peppermint for respiratory support. Add lavender and chamomile for relaxing muscle tension. Add orange and lime for invigorating the senses. This salve is also great for tired, chapped feet and hands.

Yield: 10-ounce glass container

Ingredients:

2 tablespoons beeswax
½ cup grape seed oil
½ cup fractionated coconut oil or almond oil
2 teaspoons vitamin E oil
10 drops frankincense essential oil
5 drops lavender essential oil
5 drops melaleuca essential oil

Directions:

Melt the beeswax in a double boiler. Once melted, add the grape seed oil, coconut or almond oil, and vitamin E oil and melt everything down. Once ingredients are combined, set aside for 4 to 5 minutes. Next, add essential oils and stir completely. Pour mixture into glass container and let sit for 1 to 2 hours. Apply soothing salve to skin.