

Oh, the weather outside is frightful!

## Table of Contents

<b>INTRODUCTION .....</b>	<b>3</b>
<b>A NOTE ON CHOOSING OILS FOR THE WINTER.....</b>	<b>4</b>
<b>GENERAL NOTES ON MAKING BATH &amp; BODY PRODUCTS.....</b>	<b>4</b>
<b>WHIPPED BUTTERS! .....</b>	<b>6</b>
<b>LESS GREASY FEELING WHIPPED BUTTER .....</b>	<b>7</b>
<b>MORE GREASY FEELING WHIPPED BUTTER .....</b>	<b>7</b>
<b>WATER BASED BOTANICAL SPRAY FOR THE WINTER.....</b>	<b>8</b>
<b>ROSE, ALOE &amp; OATS HYDRATING SPRAY.....</b>	<b>10</b>
<b>SILK &amp; CHAMOMILE HYDRATING SPRAY.....</b>	<b>10</b>
<b>CUCUMBER &amp; RICE HYDRATING SPRAY.....</b>	<b>11</b>
<b>MANICURE BALM &amp; SCRUB .....</b>	<b>12</b>
<b>BASIC BALM RECIPE .....</b>	<b>12</b>
<b>ORIGINAL LANOLIN &amp; LECITHIN CUTICLE BALM.....</b>	<b>13</b>
<b>MODIFIED LANOLIN &amp; LECITHIN CUTICLE BALM WITH COCOA OR MANGO BUTTER .....</b>	<b>14</b>
<b>OIL BASED MANICURE SALT OR SUGAR SCRUB.....</b>	<b>14</b>
<b>MANICURE SCRUB WITH LECITHIN AND LANOLIN .....</b>	<b>15</b>
<b>EMULSIFIED SUGAR SCRUBS .....</b>	<b>16</b>
<b>EMULSIFIED SUGAR SCRUB FOR WINTER WITH POLAWAX .....</b>	<b>17</b>
<b>BODY WASH .....</b>	<b>19</b>
<b>WINTER BODY WASH FOR NORMAL TO DRY SKIN .....</b>	<b>21</b>
<b>WINTER BODY WASH FOR OILY SKIN.....</b>	<b>22</b>
<b>WINTER HAIR CONDITIONERS .....</b>	<b>23</b>
<b>INTENSE HAIR CUSTARD (RINSE-OFF).....</b>	<b>23</b>
<b>INTENSE CONDITIONER WITH COCONUT OIL &amp; SILICONES.....</b>	<b>25</b>
<b>BASIC CONDITIONER MAKING INSTRUCTIONS.....</b>	<b>25</b>
<b>INTENSE CONDITIONER WITH COCONUT OIL &amp; SILICONE REPLACEMENTS.....</b>	<b>26</b>
<b>BODY &amp; HAND BUTTER FOR THE WINTER MONTHS .....</b>	<b>27</b>
<b>RICE BRAN &amp; SHEA HAND WINTER BODY BUTTER WITH POLAWAX .....</b>	<b>29</b>
<b>BASIC INSTRUCTIONS FOR MAKING A LOTION.....</b>	<b>29</b>
<b>WINTER HAND PROTECTANT .....</b>	<b>31</b>
<b>RICE BRAN &amp; OAT WINTER HAND PROTECTANT WITH POLAWAX.....</b>	<b>31</b>
<b>RICE BRAN &amp; COCONUT OIL WINTER HAND PROTECTANT WITH RITAMULSE SCG.....</b>	<b>33</b>
<b>A FEW THOUGHTS ON MAKING WINTER PRODUCTS, WHERE TO GET SUPPLIES, AND MORE.....</b>	<b>34</b>