

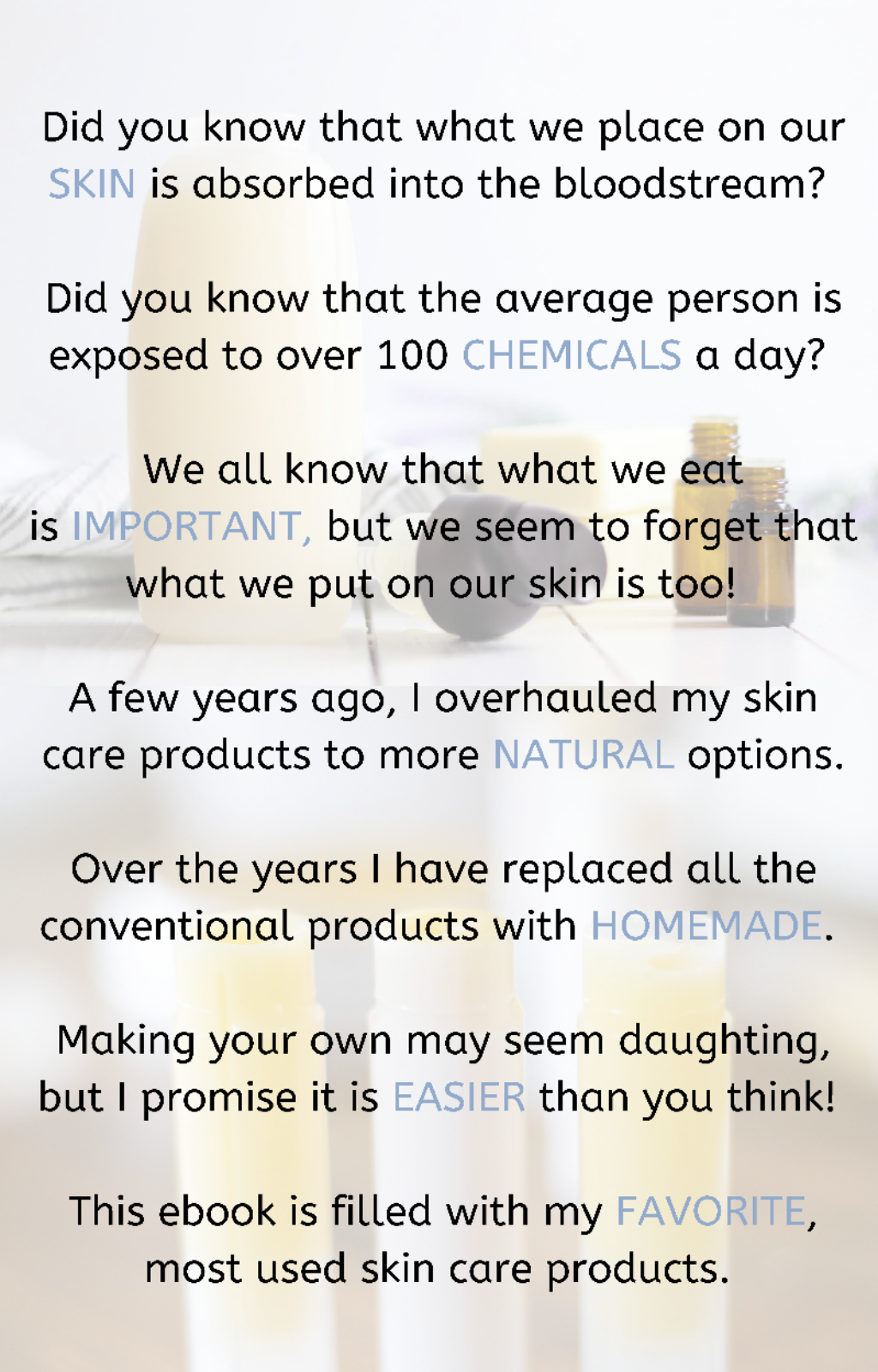


HOMEMADE ALL- NATURAL

SKIN CARE PRODUCTS

FACE WASH, SUGAR SCRUB BARS, BODY
BUTTER AND MORE!

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Did you know that what we place on our **SKIN** is absorbed into the bloodstream?

Did you know that the average person is exposed to over 100 **CHEMICALS** a day?

We all know that what we eat is **IMPORTANT**, but we seem to forget that what we put on our skin is too!

A few years ago, I overhauled my skin care products to more **NATURAL** options.

Over the years I have replaced all the conventional products with **HOMEMADE**.

Making your own may seem daunting, but I promise it is **EASIER** than you think!

This ebook is filled with my **FAVORITE**, most used skin care products.

SUGAR SCRUB BARS

INGREDIENTS

- 1/4 cup coconut oil
- 1/2 cup melted soap base
- 1 cup of organic sugar
- 20-25 drops essential oils
- Silicon Mold



INSTRUCTIONS

1. In a small saucepan melt the soap base. To make this faster, you can shred or cube the soap bar.
2. Add the coconut oil and sugar. Stir until well combined.
3. Pour the mixture into your molds.
4. Allow the mixture to harden completely and then pop them out of the molds. This takes about 4 hours, depending on the size of the molds you are using.

ESSENTIAL OILS TO TRY:

- Lavender
- Wild Orange
- Frankincense
- Bergamont
- Roman Chamomile
- Peppermint



HONEY BODY WASH

INGREDIENTS

- 1/3 cup liquid castile soap
- 1/3 cup honey
- 1/3 cup carrier oil
- 1 tablespoon glycerin
- 20-30 drops essential oil



INSTRUCTIONS

1. Pour all the ingredients into a small bowl.
2. Stir the ingredients together slowly, to avoid it from bubbling up.
3. Transfer to a foaming soap container.

ESSENTIAL OILS TO TRY:

- Lavender
- Tea Tree
- Frankincense
- Rosemary
- Sandlewood
- Cedarwood



BODY BUTTER

INGREDIENTS

- Coconut oil
- Olive Oil
- Shea Butter
- Cocoa Butter
- Essential oils
- Mason Jars



INSTRUCTIONS

1. Melt equal parts of each ingredient (besides essential oils) in a double boiler.
2. After the mixture is melted together, place the bowl in the freezer until it is set up a bit. You don't want it to be solid just firm.
3. Add essential oils. My favorite is 10 drops each of lavender and frankincense.
4. Using a hand mixer or stand up mixer whip the ingredients together.
5. Store in an airtight container.

ESSENTIAL OIL BLENDS TO TRY:

Soothing Massage Blend

- 10 drops wintergreen
- 5 drops peppermint
- 4 drops ylang ylang
- 2 drops helichrysum

Spa Night Blend

- 10 drops lavender
- 5 drops rose
- 4 drops juniper berry
- 3 drops sandalwood

EASIEST LOTION BARS

INGREDIENTS

- 1 cup of coconut oil
- 1 cup cocoa butter or shea butter
- 1 cup beeswax
- 15-30 drops of essential oils
- Silicon molds or metal tins



INSTRUCTIONS

1. Melt all the ingredients, except the essential oils, in a double boiler.
2. Once ingredients are melted, remove the bowl from the heat.
3. Let mixture cool slightly and then add in essential oils.
4. Stir well until combined.
5. Pour the mixture into silicon molds or metal tins.
6. Allow the mixture to cool completely and then pop the bars out of the molds.
7. Store in an airtight container for up to one year.

ESSENTIAL OIL BLENDS TO TRY:

Frankincense + Yarrow Pom + Rose

Lavender + Roman Chamomile

Frankincense + Melaleuca + Lavender

Lemongrass + Cedarwood

SOOTHING LIP BALM

INGREDIENTS

- 2 tablespoons beeswax
- 2 tablespoons cocoa butter
- 2 tablespoons coconut oil
- 25 drops of essential oil
- Lip balm tubes (this recipe will fill about 12 tubes)



INSTRUCTIONS

1. Place all the ingredients (except the essential oils) in a double boiler.
2. Melt all the ingredients together, stirring often.
3. Once all the ingredients are melted together, remove from the heat, add your essential oils, and mix well.
4. Work fast as the mixture will harden quickly after being removed from the heat.
5. With a small funnel, pipette, or old medicine dropper fill the lip balm containers with the mixture.
6. Let tubes sit at room temperature for a few hours until cooled and completely hardened before capping them.

ESSENTIAL OILS TO TRY:

- Lavender
- Peppermint
- Spearmint
- Roman Chamomile
- Rose



COCONUT FACE WASH

INGREDIENTS

- 4 tablespoons coconut oil
- 2 teaspoons raw honey
- 1 teaspoon baking soda
- 4 drops lavender essential oil



INSTRUCTIONS

1. Mix all the ingredients in a bowl until well combined.
2. Transfer to an airtight container for storage.
3. Massage a dime-size amount of the cleanser into the face and rinse off with warm water.



CLEAR SKIN

- 8 drops lavender
- 8 drops tea tree
- 8 drops frankincense

SCAR BLEND

- 8 drops yarrow
- 6 drops frankincense
- 4 drops rose
- 4 drops magnolia
- 2 drops sandalwood

BURNS

- 5 drops peppermint
- 5 drops lavender
- 5 drops rose
- 5 drops myrrh
- 5 drops helichrysum

DIRECTIONS:

1. Add drops of essential oils to a 10mL roller bottle.
2. Top it off with a carrier oil, my favorite is fractionated coconut oil.
3. Shake it up and it is ready for use.
4. Roll it on the area of concern as needed.

DRY SKIN

- 10 drops myrrh
- 10 drops petitgrain
- 10 drops rose

ANTI-AGING

- 5 drops frankincense
- 5 drops rose
- 3 drops helichrysum
- 2 drops myrrh
- 2 drops lavender

RASHES

- 8 drops lavender
- 6 drops cedarwood
- 6 drops neroli
- 4 drops coriander
- 4 drops magnolia

NOTE: If you are using this for a persistent rash or blemish, roll on often.



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