

*The Oil Passe's*



HOME  
CLEANSING

CLEANER, GREENER, SAFER

*D. J. Y. Recipes & More*

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# Meet the Ingredients

## The Butters

### Shea Butter

Shea butter is a skin superfood that comes from the seeds of the fruit of the Shea (Karite) tree and that is naturally rich in vitamins A, E and F. Research suggests it may offer UV protection and provides the skin with essential fatty acids and the nutrients necessary for collagen production. Shea butter has been used in Africa and other countries for years to improve skin and hair.

### Cocoa Butter

Cocoa butter, which is made from the beans of the cocoa tree, contains triglycerides of fatty acids. Its rich formula is easily absorbed into the skin, and it contains natural antioxidants that help the body fight free radicals. Cocoa butter is a superb emollient that softens and protects skin and helps diminish the appearance of fine lines and stretch marks. It is also helpful as a binder or thickener in natural cosmetic formulas where chemical thickeners are not used. Its sweet chocolate smell makes a yummy treat for your nose, too.

The cocoa tree (*Theobroma cacao*) is native to the tropical regions in Central and South America. Culturally, this "food of the gods" had monetary value in these regions. The Mayans developed a drink concocted of ground cocoa beans, water, black pepper, vanilla and spices that were shared during wedding ceremonies. The Spaniards introduced the cocoa bean to Europe, and by the 18th century, many countries were enjoying the sweet fruit of the cocoa tree.

### Mango Butter

Mango Butter is extracted from kernels of the mango. The mango originates from southern Asia and can be found in warmer tropical climates such as Burma and India. Indigenous people of the rainforest have been reaping the hair and skin care benefits of this magnificent fruit for many centuries.

Mango butter contains natural emollient qualities that help keep the skin moisturized, therefore when applied to the scalp it restores and maintains the moisture and promotes cell regeneration. This all contributes to a healthy scalp that in turn results in healthy hair growth. Mango butter possesses similar qualities to cocoa butter and Shea butter in the way of

consistency and benefits, however it contains higher levels of fatty acid making it a more intensive moisturizer. Lack of moisture in the hair can result in weak, brittle hair and in turn leads to breakage and ultimately hair loss. Mango butter contains high levels of antioxidants and beneficial vitamins A, C, and E.

You can use it alone or add it to your favorite conditioner to give you extra moisture. It's also a great additive for shampoos and hair creams.

## **The Oils**

### **Coconut Oil**

Coconut oil or Copra oil is an edible oil extracted from the kernel or meat of matured coconuts harvested from the coconut palm (*Cocos nucifera*).

Coconut oil is a nourishing moisturizer for all skin types. Using coconut oil on your skin daily will help restore your skin's youthful appearance and reduce the appearance of fine lines and wrinkles. It absorbs easily into the skin and is not greasy. The best time to apply coconut oil to your skin is after a bath or shower. Use a small amount of oil and experiment to find what works best for your skin.

### **Fractionated Coconut Oil**

As the name implies, Fractionated coconut oil is a fraction of the coconut oil from which almost all the long chain triglycerides are removed, thus leaving mainly the medium-chain triglycerides and making it an absolutely saturated oil. This saturation gives it a very, very long shelf life and greatly increased stability (rancidity-resistant properties). In addition, fractionating raises the comparative concentration of Capric acid and Caprylic acid, thus giving it more of antioxidant and disinfecting effect.

### **Olive Oil**

After olives are picked and washed, they're crushed – sometimes between two big stones, but now more commonly by steel blades. The resulting paste is stirred to release the oil droplets in a process called maceration, before being spun in a centrifuge to pull out the oil and water. After the water is removed, what is left is olive oil.

Unrefined olive oils do not undergo chemical refining. In unrefined olive oils, such as "extra virgin" and "virgin" olive oils, the process goes no further than extraction and bottling. Producers of unrefined olive oils need to use

fruit that is in good condition and carefully manage various factors, because the oil will not be treated to chemically hide bad tastes that would result from oxidized olives or some other contamination.

An unrefined olive oil that exhibits nice fruity flavors, has no taste "defects" and meets certain benchmarks in its chemical composition can be called "extra virgin." In extra virgin olive oils, the taste of the fruit is intact, and its quality reflects the great care along the entire production process. Extra virgin olive oils have higher amounts of nutrients and therefore provide greater health benefits.

In most cosmetic/personal care recipes; olive, almond, jojoba, fractionated coconut, and grapeseed oil can be used interchangeably.

### **Sweet Almond Oil**

Almond Oil is a natural oil derived from pressed almonds. Almond Oil is easily absorbed and won't clog pores, promoting clear, soft, healthy skin. This natural skin-nourishing oil is ideal for the entire body.

Sweet almond oil is an excellent lubricant and is beneficial for dry, sensitive skin. It is considered to be a medium-light oil that is easily absorbed which makes it very useful both for massage and facial care applications.

Sweet almond oil is primarily composed of olein and also contains linoleic acid and glucosides. It is rich in protein, vitamins and minerals and therefore is considered nourishing and revitalizing. Sweet almond oil is one of the most versatile, multipurpose skin care oils available.

In most cosmetic/personal care recipes; olive, almond, jojoba, fractionated coconut, and grapeseed oil can be used interchangeably.

### **Jojoba Oil**

The word "jojoba" (pronounced ho-HO-ba) refers both to the desert plant and to the extract obtained from its seed. Jojoba oil is the liquid produced in the seed of the *Simmondsia chinensis* (Jojoba) plant, a shrub, which is native to southern Arizona, southern California, and northwestern Mexico. The oil makes up approximately 50% of the jojoba seed by weight. The jojoba plant is dioecious. The gender of jojoba plants can only be discerned from their flowers.

When planted from seeds, jojoba plants can take up to three years to produce flowers. The female plants produce seed from flowers the male

plants pollinate. Jojoba leaves have an aerodynamic shape, creating a spiral effect, which brings wind-born pollen from the male flower to the female flower.

The pollinated female flower becomes a hardened capsule, which contains one or more developing seeds. As the growing seed fills the capsule, the capsule wall becomes progressively thinner until the sun dries it. The sun-dried capsule ultimately splits open, and the matured seed drops to the ground.

In most cosmetic/personal care recipes; olive, almond, jojoba, fractionated coconut, and grapeseed oil can be used interchangeably.

## **Walnut Oil**

Traditionally used in France as a furniture polishing oil, 100% pure walnut oil is ideal for use on food-contact items, such as bowls and spoons, both as an original finish and for periodic touch-ups, as it provides a nontoxic finish that will resist water and alcohol.

Walnut oil should be stored in an airtight container that protects it from light. Light and air cause the oil to cure. Collapsible bottles are ideal for storage. If you wish to keep the oil stored in its original can, add sterilized marbles or clean rocks to eliminate air space and prevent air from curing the oil inside the can.

## **Grapeseed Oil**

Grapeseed oil is extracted from the seeds of grapes, typically wine grapes. Since grape seeds are usually discarded as part of the wine making process, the extraction and sale of grapeseed oil can be a profitable sideline, as well as an efficient use of a byproduct. In the twentieth century, grapeseed oil began to be processed and sold in much higher volume, primarily in the United States and Europe. Many stores sell pure grapeseed oil for various applications. Because each seed yields a small amount of oil, grapeseed oil is usually extracted chemically. Therefore, it is important to know and understand how the grapeseed oil you select, is extracted.

In most cosmetic/personal care recipes; olive, almond, jojoba, fractionated coconut, and grapeseed oil can be used interchangeably.

## **Other “Oils”**

### **Red Raspberry Seed Oil**

Red Raspberry Seed Oil that is cold pressed virgin oil contains a high 83% of Essential Fatty Acids or EFA's, the most abundant of which are linoleic, alpha linolenic, and oleic acids. The composition of these omega-3 and omega-6 fatty acids has been shown to reduce the effects of oxidative stress in skin.

Red raspberry seed oil is an excellent free radical scavenger and antioxidant, and a rich source of alpha and gamma tocopherol as well as y-tocopherol, along with carotenoides (Vitamin A). Red Raspberry Oil is a natural crop and, as such, its constituents can vary from batch to batch or harvest to harvest.

### **Neem Oil**

Neem oil is found in seeds from the neem tree. It is yellow to brown, has a bitter taste, and a garlic/sulfur smell. Components of neem oil can be found in many products today. These include toothpaste, cosmetics, soaps, and pet shampoos. Neem oil is a mixture of components. Neem oil and some of its purified components are used in over 100 pesticide products due to its repellent nature.

### **Apricot Kernel Oil**

Organic Apricot Kernel oil is well suited for skin care products because it is a mild, moisturizing oil, and is readily absorbed into the skin without leaving a residue behind. Apricot Kernel oil makes a wonderful massage oil for babies and adults and is used extensively in aromatherapy. It is recommended for mature skin, sensitive skin and skin that is inflamed, irritated or dry. As an emollient oil, it is great for use in face and body creams, lotions, balms, lip care, hair care and soaps. Stores well under any condition but extreme heat will lessen the shelf life.

## **Misc. Ingredients**

### **Aloe Vera Gel**

Aloe gel is the clear, jelly-like substance found in the inner part of the aloe plant leaf. Some constituents in aloe gel seem to be able to increase circulation in the tiny blood vessels in the skin.

## **Calendula Extract**

*Calendula officinalis* L. is an aromatic annual plant belonging to the Asteraceae (Compositae) family native to the Mediterranean area, although it is widely spread throughout the world as an ornamental plant. Typically, Calendula Extract is produced from the calendula flower-heads.

Calendula, due to its saponin and mucilage content has moisturizing properties making it ideal in formulations for dry, irritated or delicate skin. It is also soothing to aging skin.

## **Beeswax**

Beeswax is a natural wax produced by individual honey bees. Use of beeswax in skin care and cosmetics has been increasing. A German study found beeswax to be superior to similar barrier creams (usually mineral oil-based creams such as petroleum jelly), when used according to its protocol. Beeswax is used in lip balm, lip gloss, hand creams, and moisturizers; and in cosmetics such as eye shadow, blush, and eye liner. Beeswax is an important ingredient in moustache wax and hair pomades, which make hair look sleek and shiny.

## **Magnesium/Calcium Powder: Natural Calm**

Magnesium and calcium are fundamental nutrients that need to be in balance with each other in order for you to fully experience good health. Their importance on a cellular level is critical. Calcium and magnesium are like opposite sides of a coin. Calcium excites nerves, while magnesium calms them down. Calcium makes muscles contract. Magnesium is necessary for muscles to relax. Calcium is needed for blood clotting, but magnesium keeps the blood flowing freely. Learn more about Natural Calm at: [naturalvitality.com](http://naturalvitality.com)

## **Xylitol**

Xylitol is a natural sweetener derived from the fibrous parts of plants. It does not break down like sugar and can help keep a neutral pH level in the mouth. There are a lot of benefits concerning xylitol and tooth health. Take some time to research these benefits and decide for yourself if xylitol is something you would want to add to your homemade tooth scrub.

## **Baking Soda**

In its natural form, baking soda is known as nahcolite, which is part of the natural mineral natron. Natron, which contains large amounts of sodium bicarbonate, has been used since ancient times. For instance, the Egyptians used natron as a soap for cleansing purposes. Later, anecdotal reports throughout history suggest that many civilizations used forms of baking soda when making bread and other foods that required rising.

## **Cornstarch**

Cornstarch is a fine, powdery starch that is made out of corn. The cornstarch is actually made from the endosperm of the corn, which makes up most of the kernels that many people eat when enjoying popcorn or corn on the cob. Cornstarch, also sometimes called cornflour, produced by grinding, washing and drying the endosperm of the corn until it reaches that fine, powdery state. Cornstarch is gluten free but because the majority of corn in the United States is genetically modified, you will want to ensure you purchase a GMO-Free brand.

## **Arrowroot Powder**

Arrowroot Powder (sometimes known as Arrowroot Starch) is white and powdery just like cornstarch. It is derived from a tropical South American plant and, like cornstarch, is used as a thickener in recipes. The plant was given the name "Arrowroot" because it was once used to treat those injured with wounds from poison arrows. The Native Caribbean Arawak people made arrowroot a foundation of their diet and valued it for its amazing healing benefits (i.e., it would draw out the poison from wounds).

Arrowroot powder is extracted in a much different manner than cornstarch. The arrowroot is a tuberous plant, which is washed, peeled, and grated into finer pieces. These arrowroot pieces are strained, allowing the liquid to drip off. The starch is in this liquid. In traditional societies, they would throw sea water on top of the grated arrowroot throughout the process to draw out the starch. They would then catch the liquid and let it settle. The sea water would rise to the top and the starch would settle to the bottom. It is rinsed several more times with clean water and then drained of all liquid. What is left is harden starch ball that will finish drying in a shaded place for another two to three days. It is then broken down into the fine, white powder we can get on our grocery shelves. The modern process of obtaining arrowroot powder is very similar to the process of traditional people with just a few differences in tools and processes.

## **Bentonite Clay**

Bentonite clay is composed of ash made from volcanos. The largest known source of bentonite clay is found in Fort Benton, Wyoming where numerous volcanos are present, so the name of the clay stems from the town where today much of the supply is still harvested.

The other name that bentonite clay is typically given, Montmorillonite clay, stems from the region of France called Montmorillon, where the clay was first discovered. Today the clay is harvested mostly in The US, France, and Italy.

“Bentonite” is actually the trade name that the clay has been given, but people for the most part speak about Montmorillonite and Bentonite clay interchangeably and are referring to the same product.

While it’s been used for centuries around the world to promote better health and ward off disease, this healing clay recently gained some spotlight in the US and Europe as a trusted product that can be added to any detoxification program.

## **Zinc Oxide**

Zinc oxide is an inorganic compound with the formula ZnO. ZnO is a white powder that is insoluble in water. It occurs naturally as the mineral zincite.

## **Sunflower Lecithin**

Sunflower lecithin is a type of phospholipid abundant in sunflower seeds. This fatty substance is obtained by dehydrating a sunflower seed and separating it into three parts: the oil, gum, and other solids. Lecithin comes from the gum byproduct of this mechanical process. Nutritionally, it is an emulsifier that endows foods with a creamy, moist, smooth texture.

In contrast, sunflower lecithin is frequently organic and natural with no genetic engineering, according to agricultural studies. There are no known allergic reactions caused by this product and few side effects of any kind. Instead of being processed with a chemical solvent, it is normally processed by cold-pressing.

## **Witch Hazel**

Witch hazel is a plant. The leaf, bark, and twigs are used to make medicine. You may see a product called witch hazel water (Hamamelis water, distilled witch hazel extract). This is a liquid that is distilled from dried leaves, bark,

and partially dormant twigs of *Hamamelis virginiana*. Witch hazel leaf extract, bark extract, and witch hazel water are used as astringents to tighten the skin.

### **Himalayan Salt**

Himalayan Pink salt is one of the purest salts available for culinary, therapeutic and cosmetic uses. This luxurious and delectable salt has beautifully formed crystals, which range in color from off-white to a lustrous pink. Himalayan Pink salt is a pure, hand-mined salt that is derived from ancient sea salt deposits, and it is believed to be the purest form of salt available.

### **Epsom Salt**

Epsom salt, named for a bitter saline spring at Epsom in Surrey, England, is not actually salt but a naturally occurring pure mineral compound of magnesium and sulfate. Epsom salt has numerous health benefits as well as many beauty, household and gardening-related uses.

### **Sal Suds**

Dr. Bronner's Sal Suds Liquid Cleaner is not a soap but instead is a concentrated hard-surface all-purpose cleaner. It is made with plant-based surfactants and natural fir needle and spruce essential oils (no cheap, harsh pine stump oil), without any synthetic dyes, fragrances or preservatives. Perfect for general household cleaning (dishes, floors, laundry, etc.), it cleans and rinses with exceptional power, yet it is mild and gentle on the skin. Sal Suds Liquid Cleaner is equally effective in hard or soft water, rinsing freely, hot or cold. Learn more at [drbronner.com](http://drbronner.com)

## **How To: Video Tutorials**

How to melt beeswax and make lip balm, Martha Stewart Video

<http://www.wholeliving.com/133823/homemade-lip-balm#ooid=oxYnVIMjot5B8Zh4O98co4qI2jXPj86o>

How to make deodorant, Renee Harris from [hardlotion.com](http://hardlotion.com) video

<https://youtu.be/afYWOF-ShY0>

# Beauty

## Lip Balms

### Lip Balm Recipe, Version 1

Ingredients:

2 tablespoons mango butter or cocoa butter (or blend of both)  
2 tablespoons coconut oil  
2 tablespoons beeswax, pastilles or shredded  
10-20 drops essential oil(s) of your choice

Directions:

Coarsely chop or grate the beeswax and butters if in solid block form (if using pastilles skip this step).

Measure out equal parts tightly packed, grated beeswax and butters into a double boiler. Then add coconut oil.

Prepare a double boiler system by adding about 1-2" of water to bottom pot.

Heat water on medium-low to melt contents, stirring occasionally. Monitor to ensure that the water does not boil over the rim into blend.

Once melted together, immediately remove from heat, allow to cool slightly, room temp, just before mixture starts to set, add essential oil(s).

Be careful as mixture will still be warm-hot. Stir vigorously to combine.

Pour the warm mixture into lip balm containers of your choice (makes approx. 10-15 regular sized lip balm tubes).

To speed up cooling process, place containers in the refrigerator to set. Use as you would any other lip balm and enjoy!

## **Lip Balm, Version 2**

Ingredients:

2 Tbsp. Cocoa Butter or Shea Butter (or mixture of both)  
1 Tbsp. Olive oil or Jojoba oil  
1 Tbsp. sweet almond oil  
2 Tbsp. beeswax (or candellila wax), grated or pastilles  
15 drops essential oil(s) of your choice

Directions:

1. Prepare double boiler with 1-2" water in bottom pan. Add the oils and beeswax to top pan. Heat gently until melted.
2. Allow to cool slightly, room temp, just before mixture begins to set. Add essential oil(s) of your choice.
3. Pour mixture into lip balm containers of your choice. Let harden.

Makes approx. 15 regular sized lip balm tubes.

## **Face Creams**

### **Face Cream, Version 1**

Ingredients:

6 Tbsp Sweet Almond oil  
¼ cup Cocoa butter  
3 Tbsp Shea butter  
2 Tbsp Coconut oil  
1 Tbsp Beeswax  
1/3 cup distilled water  
1/3 cup Aloe Vera gel  
½ tsp Vitamin E oil  
6 drops Royal Hawaiian Sandalwood essential oil  
6 drops Sacred Frankincense essential oil (or Frankincense)  
4 drops Lavender essential oil, optional  
4 drops Helichrysum essential oil  
4 drops Geranium essential oil

Directions:

If reusing jars, sterilize in boiling water. If you use new jars they will come pre-sterilized.

Melt cocoa butter, Shea butter, coconut oil and beeswax all together in a double boiler, or in a bowl over a pot of hot water.

Meanwhile, mix distilled water and aloe vera gel in a bowl.

After oils are melted allow them to cool slightly and then add to blender along with the almond oil and blend. Slow down blending and stream in the water and aloe vera mixture into the top of the blender jar while still blending. Blend for a few minutes until cream becomes thick and fluffy. Add the essential oils, and vitamin E and blend until they are mixed in completely.

Dry sterilized jars and then pour cream into jars. Put caps on jars and store any cream that you will not be using within the next month into the fridge. Refrigerated cream should keep for nine months to a year.

## **Face Cream, Version 2**

*Contributed by: Anne Walls*

Ingredients:

1 Cup raw shea butter  
6 drops Royal Hawaiian Sandalwood  
6 drops Helichrysum  
6 drops Geranium  
6 drops Lavender  
6 drops Sacred Frankincense  
6 drops Myrrh  
6 drops Ylang Ylang  
1 Tbsp Jojoba Oil

Directions:

Gently melt Shea butter, allow to cool to room temp, add essential oils and Jojoba. When cooled to solid, whip with hand mixer. Spoon into jars. Refrigerate any cream not using within the next month. Refrigerated cream should keep for nine months to a year.

## Body Butters

**What is body butter?** - Body butter is a body moisturizing cream. Body butters are typically whipped to provide lighter and easier application. It is designed to provide intense, long-lasting moisturizing for your skin.

**How is body butter different from lotion?** - The answer lies in the ingredients and composition. By definition, lotion contains water. Some lotions contain up to 70% water. While we all understand that our bodies need water, we know that if we just spread water on our skin, dryness follows shortly thereafter. Lotion tries to minimize this by adding in moisturizing agents and other ingredients. But our skin knows the difference and all too often the lotion wears off quickly thus leaving us with dry skin.

Body butter is composed primarily of oils and butters. Many of these natural oils and butters can penetrate the surface of the skin to help nourish and condition skin. The result is skin that is visibly smoother and silky soft. When included in your daily skin care regime, there simply *is* no comparison.

**How do I use body butter?** - Simply stated, use body butter the same way you would use lotion. Body butters are designed for use all over the body. Many avoid using body butters on the face simply because sometimes the face does not respond kindly to heavy oils the way your body does.

### Body Butter Base

*Contributed by: Kimberly Laird, The Droppery,*  
<http://www.thedropper.com/body-butter-base-for-essential-oils-2/>

Ingredients:

1/3 Cup Coconut Oil  
3 Tbsps Beeswax  
2 Tbsps Sweet Almond Oil  
3 Tbsps Cocoa Butter  
3 Tbsps Mango Butter  
10 drops essential oil(s) of your choice

Directions:

Gently melt all of the ingredients together, allow to cool to room temp, add essential oils of your choice, then let cool in fridge for 30 minutes or so.

Once cooled completely, use a hand mixer and whip on high speed until peaks form. Place back in fridge for another 30 minutes and you're done. Enjoy

## **Sugar Scrubs**

### **Sugar Scrub Base**

Ingredients:

½ cup coconut oil

1 ¾ cups organic cane sugar

½ cup quality Himalayan sea salt, coarse or fine grind

14 drops essential oil(s) of your choice

8 drops of natural food coloring, optional, if you wish to color your sugar scrub

Directions:

Place coconut oil in a small pot and heat on low until melted. Allow to cool slightly.

Add sugar, salt, and essential oils to the oil.

Mix until ingredients are well combined.

If adding a natural food color, mix this in now.

If mixture is too wet, add a ¼ cup sugar, at a time, until scrub is to desired consistency.

Spoon scrub into air-tight containers (such as a mason jar) and decorate with twine or ribbon.

Yields approx. 24 ounces or 3 half-pint (8 ounce) jars

## Perfumes

### **Women's Sandalwood and Vanilla Solid Perfume**

*Contributed by: Kimberly Laird, The Droppery,  
<http://www.thedroppery.com/vanilla-sandalwood-solid-perfume/>*

#### Ingredients:

3 Tbsp beeswax pellets  
4 Tbsp jojoba oil  
25-30 drops Royal Hawaiian Sandalwood EO  
25-30 drops Pure Vanilla Oil  
15-20 drops Ylang Ylang EO

#### Directions:

Melt beeswax in a double boiler over low heat. Once it is fully melted stir in jojoba. Remove from stove as soon as wax and oil are thoroughly combined.

Allow mixture to cool slightly, it should still be warm about 110 degrees F or below.

Gently stir in Vanilla oil and all essential oils.

Quickly pour into whichever container you desire. This recipe will fill approximately 9-11 tins that hold 0.25 ounces each or 4-6 tins that hold 0.50 ounces each.

### **Men's Roll-On Cologne**

#### Ingredients:

10 ml glass bottle w/ roller fitment  
10 drops Patchouli EO  
10 drops Bergamot EO  
5 drops Spikenard EO  
9 ml Jojoba Oil

#### Directions:

Place drops of each essential oil in a 10 ml glass bottle, fill with jojoba oil then add roller fitment and cap.

Gently move bottle back and forth to mix well. Enjoy.

## **Hair Conditioners**

### **Leave-In Hair Conditioner Spray**

Ingredients:

3 Tbsp Fractionated Coconut Oil  
¾ Cup Distilled Water  
1 tsp Sunflower Lecithin  
10 drops Lavender essential oil  
4 drops Tea Tree (Melaleuca Alternifolia) essential oil  
4 drops Roman Chamomile essential oil

Directions:

Combine all ingredients in a bowl, mix well then pour into an 8 ounce spray bottle with a misting spray option.

### **Mango Deep Hair Conditioner Whip**

Ingredients:

1/3 cup mango butter  
2/3 cup Shea butter  
2 tsp Apricot kernel oil  
1 tsp Coconut oil  
1 tsp Vitamin E oil  
8 drops essential oil of your choice

Directions:

Gently melt butters to soften. Remove from heat, cool slightly, and add remaining ingredients. Using mixer, blend ingredients together until well-blended and stiff peaks form to get the consistency of whipped cream. Spoon into a small jar or lidded storage container.

Before shampooing, wet hair and apply generous amount to hair and scalp. Massage in and leave on for about 10-15 minutes. Wash out with your daily shampoo.

# Family

## Deodorant

### Deodorant, Version 1

Ingredients:

3/4 cup arrowroot powder/non-GMO cornstarch  
1/4 cup baking soda  
4-6 tablespoons melted coconut oil

Directions:

Combine baking soda and arrowroot powder/cornstarch.

Add four tablespoons melted coconut oil and mix with a fork. Continue adding coconut oil until the deodorant reaches your preferred consistency.

Transfer mixture to a jar with a tight fitting lid. Apply with clean finger(s), as needed.

### Deodorant, Version 2

Ingredients:

2 oz beeswax  
6 oz coconut oil  
3 tsp zinc oxide  
6 tsp bentonite clay  
2 tsp essential oil(s) of your choice

Directions:

Melt beeswax and coconut oil in a double boiler.

Add zinc oxide and bentonite clay. Blend well using a stick blender (two minutes minimum)

Cool down for 20 minutes.

Blend again, stir in essential oils and pour into containers. Deodorant is ready when cooled. Store at room temperature. *Adapted From: hardlotion.com*

## **Tooth Scrubs**

### **Tooth Scrub**

Ingredients:

1/2 cup baking soda  
1/4 cup coconut oil  
5 Tbsps. xylitol  
1 Tbsp. Natural Calm (magnesium powder)  
2 tsp. essential oil of your choice

Directions:

Combine ingredients in a mixing bowl. Mix well and store in a jar or container until ready to use.

### **General Purpose Salve**

Ingredients:

1/2 cup of Coconut Oil  
1/2 cup of Olive Oil  
1/4 Cup of Beeswax  
15 drops Organic Calendula Extract  
15 drops of Tea Tree essential oil (*Melaleuca Alternifolia*)  
15 drops of Lavender essential oil

Directions:

Put the coconut oil, olive oil, and beeswax in double boiler. Gently heat until beeswax is completely melted.

Remove from heat and let cool for around 10-15 minutes.

Add the extract and essential oils and stir.

Pour into a glass jar and store for up to a year. Makes 1 1/4 cups.

## **Baby Wipes**

### Supplies/Ingredients:

- 1 roll of heavy duty paper towels (Note: Cheap paper towels do not work)
- 1 Rubbermaid #6 container - (Old wipe container, or an old plastic coffee container will also work, be sure you thoroughly wash and sterilize whatever container you use.)
- 1 3/4 cups distilled water
- 1 Tablespoon of pure Aloe Vera Gel
- 1 Tablespoon of pure Witch Hazel Extract
- 1 Tablespoon of Liquid Castille Soap (Dr. Bronner's, recommended)
- 1 tsp Vitamin E (optional)
- 1 tsp Olive or Sweet Almond Oil (optional)
- 6 drops lavender essential oil
- 6 drops roman chamomile essential oil
- 6 drops calendula extract (optional)

### Directions:

1. Carefully, cut the roll of paper towels in half using a sharp knife
2. If using an old wipe container, accordions fold the wipes into the container. If using a Rubbermaid #6 container, place the wipes, cut side down in container.
3. In bowl mix all ingredients and stir.
4. Pour over paper towels in container and let absorb- this takes about 5-10 minutes.
5. Flip the container over to make sure wipes are well soaked.
6. If using Rubbermaid container, pull the cardboard roll out from the inside. This should also pull the innermost wipe out and start them for you. Depending on the brand of paper towels you use, you might have to experiment with the amount of water to get the right amount.

\*Be sure to test a small area for sensitivity before using.

## **Baby Cream**

### Ingredients:

- 2 Tbsp Beeswax Pellets
- 1/2 Cup Coconut Oil
- 1/2 Cup Jojoba Oil
- 2 Tbsp Sweet Almond Oil

1/4 tsp Lavender Essential Oil  
1/4 tsp Roman Chamomile EO

Directions:

Gently melt beeswax and coconut oil over low heat. Add in jojoba and sweet almond oil and continue to heat until beeswax and coconut oil are melted and combined.

Remove from heat, allow to cool about 3 minutes then carefully add essential oils.

Allow to cool completely then whip with a hand mixer.

Spoon mixture into sterilized jars of your choice. Makes approx. 1 cup.

## **Roller Bottles**

### **DIY Roller Bottle Directions**

Making your own roller bottle mixture is pretty straight forward.

Use an essential oil resource of your choice to learn more about the benefits of each of the available essential oils. Decide which body system you would like to support and then add approx. 4-10 drops of that essential oil to a roller bottle. You can mix several oils that support the system you are interested in supporting.

Next, carefully fill the remaining bottle with your choice of carrier oil (fractionated coconut, jojoba, apricot kernel, V6 oils are all good choices).

Place roller fitment on bottle and gently move the mixture back and forth, top then bottom, to allow oils to marry with the carrier oil.

## **Bath Salts**

### **Bath Salts**

Ingredients:

1 Cup Epsom Salt  
10 drops Essential Oil(s) of your choice

Directions:

Combine ingredients in a mixing bowl. Mix well and store in a jar or container until ready to use. Add approx. 2 Tbsp bath salt mixture to your warm bath water.

## Home

### Cleaning Wipes

#### All-Purpose Cleaning Wipes

Supplies Needed:

1 Container — we used an empty wipe container but a #6 Rubbermaid container will work great, as well  
4-6 cups Distilled Water  
¼ cup Thieves Household Cleaner  
200 quality coffee filters

Instructions:

Fill container of your choice with approx. 4-6 cups of distilled water. Now add ¼ cup Thieves Household Cleaner. Mix together. Add coffee filters, allow to sit upright for about 10 minutes then flip upside down and allow to sit upside down for about 10 minutes. Then turn upright and they are ready to use. Be sure to test a small area on any surfaces you question.

Cheap coffee filters will not pull apart easily and may also tear apart. Use quality coffee filters for best results. You may have to do some trial and error to find ones that work best.

### Dishwashing Soap

#### Dishwashing Soap Liquid

Ingredients:

1 Tbsp Dr Bronner's Sal Suds  
6 cups distilled water  
20 drops essential oils of your choice

Directions:

Gently mix together all ingredients then pour into bottles of your choice.

## **Laundry Soap**

### **Laundry Soap, Liquid**

Ingredients/Supplies:

5 gallon empty, clean bucket with lid  
1 cup Dr Bronner's Sal Suds  
1 cup Thieves Household Cleaner  
Distilled Water

Directions:

Place Sal Suds and Thieves cleaner in 5 gallon bucket. Slowly fill remainder of bucket with distilled water. Stir gently with long wooden spoon.

Use approx. ¼ cup per average load. Should be safe for all types of washing machines.

## **All-Purpose Cleaning Spray**

### **All-Purpose Cleaning Spray**

Ingredients/Supplies:

32 ounce spray bottle  
1-2 Tbsp Thieves Household Cleaner  
½ cup white vinegar  
Distilled Water

Directions:

Fill 32 ounce spray bottle about half full with distilled water, add Thieves cleaner and vinegar, fill remaining bottle, slowly and gently with distilled water, remember to leave room for spray nozzle, do not fill all the way to the top. Place spray nozzle on bottle and gently move back and forth to mix together all ingredients. Use for most of your household cleaning needs.

\*Be sure to test a small spot for any surface you question.

## Foaming Soaps

### Foaming Hand Soap, Version 1

Ingredients:

2-3 Tbsp Dr Bronner's Castile Soap  
2-3 drops Organic Vitamin E  
1 tsp aloe vera juice  
6 drops essential oil of your choice  
12 ounces distilled water

Directions:

Mix all ingredients except water in a bowl. Next, gently add distilled water and pour into foaming bottle(s) of your choice. If using a 13-ounce foaming soap dispenser, you can mix the ingredients right in the bottle.

### Foaming Hand Soap, Version 2

*For some, castile soap tends to leave a thick film around their sink, this usually happens because of the type of water you have (hard/soft/chemicals used in your water, etc). For those, you may find Sal Suds to be a good alternative to castile soap.*

Ingredients:

2-3 Tbsp Dr Bronner's Sal Suds  
2-3 drops Organic Vitamin E  
1 tsp aloe vera juice  
6 drops essential oil of your choice  
12 ounces distilled water

Directions:

Mix all ingredients except water in a bowl. Next, gently add distilled water and pour into foaming bottle(s) of your choice. If using a 13-ounce foaming soap dispenser, you can mix the ingredients right in the bottle.

## Air Freshening Sprays

### Air Freshener

Ingredients/Supplies:

8 ounce glass spray bottle  
½ cup triple distilled Vodka  
¼ cup distilled water  
¼ tsp sunflower lecithin  
25 drops essential oils of your choice

Directions:

Combine all ingredients in a bowl, mix well. Pour into your choice of 8 ounce spray bottle. Enjoy

\*You can substitute witch hazel or rubbing alcohol for the Vodka, if you so desire.

## Wood Care

### Wood Polish

*Contributed by: Kimberly Laird, The Dropperly,*  
<http://www.thedropperly.com/lemon-wood-polish/>

Ingredients:

¼ cup Walnut Oil  
¼ cup Triple Distilled Vodka  
20 drops lemon essential oil

Directions:

Gently mix all ingredients together in a 4-ounce GLASS spray bottle.

\*Be sure to test any surfaces you may question.

## **Wood Wax**

*Contributed by: Kimberly Laird, The Dropperly,*  
<http://www.thedropperly.com/orange-wood-wax/>

### Ingredients:

¼ cup beeswax (grated or beads)  
¼ cup walnut oil  
20 drops orange essential oil

### Directions:

Gently melt beeswax with walnut oil. Allow to cool about 15 minutes then stir in essential oil. Pour into glass or metal jar and allow to cool to a solid. When completely cool, use as you would any wood wax.

\*Be sure to test any surfaces you may question.

## **Dusting Spray**

*Contributed by: Kimberly Laird, The Dropperly,*  
<http://www.thedropperly.com/citrus-dusting-spray/>

### Ingredients:

1 tsp Thieves Household Cleaner  
½ cup distilled water  
¼ cup walnut oil  
15 drops tangerine essential oil

### Directions:

Mix together all ingredients in an 8-ounce glass spray bottle. Use as you would any dusting spray.

\*Be sure to test any surfaces you may question.

## **Carpet Freshener**

### **DIY Carpet Fresh**

### Ingredients/Supplies:

16 ounce Mason Jar  
Daisy Lid for Mason Jar

16 ounces Baking Soda

20 drops essential oil(s) of your choice (15 drops orange/tangerine and 5 drops cloves, smells amazing)

Directions:

Place baking soda in mason jar, add essential oils, gently stir with a dinner knife or instrument of your choice. Allow to sit overnight so the oils can "marry" with the baking soda. Sprinkle on carpet, as needed and vacuum.

\*Be sure to test a small spot on any surface you may question.



Need Supplies? Find a complete list at:

<http://theoilposse.com/2015/07/03/eosupplylist/>