

DIY Natural Bodycare: Body Cream, Lip Balm & More



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Below you'll find my favorite skin care recipes designed to be simple, inexpensive, yet lovely, as well as essential oil blends to add to your products. You can easily adapt the recipes to craft your own special blend and give the extras to friends as gifts.

To Get Your Supplies: Natural food/herb stores (Concord Co-op, Misty Meadows, A Market, Granite State Natural Foods), online at www.mountainroseherbs.com. Tubes/bottles/jars at www.sks-bottle.com. **For more resources, visit my website's links page.**

Two Favorite Recipes for Beauty

Perfect Cream

This recipe is adapted from *Rosemary Gladstar's Herbal Recipes for Vibrant Health* (Storey, 2008). This recipe does not need to be stored in the refrigerator. If it separates, just stir it with a spoon. It's a lovely cream for the face (most skin types), hands, and body.

Oils:

- 3/4 cup (6 oz) "liquid oils"
(grapeseed oil, herb-infused* olive...)
- 1/3 cup (2.5 oz) "saturated fats"
(coconut oil, cocoa butter, shea...)
- 1/2 to 1 ounce grated or smashed beeswax**

- 2/3 cup (5.5 oz) "waters"
distilled, vanilla ext, rosewater, tinctures, flower essences...

Optional, Add to Waters – I Don't Use:

- 1-2+ drops of essential oil of choice, Vitamin E or grapefruit seed extract to preserve
- 1/3 cup (2.5 oz) shelf stable aloe gel or juice***

Waters:

1. In a double boiler over low heat, combine the oils. Heat just enough to melt. Once melted, pour into a glass mason jar (for immersion blender - preferred) or blender. Let cool to room temp. The mixture should become thick, creamy, semisolid, and cream colored.
2. While the oils are cooling, combine the "waters" in a pour-able container. Let warm to room temp.
3. When both mixtures have reached room temperature (1-2 hours), use an immersion blender (best), hand- or standing-mixer, or regular blender to mix the cooled "oils." Slowly drizzle the "waters" into the whirling oils. If necessary, stop blending occasionally to mix with a spoon or spatula until everything has combined.
4. Pour or scoop into cream or lotion jars with clean caps, preferably sterilized to discourage mold and bacteria growth.
5. Freezing cream for a few days or as long as you'd like with both extend it's lifespan and reduce the likelihood of cocoa butter or shea crystallizing into granular bits. Otherwise, store in a cool, dry place. The cream will thicken as it sets.

* Visit my website and the Co-op's Be Well blog for details on how to infuse herbs in oil. See link at bottom of this page.

** Beeswax Tip: Wrap beeswax in a clean cloth, place on a hard surface (ie: concrete, a rock, pavement), and bang with a hammer until broken up.

*** Omitting the aloe from Rosemary's original recipe will create a richer, creamier cream that's quite nice and what I prefer.

Today's Cream Contains...

- **Waters:** 3.5 oz Distilled Water, 2 oz Vanilla Extract
- **Oils:** .75 oz Beeswax, 6 oz Grapeseed Oil, 1.5 oz Coconut Oil, 1 oz Cocoa Butter
- **Scent:** Add 1-5 drops EO to your jar if you'd like.

Simple Lip Balm (or Salve)

Fills about 25+ (0.15 oz) lip balm tubes. Divide/multiply the recipe as needed.

A **Salve** is made the same exact way, except you typically use herb-infused olive oil specifically targeting your needs.

- 1 oz of beeswax, crushed or grated**
- 4 oz of olive, grapeseed, coconut oil, herb-infused oils...
- To Flavor: 1-2 drops essential oil (EO) per tube or ~15+ drops per batch

Gently melt beeswax and olive oil together in a double boiler or microwave, stirring frequently. When the beeswax melts thoroughly, test consistency by dripping some of the mixture onto a cold metal spoon or bowl. If too hard, add more oil. If too soft, add more beeswax. Once desired consistency is

Today's Balm Contains...

- 1 oz beeswax
- 1.5 oz grapeseed oil
- 1.5 oz coconut oil
- 1 oz olive oil
- **Flavor:** Add 1-2 drops of EOs to the tube *before* adding the lip balm base.

To Learn How to Make Herb-Infused Oils & More On Specific Healing Skin Herbs,
on my blog at <http://www.coopbewell.blogspot.com/2013/05/making-herbal-oils-creams-salves.html>

reached, remove from heat and stir in vitamin E, honey, and or grapefruit seed extract (all optional). Then add essential oils and pour into lip balm tubes or jars. (You can add 1-2 drops to the individual containers before you pour the plain lip balm base in to make a variety of lip balms, or you can just flavor the whole batch.) Allow to harden before capping.

Essential Oils & Scent

Essential, or volatile, oils are highly concentrated, strongly aromatic, evaporate quickly, and are used in small quantities only (1-2% of an entire formula). Essential oils provide natural fragrance, healing properties, and natural preservative properties to your products. They are still potent extracts that should be used with caution, and in only as little of a dose as you need. They are generally not recommended to take internally (toxic).

Some of My Favorite EOs/Blends

Great Simples (single ingredient, affordable):

- Lavender – Aromatic floral, relaxing, soothing, antimicrobial, repels bugs, anti-itch...
- Orange or Tangerine – Happy citrus, mood boosting, grease-cutting... (can irritate some skin)
- Peppermint – Invigorating, somewhat pain-relieving, anti-itch...

EO Safety: Read up on your essential oils before adding them to products. They VERY POTENT and should almost always be diluted before being applied to the skin. Some, like citrus and spice essential oils, can irritate the skin or make you more sun sensitive. Peppermint will burn if not diluted. Add the essential oils slowly and work up to your desired fragrance level. Some oils, like lavender, can be added liberally. Others, like peppermint, quickly overpower a recipe. Visit aromaweb.com or www.auracacia.com for each oil's properties and safety data.

Flavor Extracts: In recipes like cream and aromatherapy sprays that incorporate water-based ingredients, you can use vanilla extract for a great, inexpensive vanilla scent/flavor. However, in all oil-based recipes like lip balm, it will separate out. Other flavor extracts can be used but pay attention to whether it is water (water, tincture, glycerine, alcohol) or oil based.

More DIY Bath & Body Recipes

Simple Aromatherapy Mist

Makes 2 oz

- 1 1/2 oz distilled water
- 1/2 oz vodka
- 10 or so drops of essential oils

Mix all ingredients and essential oils of choice.

Pour into spray bottles. Spray to freshen air or wear as a light perfume.

Simple Massage Oil

Makes 8 oz

- 8 oz of carrier oil (jojoba, almond, apricot, sesame, grapeseed, and/or avocado oil)
- 1/2 teaspoon vitamin E oil, optional to prevent rancidity
- 20-50 drops of essential oils

Mix all ingredients and essential oils of choice. Pour into bottles with screw or pump tops. Use for massage or as a moisturizing body oil.

Simple Body Scrub

Makes 1 "serving"

It's so easy and cheap, you'll never spend \$10-20 for a jar in the store again.

- 1 cup of salt or sugar (any type or grind)
- 1/2 cup of carrier oil (olive, jojoba, almond, apricot, sesame, grapeseed, and/or avocado oil)
- 10-50 drops of essential oils

Mix all ingredients and essential oils of choice. Use coarse grinds for hands and feet, fine grinds for the body. (This type of scrub should not be used on the face.) Pour into jars. Use in the shower or tub to slough off dead skin. Be careful to clean the rims of your jars before covering—scrubs are notorious for leaking.

Bath Salts

This recipe just makes one single "serving" of bath salts. Feel free to multiply the recipe and put it in a pretty jar to sprinkle in the bath or place in a cloth to infuse.

The salts and oils will dissolve in water. If you're not "containing" dry herbs, they will require some clean-up.

- 1/4 cup Epsom or other salt
- 1/8 cup dry herbs of choice, optional
- (lavender, rose petals, chamomile, oats, peppermint...)
- 3 drops of essential oils of choice

Mix the salt and dry herbs together, add essential oils and toss together. If desired, scoop the bath salts into a large Press-n-Brew teabag and iron shut, or scoop into a reusable muslin cloth teabag. (It's not as fancy, but you can put bath salts and "tub teas" into a clean sock or nylon stocking and tie shut as an impromptu teabag.)

Extra-Moisturizing Hand & Nail Butter

Melt (in double boiler or microwave) and mix together approximately equal parts beeswax and coconut oil.

Visit the Links page of www.WintergreenBotanicals.com for Local & Online sources for *bottles, jars, herb supplies...* as well as *recommended books & links to informative websites.*
