

A woman wearing a white lace dress stands in a forest setting. Her hands are clasped in front of her. The background is a dense forest with sunlight filtering through the trees.

Homemade Beauty Essentials

15 great recipes to
get you started &
guides to get you
creating with
confidence!

Jessica E. Lane

Homemade Beauty Essentials

*Making Your Own Natural Body
Products*

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& guides to get you creating with
confidence!

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Every effort has been made to make this book as accurate and complete as possible. However, there may be inadvertent mistakes, both typographical and in content. Therefore, this text should be used only as a general guide and not as the ultimate source of homemade natural body products. Furthermore, the book contains information on ingredients and practices that are current only up to the printing date.

The purpose of this book is to educate. The author shall have neither liability for nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to have been caused, directly or indirectly, by the information contained in this book.

RECIPES IN THIS BOOK ARE FOR PERSONAL USE ONLY. PLEASE CONTACT AUTHOR IF YOU ARE INTERESTED IN SELLING PRODUCTS MADE WITH THESE RECIPES.

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Introduction

Making your own body products at home is not only economical, it's rewarding as well. There is a sense of accomplishment in making your own products from scratch. Much like cooking in the kitchen, you have the opportunity to play with recipes and put your individual stamp on what you make.

There are many benefits to making your own body products including controlling ingredients and costs. More and more consumers are aware of and concerned about unknown ingredients hiding in the products we use on and in our bodies. Some of you may have shared this concern and taken a step in the right direction toward health by purchasing "natural" products. I hate to be the bearer of bad news, but the term natural is not formally controlled by a governing agency. That means your natural soap may contain chemical hardeners, foaming agents, and artificial colors and fragrances. Yikes! The fragrances used in commercial products are also uncontrolled and need only be listed as "fragrance" on the label. Many commonly used fragrances have been deemed as carcinogens by the National Academy of Sciences. When you use essential oils as the fragrance in your homemade soap, you can be assured that your product doesn't contain carcinogens, and the natural fragrance may have therapeutic benefits.

The final reason why I know you will enjoy homemade products is that the quality is exceptional. Homemade soap makes you squeaky clean without stripping the natural moisture from your skin. Homemade lotions moisturize and soften without greasiness or an overpowering scent.

Homemade balms care for your lips without removing the moisture that is naturally present.

So are you ready to get started?

Measuring Ingredients

I highly recommend measuring ingredients by weight for precision. For that reason, most ingredients in this book are portioned by ounces. For less than \$20 you can purchase a decent digital kitchen scale from your local big-box store. When choosing a scale, it's ideal to get one that offers a "zero out" option. When I measure out my ingredients, I start with my empty container on the scale with the weight zeroed out, meaning the scale reads "0" while supporting my container, then I add an ingredient until I reach the desired weight and zero out to continue. I repeat this process until all of my necessary ingredients are in my container.



The other form of measurement you will find in this book is milliliters. This measurement is a standard for measuring essential oils or small quantities of other liquids. You can find a printable guide of converting drops and teaspoons to milliliters in the Free Printables & Guides tab of **104 Homemades**.

Supplies

The essential supplies for making your own body products at home include the following:

- Containers - For storing balms (tins, tubes, or plastic jars).
- Digital Scale - For weighing ingredients.
- Heat-Safe Container - For heating balms, lotions, and soaps.
- Molds - For lotions and soaps to transform from liquid to solid with a shape.
- Utensils - For measuring and mixing ingredients.

There are some non-essential supplies that I recommend for their aid in production, but they raise the initial cost of your endeavor. These include:

- Cutting Board (for body products only) - I like silicone mats because they are easy to clean.
- Disposable Pipettes - For measuring essential oils.
- Glass Bulb Syringes - For dispensing balm into tubes.
- Wooden Stirrers - For mixing ingredients.

Product Molds

There are molds available online or at local craft stores, but if you're looking for options that will keep your costs low, here are some low cost or even free options:

- Empty Cosmetic Containers
- Ice Cube Trays
- Pill Bottles (You may need to them with freezer paper so your creations can be removed.)
- PVC Pipes & End Caps

- Silicone Muffin & Bread Pans
- Small Soda Bottles (The bottoms of the bottles will make your creations come out looking like flowers.)
- Travel Soap Containers
- Tuna Cans
- Tupperware
- Wax-Lined Milk Cartons (Soaps and lotions will have to be cut into manageable sizes after hardening.)
- Yogurt Containers



A Note on Essential Oils

Essential oils are a great natural way to add fragrance to your body products. Many essential oils also have wonderful health and wellness benefits. Just because a product is natural does not mean it's 100% safe. For this reason, you will see that some recipes comes with warnings. The most important considerations when it comes to using essential oils are the effects on pregnancy, nursing, photosensitivity, and safety for children. Please research essential oils before choosing which ones you'd like to use in your body products.

When choosing essential oils, it's important to choose oils from reputable companies. I like to purchase my oils from Mountain Rose Herbs because their oils come from distillers they know and trust. All of their essential oils are distilled for therapeutic and aromatic purposes, which is something we want when making body products like soaps, lotions, and balms.

Health & Wellness Benefits of Oils Used in This Book

Basil Basil oil comes from the leaves and seeds of the common herb. It enhances the luster of skin and is thought to improve the tone of skin. Basil oil is commonly used to treat acne and other skin infections.

Black Pepper Black pepper oil comes from the fruit of the black pepper plant. It is an antioxidant that is thought to prevent and repair the damage caused by free radicals. Free radicals are unstable molecules that harm skin cells. Antioxidants help balance them, stopping any damage they would cause. For this reason, black pepper oil may protect your skin from premature wrinkles and age spots.

Lavender Lavender oil comes from the flowers of the lavender plant. Dermatologists and aromatherapists seem to agree that lavender is one of the most often-used essential oils in the treatment of acne. It is thought that lavender oil can reduce the signs of scarring.

Lemongrass Lemongrass oil comes from steam in the distillation of dried lemongrass. The high levels of antioxidants in this oil make it especially good for oily or acne-prone skin. Lemongrass oil is also thought to relieve stress when massaged into the skin.





Rose Absolute Rose oil comes from the Damascus rose. It is thought to tone and lift the skin, and may help scars fade more quickly. The antioxidants in this oil spur on the healing processes of skin. Of course, rose oil is most widely known as an aphrodisiac.

Sweet Orange Orange oil comes from the peels of oranges. It acts as a mood-lifter, creating a happy and relaxed feeling. Orange oil is thought to be an

alternative remedy for individuals with depression or chronic anxiety.

Vetiver Vetiver oil comes from the roots of the vetiver plant. It is used for its antiseptic properties to treat skin that has been damaged or discolored. Vetiver oil is a well-known sedative that is commonly used to aid in rest and relaxation.

Ylang Ylang Ylang Ylang oil comes from the flowers of the ylang-ylang tree. It is thought to lessen depression and may help to relieve anxiety and stress. Ylang Ylang oil also has an uplifting effect on mood.

This information is for educational purposes and is not intended to treat, cure, or prevent any condition. As with all essential oils, never apply them to skin without using in a carrier oil. Carrier oils are vegetable-based oils that protect your skin from the initial strength of the essential oil. It allows for more therapeutic benefits as the essential oil is slowly absorbed by the skin. Some examples of carrier oils include coconut oil, olive oil, sweet almond oil, and sunflower oil. Always perform a small patch test (after properly diluting) before using in your body products.

Lotion Bars

Lotion bars are a great starter project for people who want to make their own body products. Lotion bars are made with a firm substance that warms with body heat and slowly releases the lotion when applied to your skin. They can be used for more than just moisturizing skin. They can be used to make sore muscle relief bars or even diaper rash bars, the purposes are as varied as the ingredients you may choose to include. With the recipes I am providing you, you can gain the confidence to branch out and experiment with different essential oils and butters. You may also experiment with waxes. Let's talk about the primary ingredients in a basic lotion bar.

Waxes

Beeswax

Beeswax is a wonderful hydrating ingredient that is commonly found in cosmetics. Not only does it retain moisture in the skin, but it helps relieve the itchiness associated with dry skin. When making lotion bars with beeswax, it acts as a hardening agent, binding together your other ingredients to make a firm bar. Beeswax is available in several forms including bar, pastilles, and beads. I prefer to use pastilles, small pellets, for ease of use without too high of a cost. It also comes in a natural pale yellow or a refined white. I prefer to work with the natural yellow because it has a beautiful appearance and is less processed.

Carnauba Wax

Carnauba wax is a very hard cosmetic wax that comes from the leaves of a Brazilian palm tree. This wax is so hard that you may have to experiment with your other ingredient quantities if you chose to use it. If you are using carnauba wax for your hard lotions, begin melting the wax before adding any other ingredients. Carnauba wax comes in natural color only, which can range from a pale yellow to a golden color based on the age of the tree it from which it was extracted.



Butters

Cocoa Butter

Cocoa butter contains natural antioxidants and is rich in vitamin E. It immediately relieves dry and itchy skin. When choosing a cocoa butter, you need to decide whether or not you want an unrefined butter. Unrefined butter has a slightly creamier color and a strong cocoa scent. Often when using unrefined cocoa butter, it is used in part with a less fragrant butter. If you want to enjoy the benefits of cocoa butter without the fragrance,

deodorized/refined cocoa butter is also available. The color is nearly white and the fragrance is faint.

Kokum Butter

Kokum butter has amazing healing properties, but with the wonderful results comes a higher cost. This butter is naturally white and is extracted from the Garcinia tree. Kokum butter is known for regenerating skin cells, improving skin elasticity, repairing cracked skin. This butter is very firm and it is recommended that you begin melting it before adding other ingredients when you are making hard lotion bars. You may also need to add oils such as coconut or olive to counteract the dryness of the butter.

Mango Butter

Mango butter is a white butter that comes from the seed kernels of Mango trees. Mango butter is high in fatty acids, making it ideal for skin softening, soothing and moisturizing. Most mango butter available is already refined to have a mild, almost nonexistent, odor.

Shea Butter

Shea butter is one of the most commonly used butters in cosmetics, for good reason. It is a vegetable fat from the Karite tree and is high in vitamins A, E, and F. In addition to being balancing the skin and reducing wrinkles, shea butter offers UV protection (approximately an SPF of 6). The healing properties of shea are well-documented, making it a great choice for a rash or burn lotion.



Solid(ish) Oils

Coconut Oil

You'll notice that all the recipes I provide for hard lotion bars contain coconut oil. There's a great reason for that. There are very few oils out there that have the health and wellness benefits that coconut oil does. Coconut oil maintains a near-solid temperature until it is warmed in a double boiler or by your body heat. On warm days you might notice that your jar of seemingly solid white coconut oil has become a clear liquid. This reaction to heat is what makes it an ideal hard lotion product. Coconut oil is very versatile. It offers wonderful moisturization and adds a protective layer to your skin. It is perfect for people with sensitive skin or skin irritations.

Palm Kernel Oil

Palm kernel oil is a nice alternative if you don't want to use coconut oil in your hard lotion bars. Much like coconut oil, palm kernel oil will change from solid to liquid when warmed. Palm kernel oil is great for moisturizing dry skin.



Making Lotion Bars

The basic formula for a hard lotion bar is approximately 1 part wax/1 part butter/1 part oil. I like to add a bit more butter to reduce greasiness in the final product. Essential oils may be added to make a pleasant fragrance or to incorporate health and wellness benefits.

To make your hard lotion bars, weigh your wax, butter(s), and oil. Melt down these ingredients in a double boiler or similar setup. I like to use a 4 cup glass measuring cup in a saucepan with an inch of water in the bottom. Many people have success using a mason jar inside a saucepan. The important aspect to bear in mind when it comes to heating your ingredients is not heat them directly on the heating element. You want them to be heated via water so you don't risk scalding the ingredients.

Once your primary ingredients have melted completely, remove from heat and stir in any essential oils or additional moisturizing oils like vitamin E or olive oil. Once all your ingredients have been incorporated, pour the mixture into your molds. Each hard lotion bar recipe makes approximately six 1.5 oz lotion bars, the same size that is sold on **104 Homemades**.



Divinity

Chocolate and roses may be the world's most divine things and don't need to be saved for Valentine's Day. That's why we had to call this hard lotion "Divinity." They make me think of courtship. They are a common coupling in courtship, but needn't wait for a celebration or to be enjoyed in the middle of February. Black pepper is an unexpected spicy touch that blends beautifully with the rich cocoa and rose scents. Both rose absolute and black pepper essential oils are thought to be strong aphrodisiacs.

Because this lotion bar contains rose essential oil, you should consult your doctor if you are pregnant or nursing before creating or using this lotion bar.

For this recipe, you will need the following ingredients:

- 3.1 oz Beeswax
- 3.1 oz Coconut Oil
- 2 oz Unrefined Cocoa Butter
- 1.3 oz Shea Butter
- 1.75 ml Black Pepper Essential Oil

- 1.5 ml Rose Absolute Essential Oil

Just the Basics

Sometimes you just want a simple bar of lotion, one that can be used by everyone in the family. Just the Basics is just that... basic ingredients that will please everyone and offend no one. The addition of olive oil adds a hint of additional moisture, making this a great lotion bar for use on your face. This is a softer lotion bar and will need to be stored in a tin or other moisture-resistant container.

For this recipe, you'll need the following ingredients:

- 3.2 oz Beeswax
- 3 oz Coconut Oil
- 1.5 oz Mango Butter
- 1.5 oz Shea Butter
- .1 oz Olive Oil

Make sure to add the olive oil after the ingredients have been removed from the heat. You may need to continuously stir while the mixture cools a bit so the oil becomes well-incorporated.

Luscious

Why luscious? It was the first thing that sprang to mind when smelling this wonderful chocolate, spicy, and earthy scent. Black pepper increases blood flow and vetiver rejuvenates skin cells, leaving you with luscious feeling skin after use.

Because this lotion bar contains vetiver essential oil, you should consult your doctor if you are pregnant or nursing before creating or using this lotion bar.

For this recipe, you will need the following ingredients:

- 3.1 oz Beeswax
- 3.1 oz Coconut Oil
- 2.2 oz Mango Butter
- 1.1 oz Unrefined Cocoa Butter
- 1.5 ml Black Pepper Essential Oil
- 1 ml Vetiver Essential Oil



Refresh

Citrus takes the cake when it comes to a clean and refreshed feeling. Sweet orange is a subtle, yet powerful essential oil and pairs nicely with Ylang Ylang, long thought to act as an antidepressant. Floral and citrus are a winning combination in any body lotion or bar.

The orange oil in this recipe may cause photosensitivity. Wait 30 minutes after applying before going into the sun. Do not apply to the face. Ylang Ylang essential oil is not recommended for use on children under the age of two.

For this recipe, you will need the following ingredients:

- 3.3 oz Mango Butter
- 3.1 oz Beeswax
- 3.1 oz Coconut Oil
- 1 ml Sweet Orange Essential Oil
- 1 ml Ylang Ylang Essential Oil

Spring Fling

The fresh and green scents of basil and lemongrass are sure to get you thinking of spring. Basil is known for invigorating and lemongrass is a popular natural choice for repelling insects like those pesky spring mosquitoes and blackflies.

Because this lotion bar contains lemongrass and basil essential oils, you should consult your doctor if you are pregnant or nursing before creating or using this lotion bar. Basil essential oil is not recommended for use on children under the age of two.

For this recipe, you will need the following ingredients:

- 3.3 oz Mango Butter
- 3.1 oz Beeswax
- 3.1 oz Coconut Oil
- 1 ml Basil Essential Oil
- .9 ml Lemongrass Essential Oil

Tranquility

The first scent that springs to mind when thinking about tranquility has to be lavender. The subtle lavender oil scent paired with the sedative effects of Ylang Ylang will have you feeling relaxed in no time. This is a great lotion to apply at the end of the day when you are preparing to unwind.

Ylang Ylang essential oil is not recommended for use on children under the age of two.

For this recipe, you will need the following ingredients:

- 3.3 oz Shea Butter
- 3.1 oz Beeswax
- 3.1 oz Coconut Oil
- .75 ml Lavender Essential Oil
- .75 ml Ylang Ylang Essential Oil



Melt & Pour Soaps

Melt and pour soaps are an excellent way to start getting your hands sudsy. It doesn't require a degree in chemistry and in many cases you can "rebatch" if you make a mistake or change your plan. What is melt and pour soap? Commonly known as M&P, these soaps are premixed soap bases that come without color or fragrance, allowing you to put your own stamp on your creations. There are a wide variety of M&P soap bases available. Each one has that "something special" about it.

Common Soap Bases



Aloe

Aloe soap base is a clear base with approximately 5% aloe vera gel inside it. Aloe vera is known for its healing properties. It has a slight greenish tint that you may want to consider when choosing this base.

Clear

Clear soap base is just that. A clear base that is already formulated for soap making. It contains no color tint and works as an excellent base if you are suspending materials such as herbs, other soaps, or even small toys.

Goat's Milk

Goat's milk soap base contains real goat's milk and has a wonderful opaque cream color. Goat's milk is amazing for softening and moisturizing skin, so it's an excellent soap base for faces and hard-working hands.

Hemp

Hemp soap base is a semi-transparent base with an olive green hue. It contains approximately 5% hemp seed oil which allows it to lather very nicely. It has a slightly nutty aroma that works well in gender-neutral and masculine mixes.

Honey

Honey soap base is a beautiful mostly-transparent golden color. It has all the benefits for the skin that honey does, including moisturizing, reducing the appearance of aging, and helping to eliminate acne.

Olive Oil

Olive oil soap base is a translucent soap base that works the same as a clear base, but has the bonus of containing

approximately 20% extra virgin olive oil. It is gentle and appropriate for all ages and skin types. Olive oil soap base may get a pale yellow tint over time, so it is best worked in small batches.

Shaving Base

Shaving soap bases are made particularly for shaving soaps, but you can use them when you want high lather from a very gentle soap. Shaving bases can be great for kid-specific soaps because they contain fewer chemicals and are clear making them idea to incorporate any colors or decorations you might want to add.

Shea

Shea soap base is an opaque white base with added shea butter. Shea is well-known for moisturizing and softening skin, making shea a great option for faces and hard-working hands.

White

White soap base is a basic base in opaque white. It easily absorbs color and works well for layered soaps where you want a clear separation between the layers.

How to Melt Your Soap Bases

Melt and pour soap bases can be melted right in your microwave by cutting them into 1½" cubes and microwaving them for 30-second bursts. I prefer to use the same method for melting soap bases as I use for my hard lotion bars, utilizing a

large measuring cup in a saucepan for an easy-pour double boiler. Using a double boiler setup gives you more control over the heat and consistency of the soap. You want to heat over a low/medium heat until all the base has melted completely. Higher heat risks drying or burning the soap base.

Additives

Additives are anything you are adding to the basic soap base. They can include colors, fragrances, oils, and even herbs. In most cases, additives should be mixed in after the soap base has been removed from heat. The only exception would be if you are using powdered colorants or a butter that melts when heated. When adding materials such as coffee grinds, poppy seeds, or loofa bits, the longer you stir and allow your base to cool, the better the materials will be evenly suspended. If your soap base is too hot or you do not stir thoroughly, material additives may sink to the bottom of the mold. In some cases you may want that outcome, but in others you may want them floating throughout the bar. Most of this technique is learned through trial and error. If the additives separate or sink, you can always rebatch.

Rebatching

Is the scent of your soap too mild or too strong? Did your colors come out the wrong shade after curing? This is where the beauty of Melt & Pour Soap comes in. If you are unhappy with the outcome of your soap, simply cut it into pieces and remelt it. If you have additives like oils or materials that could melt, you may wish to reheat the soap on a lower temperature to preserve the integrity of the oil(s). The only time you would be

unable to rebatch your M&P soap is if you were doing a layered soap. You could still rebatch, but the layers would melt together.

The Important “Spritz” Step

Between each layer of soap and after pouring your soap, be sure to give bars a spritz of rubbing alcohol. You want to do this right after pouring, as it reduces bubbles in the surface of the soap and won't work if a skim layer has formed. If you forgot to spritz, the quality of the soap will not be affected, but the appearance will. All of the recipes in this book include spritzing, unless otherwise noted.

Making Melt & Pour Soaps

Here are some great recipes to get you started in your M&P soap-making adventures. Remember, when it comes to creating recipes, the sky's the limit. You can substitute oils and colorants to make them uniquely designed for you or your gift recipient.

Barista

Coffee-based soaps are best sellers at the farmer's market and for good reason. The subtle scent of coffee gets you going in the morning and the actual coffee grounds embedded in the soap exfoliate and moisturize your skin. When using coffee grounds, be sure to use damp grounds saved after brewing. Dry, fresh coffee grounds may cause your soap to dry out and crack. The “froth” of this soap contains a hint of cinnamon and makes your soap bar look just like a cup of coffee with cream.

This recipe makes approximately five 2 oz bars of soap. Your soap quantity and size may vary based on the mold you choose.

For this recipe, you will need the following ingredients:

- 8 oz Hemp Melt & Pour Soap Base
- 2.5 oz Goat Milk Melt & Pour Soap Base
- .4 oz White Melt & Pour Soap Base
- $\frac{3}{4}$ tbsp Coffee Grounds
- $\frac{1}{4}$ tsp Cinnamon

Instructions:

- Melt down the Hemp and White soap bases together.
- Remove from the heat and stir in Coffee Grounds. You may need to stir for a while to keep the grounds suspended.
- Pour the mixture into the soap molds and allow them to rest for approximately 30 minutes before continuing.
- Melt down the Goat Milk base.
- Remove from the heat and add Cinnamon. Whisk briskly until a froth appears. The more you whisk, the more froth the finished coffee soap will have.
- Quickly pour the mixture onto the first layer. Do not spritz this layer with alcohol!
- Allow the soap to rest in the molds for 4-8 hours before removing them.



Bouquet

This is a fun floral soap that looks elegant and much harder to create than it really is. This recipe uses Rose Absolute oils, but you can use any floral scent you wish. Make sure the essential oil you choose is safe for skin. The swirls in this soap recipe remind me of loose petals that have fallen from their flower. Each "petal" releases a burst of flowery scent. This recipe makes approximately three 3 oz bars of soap. Your soap quantity and size may vary based on the mold you choose.

Because this lotion bar contains rose essential oil, you should consult your doctor if you are pregnant or nursing before creating or using this lotion bar.

For this recipe, you will need the following ingredients:

- 9.7 oz Goat Milk Melt & Pour Soap Base
- 1.8 oz Clear Melt & Pour Soap Base
- 8 ml Rose Absolute Essential Oil (divided)
- 8 drops Colorant (to match scent I used liquid red oxide)

Instructions:

- Melt down the Goat Milk soap base.
- Remove from the heat and add 4 ml of Rose Absolute oil and Colorant. Stir to make sure both the oil and the colorant are well-incorporated.
- Divide the soap between one more mold than you intend to use. In this case, we are planning for making three bars, so I'll pour the mixture into four molds.
- Let the soap set overnight. The next day, shred the extra bar using a cheese grater and place shredded soap into the freezer.

- Melt down the Clear soap base.
- Remove from the heat and add 4 ml of Rose Absolute, stirring well to ensure that oil is well-incorporated.
- Remove the frozen soap shavings from the freezer, and layer on top of the first layer. Slowly top with Clear base. Some shavings may float and that's okay.
- Allow the soap to set in the molds for 4-8 hours before removing them.



Dirt Lovin'

This is the perfect soap for cleaning up after playing in the dirt. It makes a wonderful gift for your gardening friends. Dirt Lovin' has loofah ground up inside one of the three layers, making it great for scrubbing. The fresh spring scents will remind you of the great outdoors. This soap is made in three parts using layering. The recipe makes approximately 2.5 oz bars of soap. Your soap quantity and size may vary based on the mold you choose.

Because this lotion bar contains lemongrass essential oil, you should consult your doctor if you are pregnant or nursing before creating or using this soap.

For this recipe, you will need the following ingredients:

- 3.9 oz Shea Melt & Pour Soap Base

- 3.9 oz Goat Milk Melt & Pour Soap Base
- 3.9 oz Clear Melt & Pour Soap Base
- 7.5 ml Sweet Orange Essential Oil
- 1.25 ml Lemongrass Essential Oil
- ¼ tsp Ground Loofah

Instructions:

- Melt down the Shea soap base and pour the mixture into the molds to create the first layer. Let this layer sit for 15 minutes before continuing.
- Melt down the Goat Milk soap base. Remove from the heat and add Sweet Orange oil.
- Stir well until the soap has cooled a bit and pour on top of the first layer.
- Let this second layer sit for 15 minutes before continuing.
- Melt down the Clear soap base. Remove from heat and add Lemongrass oil.
- Stir in the ground up Loofa until it is well-suspended and the melt is beginning to cool a bit.
- Pour on top to create a third layer. If the Loofa is all pushed to the outside when you pour, you can move it around a bit with a toothpick if you work quickly.
- Allow the soap to rest in the molds at least 8 hours before removing them.



Divinity

Much like our Divinity lotion bars, the chocolate and rose in this recipe makes me think of courtship. The black pepper is an unexpected spicy touch that blends beautifully with the rich cocoa and rose scents. This recipe makes approximately seven 2.5 oz bars of soap. Your soap quantity and size may vary based on the mold you choose.

Because this lotion bar contains rose essential oil, you should consult your doctor if you are pregnant or nursing before creating or using this lotion bar.

For this recipe, you will need the following ingredients:

- 16 oz Aloe Melt & Pour Soap Base
- .5 oz Cocoa Butter
- 3.5 ml Rose Absolute Essential Oil
- 1.75 ml Black Pepper Essential Oil

Instructions:

- Melt down the Aloe soap base and cocoa butter.
- Remove from the heat and add in the essential oils, stirring well to make sure they are well-incorporated.
- Pour the mixture into soap molds and allow them to rest in the molds for 4-8 hours before removing them.



Honey Oatmeal

Honey and oatmeal are two of the leading natural remedies for skin issues. From dry, irritated skin, to rashes and acne outbreaks, honey and oatmeal can rescue sufferers from it all. This soap is simple and successful, and great for all skin types. It is a favorite in my family. This recipe makes approximately four 2.5 oz bars of soap. Your soap quantity and size may vary depending on the mold you choose.

For this recipe, you will need the following ingredients:

- 16 oz Honey Melt & Pour Soap Base
- 1 ½ tsp Finely Ground Oatmeal (not instant)
- 1 tbsp Honey

Instructions:

- Melt down the Honey soap base and add honey while it's still on heat.
- Remove from the heat and add the Ground Oatmeal. Stir until well-incorporated and Oatmeal is beginning to suspend.
- Pour the mixture into the molds and allow the soap to rest in the molds for 4-8 hours before removing them.



Lovely Lavender Facial Soap

Lavender not only smells heavenly, but it's antiseptic and antifungal, which does wonders for your skin. Over time, a cleansing regimen that includes lavender can do wonders for acne-prone skin, not only reducing breakouts, but healing scars. This soap has double the potential with therapeutic grade Lavender oil as well as dried lavender buds. The addition of honey soothes and moisturizes the skin. This recipes makes approximately four 2.5 oz bars of soap. Your soap quantity and size may vary based on the mold you choose.

For this recipe, you will need the following ingredients:

- 8 oz White Melt & Pour Soap Base
- 2.5 ml Lavender Essential Oil
- ½ tsp Honey
- ½ tsp Ground Lavender Buds

Instructions:

- Melt down the White soap base.
- Remove from the heat and add the Lavender oil, dried Lavender and Honey.
- Stir until the ingredients are well-incorporated and the Lavender Buds are well-suspended.
- Pour the mixture and allow the soap to rest in the molds for 4-8 hours before removing them.



Balms & Chapsticks

Balms are just tiny versions of lotion bars with a small tweak to the ingredients, often using a liquid oil instead of a solid oil. They are fun to make and you get a big bang for your buck. Just a few dollars worth of ingredients can make enough tins of balm and sticks of chapstick to last a year. The trickiest part to making chapsticks (or balms in a tube) is getting the mixture into the tubes. Making your balm in a measuring cup will get you a long way because it provides a pour spout. A medicine dropper makes the filling step even easier. If you use a plastic medicine dropper, you will want to rinse it immediately after using it. I like to use a glass dropper because it's a bit easier to clean.

A fun tip for a fabulously finished product: After your chapstick has hardened in the tube, you may notice a small divot in the middle or pouring marks. Simply run over the tubes with a hairdryer (high heat on low power) and the divot will smooth right out and leave a glassy finish.

The only thing harder than pouring balm into tubes is getting it out if you are not happy with the results. When making balms, I recommend placing a spoon in your freezer before beginning. The reason for this is that you can check the consistency easily before committing to the process. When you are ready, dip the cold spoon into the mixture. It will harden immediately on the spoon so you can see if the balm has the texture, scent, and feel you desire.

Essential Oil Blend Balm

On 104 Homemades, this balm is often made with Lemongrass essential oil, but this forgiving recipe allows you to mix and match the oils you prefer. Just be aware that not all essential oils are safe for lips. Check your oil before using. This recipe will fill approximately a dozen .15 oz tubes or four ½ oz tins.

For this recipe, you will need the following ingredients:

- 4 oz Grapeseed Oil (or other unflavored liquid oil)
- .6 oz Beeswax
- 1 tsp Honey (experiment with various flavored honeys)
- 15-20 drops Essential Oil(s)



Instructions:

- Melt down the Beeswax and stir in the Grapeseed Oil while the mixture is still on heat.
- Remove from heat and stir in the Honey and essential oils.
- Stirring constantly, allow mixture to cool until it begins to thicken a bit before pouring into balm tubes or containers. Omitting this step may cause honey to separate.
- TIP: Pour slowly into the tubes and containers. Otherwise, any honey that has not mixed in properly will sink to the bottom of the heating container instead of going into the balm containers.

Nude Balm

Nude is a basic balm recipe. This is a recipe that you can use as is, or experiment to make it what you want it to be. This recipe will fill approximately fifteen .15 oz tubes or five ½ oz tins.

For this recipe, you will need the following ingredients:

- 1.2 oz Coconut Oil
- .6 oz Beeswax
- .1 oz Olive Oil

Instructions:

- Melt down the Beeswax.
- Stir in the Coconut Oil while the mixture is still on heat.
- Remove from heat and stir in the Olive Oil.
- Allow mixture to cool for 5-10 minutes before pouring into balm tubes.
- If you are using tins or small containers, you can omit the cooling step.



Orange Chocolate Balm

This is my hands-down favorite lip balm. The scent reminds me of those chocolate oranges you get at Christmas. It is heavenly! Although this recipe calls for Sweet Orange essential oils, you need not worry about photosensitivity. Shea butter offers SPF protection and cocoa butter gives you a hint of chocolate flavor and scent.

For this recipe, you will need the following ingredients:

- .5 oz Beeswax

- .5 oz Coconut Oil
- .3 oz Cocoa Butter
- .3 oz Shea Butter
- 1 tbsp Grapeseed Oil
- ½ tsp Sweet Orange Essential Oil
- 5 drops Vitamin E Oil (or 1 capsule broken)



Instructions:

- Melt down the Beeswax and butters. Stir in Coconut and Grapeseed oils while mixture is still on heat.
- Remove from heat and stir in the Sweet Orange essential oil and Vitamin E.
- Allow mixture to cool for 5-10 minutes before pouring into balm tubes. If you are using tins or small containers, you can omit the cooling step.

Labeling Your Products

If you are making body products for yourself or for a friend, you can write directly on the container or print out cute stickers using Avery peel & stick labels. Just make sure if you are giving one of your homemade products to someone that you are aware of any allergies they may have.

If you are planning to sell your homemade products, you must be sure to follow the FDA's regulations. Although your products don't need to be approved by the FDA (except for colorants that you use), you do need to follow all of their labeling guidelines, being fully transparent with customers.

Ingredients: You must list all ingredients from most to least using the scientific names of the products, the common names of the products, or both. This is easy to do with your lotion and balm recipes. When selling M&P soaps, you need to get an ingredients list from the manufacturer for the soap base(s) you use.

Quantity: You must list somewhere on the package the size of the product. When selling homemade body care products, this measurement is often done using weight measurements.

You must also include your name and/or place of business, providing your street address, city, and state.



F.A.Q.

Can I use hard lotion bars on my face?

Absolutely! The only ones I would caution against your using on your face are ones that include photosensitive essential oils such as the citrus oils. There is a common misconception that the coconut oil will clog pores and make breakouts worse. That couldn't be further from the truth. Coconut oil is antimicrobial and can actually heal acne scarring.

Can I use locally-harvested beeswax?

I don't see why you couldn't. You may need to do some homework to find out how to filter it, but it would be a great way to promote or support a local beekeeper. If you are a beekeeper, you could use wax from your own bees.

My lotion feels greasy. Did I do something wrong?

What you are feeling are the oils in the bars. These will quickly absorb into the skin. If you find they are not absorbing, you may be applying too much lotion. A thin layer of lotion for moisture on the skin is all you need.

Why wait to add essential oils until after removing from the heat?

Some essential oils "burn off" when added to heat, leaving you with an unscented product. You want to allow the product to cool just a bit before adding your scents. If you are rebatching a

product, you may need to add more essential oils to compensate for scent loss.

I bought a block of beeswax and I'm tired of shredding it!

Good news! You can make your own pastilles with the bar you already brought home. Take a silicone cutting mat and pop it in the freezer. Melt down your block of beeswax and then, using a medicine dropper, drop wax all over the cold mat. Instant pastilles!

My lotion/balm is melting during the summer. What can I do?

If you are making a new batch, toss in .1 oz more beeswax or .1 oz less coconut oil. If you have products on hand that are melting, remelt the product and sprinkle in a bit more beeswax. Start with a tiny amount of beeswax and slowly increase until you have the consistency you desire.

Is there a way to make my balm glossier?

Adding a couple drops of vitamin E oil will not only add a bit more sheen, but it will help repair chapped lips. Another option is to use castor oil in moderation. Castor oil creates a high, long-lasting shine.

Can I add flavor to my balms?

You can, in fact flavorings are available at BrambleBerry online. I, however, advise against it. Scents trick your brain into

believing your product has flavor. Honey can also be added for sweetness. Artificial flavorings encourage you to lick your lips, causing more dryness in the long run.

Where can I buy soap-making supplies?

I really love the quality products and customer service of Brambleberry. They have an excellent soap-base sampler available for people who want to try several types of soap recipes. They also offer a wide variety of soap molds and packaging supplies.

My soap is stuck in the mold. Help!

Place your molds into the freezer and the shock of cold will cause your soap to slightly shrink, allowing them to pop right out. Be sure not to leave your soap in the freezer for more than 15 minutes or your soap may sweat. If you find your soap sticks frequently, you can lightly spritz molds with cooking spray. Use cooking spray in moderation as using too much may cause pitting.

What do you use to color your products?

I use colored micas for the few products I choose to color. BrambleBerry has a great assortment of micas that blend well in lotion, soap, and balm recipes.

What is the shelf life for homemade products?

All the ingredients listed in this book have a shelf life of at least 6 months, though most are stable for more than a year. You can

extend the quality of these ingredients by keeping them refrigerated.

How do I clean up without making a bigger mess?

The key is to clean up when it's hot or clean up when it's cool. A bigger mess is often made if tidying begins in the middle phase. Often I will do a quick clean with a paper towel right after pouring and remove most of the residue from my supplies. After the mixture has cooled completely, I wash all of my tools and trays in hot soapy water.

Can I make a lotion bar/soap/balm that heals?

The essential oils you choose for your natural body products can create fabulous scent profiles and they provide healing benefits. For example, Frankincense is antibacterial and antimicrobial making it ideal for acne-prone skin and Geranium has been known to help soothe and heal eczema. A simple internet search of your condition can give you many great suggestions for essential oils to use. Be sure to verify that the oil you select is safe for skin use.

About the Author



Jessica is a stay-at-home mom trying to raise three children with home-grown organic food as free from chemicals as possible. In addition to making her family's body care items, she also creates many of the toxin-free cleaning supplies they use in their home.

Jessica is dedicated to teaching individuals how to homestead and have a life that is naturally healthy no matter where they live. This calling has led to a professional blogging career in which she writes about simple living skills, real food recipes, gardening in small and non-traditional spaces, and much more.

Please visit Jessica at <http://104homestead.com> for more information on natural health and wellness as well as some other great simple-living topics.