5 Beauty and Body Recipes
By SimpleLifeMom

I hope you enjoy these recipes. They are ones I use with my family and love. Some of these recipes can be found in my Etsy Shop.

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1) Shaving Cream

I love this recipe because I always have these ingredients on hand, I can make a bunch, and the coconut oil adds that extra moisture and smoothness for my legs. If you do not have fractionated coconut oil (used so you don't get a hard clump of coconut oil in your container during the winter), you can substitute another oil like olive, sweet almond, apricot, or grapeseed.

Ingredients:

- 1 oz homemade soap (non-castile will make it thicker)
- 1 cup water
- 2 Tbsp fractionated coconut oil
- 10 drops essential oils of choice

Directions:

1. Shave 1 oz soap into a saucepan with water and heat over low until melted.
2. Remove from heat and add fractionated coconut oil and essential oils.
3. Add to your Foam Pump

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2) Lotion Bars

This recipe makes wonderful hard lotion, which is great to take with you on trips, use on rough hands and feet, or with kids as they can grip it and rub it all over easier.

Ingredients:

- 1 cup shea butter
- 1/2 cup coconut oil
- 1/2 cup total of sweet almond oil, apricot kernel oil, grapeseed oil, rosehip seed oil, avacado oil, or oil of choice.
- 1 cup beeswax
- 10-20 drops essential oil of your choice
- 3 drops rosemary essential oil as a natural preservative

Directions:

Place all oils except essential oils in a glass bowl or jar. Place jar into saucepan filled halfway with water. Turn saucepan on med. heat and stir oils until they are melted. Remove from heat, add essential oils, and pour into molds.

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3) Bronzer

Option#1 – Red Moroccan Clay straight out of the container. Lucky You!

Option #2 – You need it to be a bit darker, so add some cocoa powder (no one will smell it but you, so don't get hungry). Start with 2 Tbsp of Red Moroccan clay and add 1/4 tsp of cocoa at a time until you're happy. Write down what you like so you won't have to guess next time.

Option #3 – You need it to be a bit lighter, so add arrowroot powder. Start with 2 Tbsp of Red Moroccan clay and add 1/4 tsp of arrowroot powder at a time until you're happy. Write down what you like so you won't have to guess next time.

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4) DIY Anti-Aging Eye Cream

This is a great eye cream that is so full of amazing nourishing qualities. Use as a night cream or face cream. Test on your wrist first to make sure it is not too strong and to make sure there are no allergic reactions.

Ingredients:

- 1/4 cup shea butter
- 2 Tbsp sweet almond oil
- 1 Tbsp apricot kernel oil
- 3 drops carrot seed essential oil
- 3 drops rose hip essential oil
- 3 drops frankincense essential oil
- 1 drop myrrh essential oil
- 1 drop sandalwood essential oil
- 3 drops lemon essential oil
- 5 drops rosemary essential oil
- 3 drops geranium essential oil
- 5 drops lavender essential oil

Directions:

1) Place the carefully measured shea butter in a large bowl.
2) Whip with a beater until it is smooth.
3) SLOWLY add almond and apricot oils, blending as you pour (otherwise it will be lumpy).
4) Add essential oils and whip for 1-2 minutes.

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5) Essential Oils for Scars Formula

Use rosehip and apricot kernel as carrier oils (or some other combination) and as many of the following essential oils as you desire. Remember to test on your wrist first.

Ingredients:

- 1 oz rosehip seed oil
- 1 oz apricot kernel oil
- 5 drops Helichrysum Essential Oil
- 5 drops Carrot Seed Essential Oil
- 5 drops Frankincense Essential Oil
- 5 drops Calendula Essential Oil
- 5 drops Rosemary Essential Oil
- 10 Drops Lavender Essential Oil

Directions: Combine all the above and apply to scar twice daily.

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