



DIY Beauty Recipes

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Thank you so much for downloading this DIY Beauty Recipe Guide¹, my most popular beauty recipes on my blog.

First of all, I appreciate this chance to share these with you as you are, either beginning, or continuing your natural living journey.

You inspire me, everyday, to continue to go into the kitchen and dream up even more recipes that I love using with my family and friends.

My hope is that you become inspired by taking a look at this guide and join us on our journey to provide the best remedies for our families.

Love you always,

Jackie Ritz

The Paleo Mama

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Getting Started

Beginner's Basic Kit to Making DIY Beauty Recipes:



1) Coconut Oil

This tops the list and you will need it in many recipes! Whether you are making soap, toothpaste, healing salve, pain rubs, or sleepy time cream for this kids, coconut oil is a necessity. Now, you don't need the high quality coconut oil that you cook with. I find that a great expeller-pressed works best!

2) Almond Oil

Having almond oil on hand to use as a carrier oil to making rollerball remedies with essential oils or a homemade anti-aging face serum is much needed! Almond oil has many benefits for the skin and hair and it makes a great makeup remover to buy.

3) Beeswax

I recommend you find a local beekeeper and talk to him about buying beeswax in bulk. I get mine for \$5/lb. However you can find beeswax online in easy-to-use pellets! Cutting a huge block of beeswax is very difficult so these pellets are easy to measure and use in your DIY recipes to buy.

4) Essential Oils

Essential oils are the most important part of most DIY beauty recipes, so you should make sure you purchase the best brand. Since you are putting these DIY recipes on your body, I recommend you purchase high quality essential oils!

5) Metal Tins for Storage

I love using 2oz metal tins to make my healing salve, pain rub, and homemade deodorant (posting recipe soon!). When you are using essential oils in a recipes, you cannot use plastic.

6) Dropper Bottles

If you use liquid stevia then SAVE your bottles! I use these dropper bottles to make hand sanitizer, face serum, and so many more things!

7) Dried Herbs

I find bulk organic dried herbs online or grow them myself. I buy a lot of calendula for soap and salve-making. I, also, use other dried herbs like lavender, comfrey, and rosemary.

8) Glass Spray Bottles

If you are making my hand sanitizer then you need a glass spray bottle. It fits perfectly into your purse and you can keep one on your countertop for disinfecting purposes.

9) Olive Oil

I try to stick with organic ingredients. This organic olive oil is the best deal I have been able to find. I believe you can find this at large wholesale stores too! I use olive oil to make my goat's milk soap and homemade healing salve.

10) Soap Molds

Silicone molds can be used to make soap or a lotion bars. However, I prefer the rustic look of cutting your own soap, so I just use an old loaf pan and cut the soap myself.

11) Mason Jars of All Sizes

Mason jars are such an important part of making your own recipes and they are dirt cheap!

12) Bentonite Clay

I use bentonite clay for making my own toothpaste and deodorant. I also like to use it in a detox bath and to make my own facial mask! So many ways to use this gift from the earth.

12) Cacao Butter

I use a lot of this stuff! It's great to use to help recipes that have a coconut oil base hold. You can find this in my Spiced Chai Lip Balm recipe and my Pain Rub.

That's it!

Well, those are my top 12 necessities! I hope you enjoy creating your own DIY beauty recipes as much as I do!

Section Two

Using Essential Oils in Your Home

Cleaning Your Floors with Essential Oils

Recently I published an article listing the cleaning products and ingredients that you **MUST** avoid when you are cleaning your house. Many of the common household cleaners that we use are not only extremely toxic and carcinogenic to us, but they are taking a toll on the environment as well. Is all these cleaning products really necessary anyway?

We have become so scared of germs and bacteria that we are leered in to using products labeled “kills 99.9% of bacteria” and “kills germs on target.” When I see products like this it always causes me to think about how this world must have been before commercial cleaning products and if germs was such a big deal back-in-the-day.

When it comes to cleaning your floors, you don’t need expensive products to do the job. Essential oils are great at cleaning up the dirt while leaving a refreshing, clean aroma in the air. Cleaning your floors with essential oils is completely safe, non-toxic, frugal, and easy!

Best Essential Oils to Clean Your Floors With:

Lavender + Lemon

Citrus Blend: Lemon, Lemongrass, Wild Orange, and Lime

Spicy Blend: Orange, Clove or Cinnamon

Sanitizing Blend: Melaleuca + Eucalyptus

Minty Refresher: Peppermint + Wild Orange

What Oils Are The Best for Your Needs:

Have ants and mice? Use Peppermint

Fighting sickness? Use a Protective Blend

Want to disinfect? Use Lemon

Recipes for Your Home

Multi-Purpose Floor Cleaner Recipe

The beauty of using essential oils on your floors, is that you don’t have to worry about using a specific oil on a specific service. Each essential oil will work on your floors. This recipe works if you have tile, hardwood, linoleum, ceramic, laminate, and vinyl. You can mix any of the oils I recommend above to make this recipe or use one single oil.

INGREDIENTS:

- 1 cup of white vinegar
- 1 TB of castile soap
- 15 drops of essential oils (pick from list above)
- One bucket of water

DIRECTIONS:

Put all the ingredients in a bucket and use to mop the floors.

Heavy Duty Floor Cleaner

This is a great recipe to whip up if you have a really messy, sticky spill. Most likely, you will want to use this in your kitchen under where your kids eat!

INGREDIENTS:

- 1 cup of white vinegar
- 1 TB of castile soap
- 15 drops of essential oils (pick from list above)
- One bucket of water
- 1/4 cup of baking soda

DIRECTIONS:

Mop the floor with the mixture above. Then go over with hot water to rinse any residue.

DIY Laundry Detergent – \$0.02 a Load!



I've been making my own laundry detergent for years now. I was so scared at first to switch over to natural-homemade detergent because there was this mindset that store-bought is best...store-bought smells better...store-bought makes my clothes fresher. However, when we did our budget makeover, I decided to take homemade detergent into my own hands and come up with a DIY laundry detergent recipe that saves a TON of money.

You can see the cost breakdown on the bottom of this post, but it comes out to less than \$7 to make a batch of this and each load is under \$0.02! That is crazy! When you use Tide you are spending about \$0.12 a load!

I've gone back and forth about using Borax. However, after asking my Facebook fans what they think a few weeks ago, and reading up a little on it on the internet, I've decided to keep using it for laundry uses. I've included essential oils in this recipe, which is optional. I love the smell and the way essential oils make my clothes feel.

DIY Laundry Detergent

INGREDIENTS:

- 3 Cups of Borax
- 3 Cups Washing Soda
- 3 Cups of Baking Soda
- 2 Bars of Soap
- 30 Drops of Essential Oil– I use a 50:50 mix of wild orange and lemon, but you can add whatever you like.

DIRECTIONS:

1. Grate the soap with a cheese grater.
2. In a large bowl, mix the borax, washing soda, and baking soda.
3. Toss the grated soap into a food processor. Now, add about 1 cup of the powdered mixture from the bowl. This allows you the food processor to process the soap into smaller pieces without sticking to the blades.
4. While the food processor is on, drop the essential oil into it. This allows the essential oil to blend into the soap.
5. Take the grated soap mixture out of the food processor and add it to the large bowl.
6. All done! Add 1-2 tablespoons to each load of laundry! I, also, add about 1/4 cup of white vinegar to the load as a fabric softener.

7. Makes almost a gallon.

Wool Dryer Balls with Essential Oils



Since I have made the switch to using wool dryer balls, instead of dryer sheets, my pocket-book is much happier, and so is my energy bill! I love my wool dryer balls with essential oils and I know you will making the switch too!

What Are Dryer Balls?

They are a 100% natural replacement for dryer sheets made from wool. You can purchase them already felted and ready to go, or you can make them yourself.

Why Use Wool Dryer Balls?

- They can cut your drying time in half
- They help reduce static
- They save you money on your energy bill
- They are chemical-free, unlike dryer sheets
- They can be re-used over-and-over again
- They increase the fluffiness of your clothes
- They are safe to use with cloth diapers

Adding in Essential Oils

I love to lightly scent my clothes, so I add 3-4 drops of my favorite essential oils to each dryer ball. This usually lasts 2-4 loads before I have to add more! Here's a few essential oil recommendations; it's fun creating combinations that make your clothes smell so wonderful:

Lavender + Lemon

Wild Orange + Lavender

Peppermint + Wild Orange

“Protective” Blend

Dryer Balls are Easy to Make:

Items Needed

Recycled wool sweaters

Wool Yarn

Knee High Nylon

Steps to Make

1. Save the money and go buy a few wool sweaters from Goodwill. Then go to your nearby craft store and get a big roll of wool yarn.
2. Cut the wool sweaters up in scrap pieces and ball them up in your hand. Then take the wool yarn and start wrapping it around the scrap wool until you have a large softball-size bundle of yarn. Some people make them the size of tennis balls but I say go BIG! I also think you need 4-8 of them to really notice a difference. So, make a bunch!
3. Then when you're done rolling them into balls, tie a knot, then throw the ball in a knee-high nylon, or in a sock. Tie off the end with a rubber band (a hair rubber band) and run them through a hot wash cycle and then a hot dry cycle. This makes the wool felt together.
4. Then take them out and you're done!

How to Use Your Dryer Balls:

Add a few drops your favorite essential oils to each ball.

Toss in the dryer with your wet clothes

Re-use over and over and over again!!!!

DIY Hand Sanitizer

I love having hand sanitizer available in my purse when soap and water aren't nearby. It's germ season and the little boogers are lurking everywhere. It's nice to have a quick sanitizer to grab that will get rid of germs....whether you are at the grocery store and you want to clean your cart, or you want to give your kids a squirt after picking them up from the church nursery.

This recipe is extremely simple but proven to eliminate germs on contact. *“Protective”* essential oil blend is a antibacterial blend that is known for killing viruses

and bacteria in its track. I, also, add lemon to the recipe become lemon is, also, known for its germ-killing capabilities.

The witch hazel in this recipe is great because it has a low alcohol percentage. Most hand sanitizers have alcohol in them with a minimum concentration of 60%! This is NOT safe for little kids and it's killing ALL the bacteria on your skin, GOOD and bad. Not only that, but it dries out your skin every time you use it. Try to find a witch hazel with a low percentage of alcohol in it. Some witch hazel has aloe vera in it. If you use that kind, make sure you eliminate the coconut oil/or vitamin e in this recipe because it will be too thick to spray through a nozzle.

DIY Hand Sanitizer

INGREDIENTS:

4 ounce glass bottle – essential oils can break down plastic, so it's important to use glass when making this recipe.

water

Witch Hazel

2 teaspoons of Fractionated Coconut Oil OR Vitamin E oil– You can leave this out of the recipe, but it helps to moisturize dry hands.

25 drops of “Protective” blend Essential Oil

10 drops of Lemon Essential Oil

DIRECTIONS:

1. Fill your bottle up half way with water.
2. Add the fractionated coconut oil or the vitamin E oil.
3. Add the essential oils.
4. Top off with witch hazel.
5. Shake before each use!

TIPS:

The vitamin e oil is a preservative so the sanitizer will keep longer if you do use that.

Make sure to shake before each use to disperse the essential oils.

Section Three

The Benefits of Essential Oils for Your Body

Your Daily Beauty Routine

DIY Remineralizing Toothpaste

Six months ago I went to the dentist and found out that I had six cavities. I could not believe it. It didn't make sense because I eat a very clean, Paleo diet. I pinpointed some of the things that caused my cavities in this post that I wrote, "How I'm Healing My Cavities Without Dentistry." This post has received a lot of attention and I've received many emails and messages about various things that I'm doing to heal my cavities. Well, good news...I went for a 6 month check-up at this dentist a few days ago to see how my cavities looked and to see if the remineralizing process was working... AND...I HAVE ZERO CAVITIES!!! I healed my teeth naturally with proper diet and nutrition and I did not have to pay a hefty dentist bill to have my teeth drilled and filled!

I mention in that post that I use a homemade toothpaste and because I have received so many emails about what that recipe is, I thought I would share my DIY Remineralizing Toothpaste recipe. I was having a hard time finding a toothpaste that did not have certain ingredients in them. When you are trying to remineralizing your teeth, you need to make sure you are not using a toothpaste with glycerin or xylitol in it. Glycerin coats your teeth and counteracts the remineralization process and this article explains why we don't use xylitol. Our family avoids toothpaste with fluoride and preservatives, as well.

This recipe is great for remineralizing your teeth if you are following the Cure Tooth Decay protocol and have some cavities you are trying to reverse but it's, also, a wonderful recipe to use just to maintain optimal oral health for your day-to-day life.

DIY Remineralizing Toothpaste:

INGREDIENTS:

- 1/3 cup of Bentonite Clay
- 1/4 cup of boiling water
- 1 Tablespoon of coconut Oil
- 1/4 teaspoon of Sea Salt
- 1/2 teaspoon of REAL, dried stevia
- 15 Drops of "Protective" blend essential oil
- 10 Drops of Peppermint Essential oil

DIRECTIONS:

1. Step One: Put your bentonite clay in a bowl. Heat the water on the stove and then stir in the coconut oil till it is melted.
2. Step Two: With a hand mixer, mix on medium speed the bentonite clay and the water/oil mixture till blended through.
3. Step Three: Add the salt, stevia, and essential oils and continue to blend until it is completely blended.
4. Step Four: Keep in a covered jar!

The mixture will harden a little bit as it sits because of the coconut oil. This makes it easier to add a bit to your toothbrush when you brush.

Oil Pulling With Essential Oils

Oil Pulling is an ancient detoxification practice that involves swishing oil around in your mouth for 15-20 minutes. The benefit of doing this is to reduce the amount of harmful bacteria, reduce dental plaque, remineralize your teeth, help with gum issues, and strengthen your gums. You can give your teeth an extra boost by oil pulling with essential oils.

When you swish oil around in your mouth, plaque get stuck to the oil and dissolve in the liquid oil. So you are removing a lot of bacteria, which is found in plaque and leads to all kinds of oral health problems, every time you oil pull.

I added oil pulling to my life when I found out I had 6 cavities! I was able to heal these cavities naturally by eating a traditional diet with the proper nutrients and supplements added. You can click [here](#) to read more about how I healed my tooth decay.

What Oil to Use:

Traditionally, sesame seed or sunflower oil was used among the early oil-pullers, however, my personal favorite is coconut oil because it has so many health benefits. You can use any oil that you like, just stay away from canola or vegetable oil.

Adding Essential Oils to Your Oil Pulling Regime:

Adding in high quality essential oils into your oil pulling regime is a great way to give your health a supercharge!

Here's a few suggestions to help with oral issues:

1. BAD BREATH – add 2 drops of Peppermint essential oil.
2. TOOTHACHE – Add 2 drops of Clove essential oil.
3. CANKER SORES - Add 2 drops of Basil essential oil.
4. GUM DISEASE – Add 2 drops of Melaleuca essential oil.

5. RECEDING GUMS – Add 2 drops of Myrrh essential oil.
6. CAVITIES – Add 2 drops of “Protective” blend essential oil.
7. INFECTION IN THE MOUTH – Add 2 drops of Clove essential oil.

How to Oil Pull:

1. First thing in the morning, put 1 teaspoon-1 tablespoon of coconut/ or sesame oil in your mouth. Use 1 teaspoon if you are just starting out or if you have a gag reflex. Swish it around till it melts.
2. Open your mouth and add 2 drops of your favorite essential oil to target any specific oral concerns.
3. Swish the oil around in your mouth (like you would with mouthwash) for 15-20 minutes. I like to push it through my teeth and around the sides of my mouth. Don't swish hard or your cheeks will start to hurt! I do this while I'm doing my morning chores and milking the goat! But you can also do it while your getting ready in the morning!
4. Spit the oil out in your trash can! Do not swallow it...it is now loaded with bacteria and toxins.
5. Brush your teeth with a safe toothpaste! I use my homemade toothpaste, but THIS ONE is great if you can't make your own!
6. Happy Oil-Pulling!

Coconut Oil Bites for Oil Pulling



Coconut Oil Bites for Oil Pulling:

INGREDIENTS:

1 cup of coconut oil (you will have a little amount left over)

24-48 drops of high quality essential oils (see recommendations above)

DIRECTIONS:

1. Melt the coconut oil.
2. Pour into silicone mold (It is .3 ounce which is nearly a tablespoon...perfect amount to swish around) .
3. Add 1-2 drops of essential oil to each individual mold.
4. Stick in the fridge to harden.
5. Once hard, pop out of the silicone mold and store on the counter or fridge. If you live in a warmer climate, you will want to keep it in the fridge.
6. Happy oil pulling!

DIY Facial Serum

I've traded in my expensive over-the-counter facial products for simple and natural ingredients! Not only are they 100% natural, but they are, also, safer and MORE effective than anything you could purchase from the store.

I've been using the oil cleansing method on my face for years. I love it and will never go back to cleansers and moisturizers.

Lately, as I'm getting a tad bit older, I've been using specific anti-aging essential oils to help promote healthy skin. I created a "*facial serum*" that uses my favorite essential oils and are known for their anti-aging benefits! Take a look at the oils below...

1) Lavender –

Lavender is great for all skin types, but very powerful for mature skin. It has the abilities to assist in rehabilitating cells and is a great anti-inflammatory oil. Lavender is just an overall beneficial essential oil for the skin and can be used to soothe different skin irritations.

2) Frankincense –

Frankincense is one of the most prized and valued essential oils. It's used in many beauty products to slow the signs of aging and to promote a youthful, radiant skin.

3) Geranium –

Uses of Geranium essential oil date back to ancient Egypt when Egyptians used Geranium oil to beautify skin. As an essential oil, Geranium has been used to promote clear, healthy skin—making it ideal for skin care products .

4) Myrrh –

Ancient records show that Myrrh was deemed so valuable that at times it was valued at its weight in gold. It is also soothing to the skin—promoting a smooth, youthful looking complexion.

DIY Facial Serum Recipe

INGREDIENTS:

50ml glass dropper bottle – we save old stevia bottles and use them for things like this!

4 Tablespoons of Almond oil or Jojoba oil

7 drops each of Lavender, Frankincense, Geranium, and Myrrh Essential Oils

Empty 2 capsules of Vitamin E (OPTIONAL)

DIRECTIONS:

1. Add everything to your glass dropper bottle. Shake.
2. Apply at night before bed!

Baking Soda Free Deodorant



A few years ago I made the switch to a natural deodorant. The switch was going great until I started to develop red marks and a light rash on my arm pits. I had no idea what was causing it until someone mention that I probably have an underarm sensitivity.

Apparently, many people have the same sensitivity to baking-soda so I tried to find a recipe online that didn't use a lot of baking soda. And I found a GREAT one and I loved it for months and months. I still love it...however, the underarm sensitivity returned even though this recipe uses a very small amount.

So, my quest continued and I found this recipe that uses magnesium oil and essential oils. I never knew magnesium oil could help with underarm stink! We had some magnesium oil laying around the house so I tried it and SURE ENOUGH it's been working great! However, I love a "stick-based" deodorant and decided to formulate a recipe that is baking-soda free, yet uses magnesium oil.

Note: Magnesium oil isn't technically an oil so it won't leave your pits oily... yuck! It has a SUPER low PH which is very helpful at keeping stink at bay...plus you get a nice boost of magnesium which we all need! Some people experience a tingling when they apply magnesium on their skin. No worries — many feel this during the first few applications, especially if you are a little low in magnesium.

A few more things:

I use raw shea butter which is yellow. You can use a lighter shea butter or cacao butter.

I find that giving my underarms a spray with magnesium oil while getting out of the shower helps a ton with odor! I then apply this Baking Soda Free Deodorant recipe. You can also make a apple cider vinegar spray to use before you apply your homemade deodorant! If you workout and sweat a lot, I would highly recommend a pre-squirt of magnesium oil or apple cider vinegar.

TEXTURE – this is not like store-bought deodorant. The texture is more "wet" but will absorb quickly into your skin. Also, if you are using this deodorant recipe in a area with hot climate or in the summer, then you will want to put it in a small jar and scoop it out with your fingers.

Baking Soda Free Deodorant:

Makes one full bar if using a recycled deodorant stick!

INGREDIENTS:

- 1 Tablespoons of Magnesium Oil
- 2 Tablespoons of Coconut Oil
- 2 Tablespoons of Raw Shea Butter or Cacao Butter
- 2 Tablespoons of Arrowroot Powder
- 2 Tablespoons of Bentonite Clay

5-8 Drops of Melaleuca Essential Oil

5-8 Drops of Geranium, Lavender, Lemon, Ylang Ylang, or Thyme

SUPPLIES NEEDED:

Wide Mouth Mason Jar

Immersion Blender

Small Glass storage container or Recycled Deodorant Tube

DIRECTIONS:

1. Melt the coconut oil and shea butter in a double boiler. I stick the coconut oil and shea butter in a wide-mouth mason jar and put the mason jar in a pot of simmering water. Remove from heat when melted.
2. Mix in the arrowroot and clay into the wet mixture with an immersion blender. I find the immersion blender necessary in properly mixing the oils and solids together and creating “emulsification”.
3. Let cool for about 15 minutes. You may see some liquid rise to the top....that’s ok. We have one more mix!
4. Ever so slowly pour in the magnesium oil while mixing with the immersion blender and mix until the mixture becomes creamy. This means you have properly emulsified the mixture.
5. Add in your essential oils and mix and then blend again.
6. Immediately pour into a small glass jar or a recycled deodorant tube.
7. Allow to cool for a few hours before capping. If you are eager to use it, toss it in the fridge for 20-30 minutes!
8. Slap on a pretty label and you got yourself a nourishing bar of deodorant that works great!

Spiced Chai Lip Balm Recipe

I love chai tea and the way the spices in a chai tea smell. I have been making my own lip balm for years now, usually I just put my Healing Salve on my lips, but I wanted something a little “fancier” so I created a delicious Spiced Chai Lip Balm recipe that I know you will enjoy.

I wanted to stay away from citrus essential oils in the summer because they are photo toxic. You can easily double or triple this recipe to make extras to give away to your friends!

DIY Spiced Chai Lip Balm

Makes 10 3ml jars

INGREDIENTS:

1 Tablespoon of Coconut Oil

1 Tablespoon of Cacao Butter or Raw Shea Butter

1 Tablespoon of Beeswax Pastilles

1/4 Teaspoon of Castor Oil for shine

1/4 Teaspoon of Vanilla

Essential Oils: 4 drops of Cinnamon Bark or Cassia, 4 drops of Ginger, and 4 drops of Clove. You can also substitute Black Pepper essential oil and/or Coriander Essential oil if you want!

Small Containers or reused lip balm tubes

DIRECTIONS:

1. Add the coconut oil to a small pan and simmer till melted.
2. Add the beeswax pellets and cacao/or Shea butter and simmer for about 5-10 minutes till melted.
3. Add the castor oil. Stir and remove from stove.
4. Let sit till the mixture is warm to the touch, but not thick. It's easier to pour into containers when it is still liquid.
5. Add in the vanilla and essential oils. Stir.
6. Pour into your containers and enjoy!

All Purpose Healing Salve



When you have little ones in the house, there seems to be an endless supply off boo-boos, rashes, bug bites, and itchy skin. I don't like having a giant medicine cabinet. I like to keep things very simple, which is why I really love essential oils. I have, literally, traded my cluttered medicine cabinet with bottles and pills, over to a very minimalistic shelf with essential oils and some other holistic remedies.

My goal in creating this recipe is to minimize your medicine cabinet and prove to you that, once again, nature has given us the remedy. This all-purpose salve is good for so many things. The coconut oil and olive oil bring nourishment, while the beeswax is known to lock in moisture, foster cells, and protect skin from damaging environmental factors. For children, the BEST two essential oils to have on hand are melaleuca and lavender.

Melaleuca (tea tree oil) has a long list of beneficial properties. It reduces pain, antibacterial, anti fungal, anti-inflammatory, a strong antiseptic, and antiviral. Lavender is known as a universal oil that is extremely beneficial to helping many ailments, allergies, rashes, yeast, stretch marks, and so much more. Combine these two together and you have a powerful weapon to aid in relief.

This salve is cloth diaper safe. The essential oil dosages in this recipe do not exceed the recommendations for a baby. I highly recommend using a very safe essential oil with therapeutic benefits. Keep this salve on hand for ANYTHING....think of it as a natural Neosporin!

All Purpose Healing Salve

INGREDIENTS:

- 1/2 cup of Coconut Oil
- 1/2 cup of Olive Oil
- 1/4 Cup of Beeswax
- 1/3 Cup of Calendula Flowers
- 15 drops of Melaleuca
- 15 drops of Lavender

DIRECTIONS:

1. Put the coconut oil and olive oil in a saucepan. Melt the coconut oil if it isn't melted already.

2. Add the calendula flower petals (dried) and simmer on low for around 2 hours. Make sure to stir a few times during the process. You can also add the oil and calendula to a crockpot and put on low for up to 3 hours.
3. Strain the mixture into a bowl through a cheesecloth.
4. Now add the calendula oil back to the saucepan and add the beeswax. Melt the beeswax.
5. Remove from heat and let cool for around 15 minutes.
6. Add the essential oils and stir.
7. Pour into a glass jar and store for up to a year! Makes 1 cup!

Pain Relief Rub

I have been having some horrible pain in my shoulder lately. I have tendonitis from all my years of doing massage therapy (that job really wears on your body) and at night when I'm trying to sleep is when it's the worse.

I use essential oils on my shoulder pain and have had great success with specific ones. At night, I don't like having to go into my oil room, open all the caps, and mix together this blend that I'm going to share with you. I would rather have something more convenient beside my bed and to go in my purse and not have to carry around 5 bottles of essential oils.

So I created this Pain Relief Rub! It's convenient to carry around, it works amazingly well, and I can rub in my shoulders in the middle of the night when I am awoken by the pain.

This is a CREATE-YOU-OWN recipe because I have found that many essential oils address the same problems. However, many times some specific essential oils may not work the same for your body. We are all different, so experimenting with what oils work for YOU is the best way to use essential oils.

The "*Soothing*" Blend that you will see in this recipe is a proprietary blend by that is targeted for muscle, tendon, and skeletal pain relief.

Also, this recipe is very versatile and I will give you suggestions for what oils to use to target your specific pain. So, follow the directions below to creating your own personalized Pain Relief Rub!

Create-Your-Own Pain Relief Rub

Makes 1/4 cup

The 5 different categories of oils in this recipe are meant to work TOGETHER to address ALL areas of pain relief.

ESSENTIAL OIL Ingredients:

30 Drops of a Pain Relieving Oil (PICK ONE of the following oils):

For Bone Pain: “*Soothing*” Blend or Wintergreen

For Chronic Pain: “*Soothing*” Blend, Wintergreen or Cypress

For Joint Pain: “*Soothing*” Blend, Wintergreen or Roman Chamomile

For Muscle Pain: “*Soothing*” Blend, White Fir, or Clove

For Cartilage Pain: Wintergreen

15 Drops of a Calming and Tension Relieving Oil (PICK ONE of the following oils):

For Shoulder & Neck Tension Relief: Marjoram, Lavender, or Helichrysum

For Tendon Tension Relief: Marjoram

For a Muscle Tear Relief: Lemongrass or Ginger

For Spasm Relief: Basil, Marjoram, or Roman Chamomile

For Ligament Relief: Lemongrass

15 Drops of a Anti-Inflammatory (PICK ONE of the following oils):

Eucalyptus

Frankincense

Melaleuca

Myrrh

15 Drops of an Essential Oils to Improve Circulation (PICK ONE of the following oils):

Cypress

Rosemary

Thyme

10 Drops of Peppermint – Peppermint is a “driving” oil and is a great addition to this recipe to “drive” all these oils in and to add that “*cooling*” sensation.

Other Ingredients Needed:

.25 ounce of beeswax

.5 ounce coconut oil

DIRECTIONS:

1. Put the beeswax and the coconut oil in a small pot and heat on low until melted and blended together. Don't get it too hot. Just enough to melt.
2. Allow to cool for a few minutes. Don't let it start thickening though.
3. Add the essential oils to the mixture. Stir.
4. Pour into an old jar.
5. Scoop a small amount and rub in deeply.

Whipped Sleepytime Rub

Winding down at night can be tough at times. I know my mind keeps going for minutes and sometimes hours after I lay my head down on my pillow. The same goes for our kids.

Sometimes we expect that as soon as we shut the door, they are going to be sweet little angels and fall asleep. Most the time we are proven wrong!

Our nightly routine has become essential at our house. I notice that the nights we go from dinner to bed is CRAZY. The kids are not ready to rush rush rush and then get in bed. So, I stopped expecting it from them and started taking our bedtime routine a little more seriously.

Now we eat dinner at the table as family and then we slowly start getting ready for bed. The kids take a nice relaxing bath, sometimes a detox bath, with certain essential oils in it, and then we get all snuggled up in our pajamas and read books.

During our reading time I apply essential oils to my kids. They absolutely love this! The 3 main oils I choose to apply are Frankincense, Lavender, and Cedarwood because these oils promote a nice, restful sleep.

Whipped Sleepytime Rub

Makes 1/2 cup

INGREDIENTS:

1/4 cups of Cacao (or Cocoa) Butter

- 1/4 cups of coconut oil
- 20 drops of Lavender
- 12 drops of Cedarwood
- 10 drops of Frankincense

Other oils to use: you can substitute any of the above oils with Ylang Ylang, Roman Chamomile, Vetiver, Cedarwood, Clary Sage, or Sandalwood. All these oils promote relaxation and a restful night's sleep!

DIRECTIONS:

1. Add the coconut oil and the cacao butter to a small pan and simmer till melted.
2. Let rest on the counter for 10 minutes.
3. Add the essential oils to the pan and then put it in the fridge for an hour.
4. You want it to be firm but not too hard. Then whip it on high with an electric mixer until the mixture softens and forms peaks.

HOW TO APPLY:

Take a small pea-sized amount and massage it into your feet or your children's feet before bed.

Sleepy tight!

Whipped Magnesium Body Butter



We are always trying to get more magnesium into our bodies. Recently, I've started using more magnesium oil to spray on my skin, but I wanted to create a recipe that was a body butter but included magnesium oil.

Unlike many other body butter recipes out there, mixing a “*water-based*” substance, like magnesium oil, into a body butter recipe can be tricky. However, as an avid-soapmaker, I understand how to accurately emulsify a liquid, fat, and solid together and it’s super easy...just requires one extra step (trust me, it’s worth it!).

Whipped Magnesium Body Butter

Makes one luscious cup

Ingredients:

- 1/4 + 1/8 Cup (3/8ths of a cup) of Coconut Oil
- 1/4 + 1/8 Cup (3/8ths of a cup) Shea Butter
- 1/4 Cup Magnesium Oil
- 1/4 Cup Almond Oil
- 20 Drops of Lavender
- 20 Drops of Sandalwood, Cedarwood, or Vetiver Essential Oil

Supplies needed:

- Immersion blender
- KitchenAid Mixer with a Whisk Attachment
- Glass Jar to store it in.

Directions:

1. Melt the coconut oil and shea butter together on LOW heat, then remove. Don’t let it get hotter than 110 degrees. If it does, stick it in the fridge to cool down.
2. Mix in the almond oil and allow it to cool to a warm temperature.
3. Here’s the extra step: you want your oil/butter mixture to be room temp. Take your immersion blender and turn it on low while slowly adding in your magnesium oil. You will need to mix until you see it completely emulsify together and there is no separation of water and fat. Takes about 1-2 minutes.
4. Now, stick the mixture in the fridge for about 10 minutes or leave it on your counter for 20 minutes. You want it to begin to harden and become opaque.
5. Scoop it into your mixer with the whisk attachment. Add your essential oils and whip it on medium speed until you see it become light and fluffy!
6. Scoop it into your glass jar!
7. Use at night before bed to help promote a restful sleep!

Note: One teaspoon of this body butter contains around 250 mg of magnesium!

For Your Children

DIY Remineralizing Tooth Powder for Kids

After many, many requests to make a kid-friendly, remineralizing toothpaste for kids, I have this kid-tested recipe ready for you all! My DIY Remineralizing Toothpaste has been a hit and I'm so glad that you all love it. However, I agree that it is not kid-friendly. It's paste-y and chunky when you get it in your month and kids have so many texture issues. So, I've created a tooth powder recipe from it and my kids love it. I know yours will too!

This is a great recipe to use if you are doing the Cure Tooth Decay protocol to heal any existing cavities naturally. And, yes, eliminating your cavities is 100% possible. I am proof! I eliminated 6 cavities naturally with proper diet and nutrition. Both my remineralizing recipes contain ZERO xylitol. Xylitol is NOT safe for you if you are trying to remineralize your teeth. It's really hard to find a xylitol-free, glycerin-free, and fluoride-free toothpaste recipe, so I really hope you enjoy this one!

DIY Remineralizing Tooth Powder for Kids

INGREDIENTS:

- 1/4 cup of Bentonite Clay
- 1 1/2 Teaspoons of Cinnamon
- 1 1/2 Teaspoons of Stevia herb
- 1/4 Teaspoon of Real Salt or Himalayan Salt
- 6 Drops of Peppermint Essential Oil
- 4 Drops of “*Protective*” blend Essential Oil

DIRECTIONS:

1. Mix all the ingredients, except the essential oils, in a bowl.
2. Add the drops of essential oil directly to the top of the powder mixture.
3. Grab a fork and mix the clumps of essential oil into the powder. You may need to use your fingers to mash the clumps together and break them apart.

4. Store in a bowl with a lid. Do not use a metal bowl like the one in the pic. Bentonite clay pulls toxins and metal is a big no-no

TO USE:

1. Wet your child's toothbrush and dip the tip of the toothbrush into the powder. You don't want too much. A little goes a long way.
2. Then brush the powder into your child's gums and teeth.

Some tips:

This recipe is great for adults too!

This powder can be used to rub on gums to promote good oral health throughout the day.

You may want to make separate bowls for each child.

Kids have texture issues, so don't use too much powder at one time. I find that I need to make sure the powder is wet before I give the toothbrush to my kids.

Only use quality essential oils.