

21 Recipes for
CASTOR OIL
Hair, Skin, Bath and More!



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WRINKLE REMOVER

While aging is a blessing, wrinkles are not. Use this serum to help ease the appearance of fine lines and wrinkles.

INGREDIENTS

5 green grapes

1 teaspoon fresh lime juice

1 teaspoon fresh orange juice 1 tablespoon castor oil

DIRECTIONS

Place all ingredients in a food processor and blend until smooth. Store the mixture in the refrigerator and use within a few days. Blend into areas prone to wrinkles as needed.



PRE-SHAVE OIL

This oil is great for men who want to prevent skin irritation after shaving. Women can benefit from it as well as it softens and preps the area for the shaving process.

INGREDIENTS

2 parts castor oil

1 part olive oil

15 drops essential oil of your choice

DIRECTIONS

Combine all the ingredients in a small glass bottle. To use, rub a small amount onto the area to be shaved before entering the shower.



EYELASH LENGTHENING SERUM

Longer eyelashes are on every woman's wish list. This natural serum can be used nightly with quick results and can also be applied to over-plucked eyebrows.

INGREDIENTS

Castor oil

Almond oil Vitamin E

Clean mascara tube

DIRECTIONS

1. Fill the mascara tube 3/4 of the way with castor oil.
2. Add 1/8 part almond oil and 1/8 part vitamin E oil.
3. Shake well and apply the serum to eyelashes every night before bed.



ANTI FRIZZ HAIR SERUM

Frizzy hair can be hard to manage. Use this serum as needed to calm hair and smooth hairstyles.

INGREDIENTS

4 ounces camellia oil

1/2 ounce castor oil

1/2 ounce unrefined avocado oil

25 drops essential oil of your choice

DIRECTIONS

Combine all ingredients in a dark glass bottle. Shake well before each use. To use, apply a small amount of serum to damp hair before blow drying or styling.



HAIR THICKENER

Hair loss can be an embarrassing problem. Treatment can be expensive and short-lasting but this concoction is affordable and effective.

INGREDIENTS

2 ounces castor oil

12 drops Rosemary oil

DIRECTIONS

Combine ingredients in a bowl. Apply directly to the scalp where signs of hair loss are present. Allow the solution to sit for at least 20 minutes before showering and shampooing the oil out. Use 2-3 times per week.



BODY WASH

This rich and creamy body wash smells great and lathers nicely. It is easy to make and the ingredients are easy to find and affordable.

INGREDIENTS

- 3 tablespoons liquid castile soap
- 3 tablespoons raw honey
- 1 tablespoon castor oil
- 1 tablespoon olive oil
- 10 drops essential oils of your preference

DIRECTIONS

Mix all ingredients together by hand in a bowl. Pour into a glass container and use in the shower as a body wash.



NAIL STRENGTHENER

Brittle nails and dry cuticles can be embarrassing and uncomfortable. This daily solution will help remoisturize and nail beds and grow stronger and longer nails.

INGREDIENTS

- 1 teaspoon castor oil
- 1/2 teaspoon vitamin E
- 5 drops Eucalyptus oil

DIRECTIONS

Pour the castor oil into a glass container and stir in the vitamin E and Eucalyptus oil. Stir well. To use, dip a clean cotton ball into the solution and rub over nails, up to twice a day. Let the mixture sit on your nails for at least 5 minutes. Then rub off with a clean cotton ball.



DEEP CONDITIONER

Use this deep conditioner once a week on your hair. It leaves every strand moisturized, healthy and shiny.

INGREDIENTS

- 1 teaspoon glycerin
- 1 tablespoon castor oil
- 1 beaten egg

DIRECTIONS

Combine all ingredients and mix well. Apply to dry hair and wrap in plastic wrap. Finish by wrapping a towel around as well. Let the solution sit for an hour and then shampoo as normal. No extra conditioning should be needed.

Image Suggestion: <http://depositphotos.com/1519407/stock-photo-woman-coloring-her-hairs.html?sst=0&sqc=42&sqm=3099&sq=26jhe9>



LIP BALM

Making your own lip balm is affordable and fun. Experiment with different recipes but remember that castor oil will always leave your lips moisturized.

INGREDIENTS

- 1 teaspoon castor oil
- 1 teaspoon shea butter
- 1 teaspoon raw honey
- 4 pieces of beeswax

DIRECTIONS

In a double boiler, melt all ingredients together. Pour into small containers and apply to lips as desired.



HAND BALM

Hands take a lot of abuse and are often the first to dry out compared to the rest of the body. Keep this balm nearby during cold, dry months.

INGREDIENTS

- 1 1/2 ounce shea butter
- 1 ounce cocoa butter
- 3/4 ounce castor oil
- 1 ounce sunflower oil
- 1/4 ounce neem oil
- 1/4 teaspoon vitamin E oil
- 10 drops Lavender oil

DIRECTIONS

In a double boiler, melt the shea butter, cocoa butter, castor oil and sunflower oil. Once melted, remove from heat and place into the freezer for five minutes or until the oil slightly thickens. Remove the bowl and whisk while adding the lavender oil, vitamin E and neem oil. Place into a plastic container with a lid and use as needed.



LIP GLOSS

Add a little natural color to your lips with this homemade lip gloss. The castor oil will work wonders on your lips while the Peppermint oil adds a great flavor.

INGREDIENTS

1 teaspoon white beeswax

3 teaspoons shea butter

2 teaspoons coconut oil

11 teaspoons castor oil

10 drops Peppermint oil

Coloring agent, such as Kool-aid, Berry Juice or Food Coloring

DIRECTIONS

In a double boiler, melt wax and oils together. Remove from heat and stir in Peppermint oil. Mix in your coloring agent and transfer into empty lip gloss containers.



VANILLA SUGAR SCRUB

Scrubs exfoliate the skin and leave it feeling smooth and clean. The coffee in this recipe will help with cellulite while the castor oil leaves skin looking more radiant.

INGREDIENTS

1/2 cup finely ground coffee

1/2 cup organic sugar

2 tablespoons coconut oil

2 tablespoons castor oil

1/2 teaspoon Vanilla Extract

DIRECTIONS

Combine the coffee and sugar in a bowl. Add the vanilla and mix well. Add the oils next and stir with a fork until mixed well. Store in an airtight container and use as desired.



BODY BUTTER

This thick and creamy lotion is great for the whole body. Try putting it on after a shower to help the moisture really lock into skin.

INGREDIENTS

20 ounces coconut oil (solid)

2 tablespoons castor oil

2 tablespoons almond oil

DIRECTIONS

Combine all ingredients and whip for about 10 minutes until the mixture is thick and creamy. Use as needed anywhere on the body.



PAIN RELIEVING CREAM

Don't let the list of ingredients intimidate you on this recipe. It's still easy to make and provides amazing results with sore muscles.

INGREDIENTS

3/4 ounce Grapeseed oil

1/4 ounce castor oil

1/2 ounce beeswax

20 drops Peppermint oil

10 drops Ginger oil

5 drops Cinnamon Bark oil

5 drops Thyme oil

3 drops Rosemary oil

7 drops Clove oil

15 drops Frankincense oil

7 drops Eucalyptus oil

10 drops Tea Tree oil

DIRECTIONS

In a double boiler, melt the castor oil, Grapeseed oil and beeswax together. Stir in the essential oils after removing from heat and store in a container. Use as needed on sore and achy muscles.



RINGWORM

Ringworm can be an uncomfortable skin condition. Try this natural treatment and save yourself from the cost and danger of chemically filled over the counter products.

INGREDIENTS

2 teaspoons castor oil

2 teaspoons coconut oil

DIRECTIONS

Using a double boiler, melt all of the ingredients together. Stir occasionally. Once all ingredients are fully incorporated, pour into a glass jar. Use as needed within 6 months.



SHAMPOO BAR

A shampoo bar is great for everyday use and for travel. When making this recipe, take extreme precautions with lye, a necessary ingredient for soap that can be dangerous if mishandled. Follow instructions exactly.

INGREDIENTS

10 ounces coconut oil
10 ounces tallow
10 ounces olive oil
6 ounces castor oil
5 ounces lye
12 ounces distilled water
1/2 ounce Tea Tree oil
1/2 ounce Peppermint oil

DIRECTIONS

Put on protective gear. Pour water into a glass bowl. In a well-ventilated area, add the lye slowly. Stir and let the solution sit for a few minutes and cool down. Measure out the oils (except essential) on a digital scale and combine in a non-reactive pot. Slowly begin to warm the oils. You want the oils and the lye mixture to be close in temperature. Use a thermometer as needed. Slowly add the lye mixture to your oils and begin mixing. Your solution is mixed enough when you let a drop fall and it stays on the surface for a moment before mixing in again. Add the essential oils at this time. Pour the mixture into a soap mold. Cover with an upside down cardboard box and cover the box with a towel. Clean all utensils while wearing protective gear. After a full day, remove the soap and cut into desired sizes. Let the bars sit out for 4-6 weeks to allow them to cure and then use as desired.



FACE WASH

Skip the chemicals when you wash your face. Even though it seems silly to wash with oil, both are great cleansers and leave your skin feeling moisturized and smooth.

INGREDIENTS

2 tablespoons olive oil

1 tablespoon castor oil

DIRECTIONS

Combine the ingredients together in a plastic bottle. To use, shake container and place a dime-sized amount on clean fingertips. Massage into face for half a minute and then hold a hot wash cloth over the entire face for a minute. Use the wash cloth to wipe off the oil and rinse face with warm water.



SPIRULINA FACE MASK

Face masks are a great treat for the skin. This mask has an interesting smell but is sure to leave your skin instantly tighter and pores smaller.

INGREDIENTS

- 1 teaspoon castor oil
- 1 teaspoon spirulina powder
- 3 drops Frankincense oil

DIRECTIONS

Put the powder in a bowl and slowly add the castor oil. Add in the Frankincense and stir until a paste forms. Wash skin and dry. Apply the mask thickly and leave on for at least 15 minutes. Rinse with warm water and pat dry.



CHARCOAL FACE MASK

Clay is a great ingredient for a face mask and is sure to instantly improve the skin's appearance. If you are having trouble removing the charcoal, use a little coconut oil on any streaks.

INGREDIENTS

- 1 capsule activated charcoal
- 1 tablespoon green clay
- 1 teaspoon water
- 2 drops Frankincense oil
- 1 teaspoon castor oil

DIRECTIONS

Mix all ingredients together and stir well. Wash skin and dry. Apply the mask and leave it on to dry for about 10 minutes. Rinse with warm water and pat dry.



SKIN TAG REMOVER

Skin tags are usually harmless but not desired. This method is painless and if followed correctly should remove even the most stubborn skin tag.

INGREDIENTS

1 teaspoon baking soda

1/2 teaspoon castor oil

DIRECTIONS

Combine the ingredients and apply to the affected area. Cover with a bandage only overnight. Apply up to three times a day for two weeks for best results.



BATH BOMBS

A bubble bath is taken up a notch with a bath bomb. The ingredients envelope your body and leave your skin refreshed.

INGREDIENTS

8 ounces baking soda

4 ounces citric acid

4 ounces corn starch

4 ounces Dead Sea Salts

3/4 tablespoon water

2 teaspoons Lavender essential oil

2 1/2 tablespoons castor oil

food coloring if desired

DIRECTIONS

Put all dry ingredients in a large bowl. Stir to remove all clumps. In a separate bowl, stir together all the liquid ingredients. Very slowly pour the liquid into the dry ingredients. If the mixture starts to foam, add the liquid slower. Once all of the liquid is mixed in the result should feel like squishy sand. Place the mixture into soap molds or ice cube tray. Allow to sit out overnight and pop out of the molds in the morning. Store in a covered jar until use.

