



AROMANTIC
Natural Skin Care



12 Days of Christmas

Recipe Series



A compilation of NEW recipe ideas to inspire you over the festive season



12 Days of Christmas 

Gentle Scrubs

Two Turtle Doves

Both scrubs are gentle enough to use on your body and face



Rinse Off Facial Wash and Scrub

A gentle facial scrub that cleanses with a mild surfactant and lipid restorer that will not strip the skin, then rinses clean away.

[Read Here >](#)



Exfoliating Body Scrub

A velvety soft gel with a bamboo exfoliant. Gentle enough to use on the face when used lightly, strong enough to use on the body with more pressure. Rinses clean away leaving the skin so soft.

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Face Masks

Three French Hens

Sit down, relax and pamper yourself with these face mask recipes.



Face Mask for Sensitive Skin

A gentle facial scrub that cleanses with a mild surfactant and lipid restorer that will not strip the skin, then rinses clean away.

[Read Here >](#)



Rose Clay Face Mask

Pink clay is ideal for making face masks for dry and sensitive skin. The addition of rose water makes this recipe gentle and stimulating.

[Read Here >](#)



Revitalising Face Mask

Apply this mask for 10 minutes, then rinse off or relax in the bath with a hot towel to help the ingredients penetrate better.

[Read Here >](#)

Foot Creams

Four Colley Birds

Don't forget to give your feet a little love over the festive period too.



Conditioning & Healing Foot Cream

A rich and deeply moisturising foot cream with Neem Oil to clear up any skin problems between your toes and soften hard skin on your heels.

[Read Here >](#)



Ultra Moisturing Foot Cream with PhytoGlycogen

A highly moisturising cream for dry skin and cracked heels. Apply at night and wear a pair of cosy socks while the cream soaks in.

[Read Here >](#)



Papaya Foot Cream

A softening foot cream with Papaya Seed Oil which naturally improves the texture and brightness of the skin with regular use.

[Read Here >](#)



Cream For Dry Skin

This nourishing cream is rich in Omega 9 and Omega 6 Essential Fatty Acids for dry and sensitive skin.

[Read Here >](#)



Hand Creams

Five Gold Rings

Try these recipes to look after your hands in the tough winter weather.



Calendula Hand Cream

A richly nurturing hand cream with comfrey and a double helping of calendula for deep healing and softening.

[Read Here >](#)



Hand Cream To Reduce Age Spots

Made with Avocado Butter this cream keeps the skin soft. Regular use will lighten age spots and reduce pigmentation.

[Read Here >](#)



Moisturising Winter Cream

Super nutritive oils come together easily and make a rich, thick cream that sinks in nicely, leaving skin softer and moisturised.

[Read Here >](#)



Butter Cream

Makes a smooth, rich cream that is easily absorbed and leaves no greasy residue despite the high percentage of Cocoa Butter.

[Read Here >](#)



Comfrey Hand Cream

The healing properties of allantoin from comfrey leaves combine well with calendula for a soothing hand cream.

[Read Here >](#)

12 Days of Christmas 

Facial Toners

Six Geese A Laying

These Facial Toner recipes have something for everyone - a special treat for your skin or everyday use.



Daily Toner

Spritz all over the face and body after you come out of the bath or shower. It cools, refreshes and smells fabulous!

[Read Here >](#)



PhytoGlycogen Face Mist

A nourishing spray on hydrating mist suitable for use under any creams or lotions. Customise with your favourite floral waters.

[Read Here >](#)



Hydrating Toner

A delightful everyday toner with the benefits of Aloe Vera, Pro Vitamin B5 (D-Panthenol), Witch Hazel, Lavender and Orange Flower waters. Gentle, lifting and firming.

[Read Here >](#)



Sensitive Skin Toner

A gentle, soothing, balancing toner suitable for sensitive or maturing skin.

[Read Here >](#)



Spritz Toner For Mature Skin

A refreshing, moisture-enhancing, tightening, vitamin enriched toner especially good for mature skins.

[Read Here >](#)



Pre-Moisturising Toner

Boost your skin's moisture, increase firmness and youthful appearance with this super hydrating combination of plant actives.

[Read Here >](#)

12 Days of Christmas 



Gels

Seven Swans A Swimming

From cooling and soothing to hydrating, these gels are versatile and effective.



Rejuvenation Gel For Dull & Lifeless Skin

Give your skin a much needed winter boost with this simple, brightening, rejuvenating skin serum.

[Read Here >](#)



Itchy Toes Gel

A soothing water based gel for irritated skin between the toes. Featuring Aloe Vera Concentrate, Papaya Seed Oil, Acerola Fruit Glycerol Extract and Plai Essential Oil.

[Read Here >](#)



Soothing Post-Wax Gel

This gel is calming and cooling for after waxing or shaving. Also works well as an after sun gel too.

[Read Here >](#)



Enriched Skin Gel

An incredibly versatile gel that is easy to make and use throughout the day. Ideal as a make-up primer and is very effective when used before an intensive night cream.

[Read Here >](#)



Aloe Vera Gel

This is the classic Aloe Vera Gel! It is very healing and can be the base of so many other gel products.

[Read Here >](#)



Skin Drench Gel

A simple but remarkably potent blend of ingredients to boost collagen production and leave your skin glowing! Use it day or night as well as under moisturisers and make-up.

[Read Here >](#)



Gel For Puffy Eyes

An elegant eye gel with the gentle astringent properties of arnica and eyebright to reduce swollen and puffy eyes.

[Read Here >](#)

12 Days of Christmas 

Massage Moments

Eight Maids A Milking

Take a little time for yourself - these recipes are all suitable to use for massages.



Coconutterly Marvellous Massage Oil

A nourishing blend of Coconut Butter and Coconut Oil enriched with Jojoba and Thistle oils - It has a heavenly scent!

[Read Here >](#)



Massage Cream

A traditional style massage cream such as those used in the Swedish massage schools. Enriched with Omega 3 and pain relieving Plai essential oil.

[Read Here >](#)



Cocoa Butter Base Balm

A versatile base balm recipe. Add Arnica Oil for localised massage or Tamanu Oil for repairing damaged skin.

[Read Here >](#)



Massage Oil Blend For Dry & Sensitive Skin

A gentle massage oil blend for very sensitive skin. It is enriched with Vitamin E to help restore the skin's natural lipid barrier.

[Read Here >](#)



Mango and Baobab Body Butter

This makes a rich and heavy butter which is slowly absorbed into the skin. Ideal after a bath, intensive over night treatments or massage.

[Read Here >](#)



Skin Conditioning Body Butter

The high level of Shea Butter brings natural plant sterols to condition your skin instantly. It works well as a massage butter as well.

[Read Here >](#)



Massage Blend with Rosehip & Rice Bran Oil

A luxurious blend of potent extracts, Vitamin E and skin nourishing oil designed to nurture sensitive skin and restore it back to being healthy and supple.

[Read Here >](#)



Coconut Hair & Body Butter

An intensely rich butter that will condition the hair when used as a hair pack, softens really dry skin when used anywhere on the body and even works well for massage.

[Read Here >](#)



Lotions

Nine Ladies Dancing

Can we tempt you to try one (or all) of these lovely lotion recipes?



Lotion To Improve Acne Damaged Skin

A delight to use on the face, body and hair. The oils used are excellent for the skin and are just as good for the hair as well.

[Read Here >](#)



Sacha Inchi Soothing Skin Lotion

This light lotion is made with a selection of soothing ingredients that can be used both on the face and body. Suitable for irritated and sensitive skins.

[Read Here >](#)



Massage Lotion

A rich, extremely nourishing, skin loving massage lotion. Perfect to customise with your choice of essential oils.

[Read Here >](#)



Lotion For Oily Skin

Great for rebalancing oily skins, this lovely, light, non greasy lotion features Prickly Pear Seed Oil and Organic Anti Acne Active Formula.

[Read Here >](#)



Rose Water and Glycerine Lotion

A hydrating, light weight lotion, combining Rose Water and Glycerine. Elegant to use anywhere on the body, both day and night.

[Read Here >](#)



Prickly Pear Daily Moisturising Lotion

This recipe creates a lightweight, hydrating lotion for all skin types, that is especially beneficial for sensitive skin. It enriches with Lupine Peptides and two different forms of Geranium.

[Read Here >](#)



Basic Lotion Creme

A simple cold process emulsion using Sucragel AOF Bio. Try using different oils and oil soluble ingredients in Stage 1 to customise.

[Read Here >](#)



Light Skin Lotion

An incredibly simple, but effective light textured skin lotion. It can also be used as a leave in conditioner.

[Read Here >](#)



Vitamin Enriched Facial Lotion

This fabulous vitamin enriched, skin smoothing, collagen boosting lotion is particularly suitable for daily use on maturing skins.

[Read Here >](#)

12 Days of Christmas 

Body Oils

Eleven Pipers Piping

Enjoy any of these 11 body oils and
and relax!



Body Oil For Mature Skin

A luxurious blend of vegetable oils with the heady aroma of Neroli and Petitgrain added. Rich in Omega 9 Essential Fatty Acids which are excellent for conditioning the skin.

[Read Here >](#)



Body Oil With Chickweed And Calendula

This soothing and calming blend of oils is designed to help the itch from irritated skin and help to repair the damage caused by scratching.

[Read Here >](#)



Soothing & Calming Face and Body Oil

A blend of ingredients renowned for their ability to soothe and calm irritated and itchy skin. Enriched with vitamins and CO2 Extracts.

[Read Here >](#)



Blue Light Oil Blend

Blue light from computer and even mobiles can damage and age the skin. This blend of oils is very protective and rejuvenating.

[Read Here >](#)



Walnut and Jojoba Body Oil

This recipe combines nutritious nut oils with Borage Oil rich in GLA (Gamma Linolenic Acid) and a high level of Vitamin E.

[Read Here >](#)



Avocado Massage Oil

This oil is rich in Omega 7 and Omega 6 along with natural Phytosterols to give your skin a huge, healthy boost!

[Read Here >](#)



St John's Wort After Sun Oil

A soothing & healthy blend of vegetable oils renowned for their healing qualities. Can also be used for irritated skin conditions.

[Read Here >](#)



Body Massage Oil With Olive & Apricot

A nutritious oil blend with Omega 3, 6 and 9, Vitamin E and Thistle oil to stimulate the natural healing process.

[Read Here >](#)



Soothing Oil Blend For Legs

Horse Chestnut & Arnica are the classic combination for tired legs. Vitamin enriched to condition & combat ashen skin.

[Read Here >](#)



Watermelon Baby Oil

A gentle and soft, nutritious oil blend for the most sensitive of skin. For little babies and us bigger babies!

[Read Here >](#)



Skin Toning Oil

An intensive, Vitamin E rich oil to encourage skin regeneration quickly. Includes high levels of Omega 3 & GLA.

[Read Here >](#)

Room Sprays

Twelve Drummers Drumming

Finally, we have 12 ideas for festive room sprays for you to try!



Room Spray Blends

Immerse yourself in the smell of Christmas at anytime of year with these recipes which can be used to freshen rooms and fabrics.

[Read Here >](#)



Afternoon Pick Me Up



Christmas Spice



Yule Log



Freshen The Room



Orange Spice



Log Burner



Breathe Deep & Relax



Warm & Snuggly



Freshen The Air



Incense



Christmas Frost



Pomander

12 Days of Christmas



#Aromantic12Days

If you've tried one of our 12 Days of Christmas recipes or if they've inspired you to create your own, we'd love to see the results. Use #AromanticLtd on social media to show us!

WHY NOT TRY OUR RECIPE KITS...



3-in-1 Top To Toe Kit:

Learn how to make a Rich Hand Cream, a Light Facial Lotion and a Conditioning Hair Pack using the same ingredients provided in this simple kit.



Mini Starter Kit Lip Balms:

Make up to 20 Lip Balms with this handy kit which comes with all the ingredients and full instructions.



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