

*21 Recipes for*  
**FRACTIONATED  
COCONUT OIL**

*Hair, Skin, Bath, Baby and More!*



**PURE**  
*acres*  
**FARM**

# DISCLAIMER

## CONTENT DISCLAIMER

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# COCONUT OIL HAIR MASK

## INGREDIENTS

5-10 drops essential oils (optional)

2-4 tablespoons Fractionated Coconut Oil

## DIRECTIONS

1. Mix the essential oils (if using) and coconut oil.
2. Massage into your hair. I focus on the hair and try to minimize the amount that goes directly on my scalp.
3. Leave for 30-60 min.
4. Wash out.



# COCONUT LAVENDER SHAMPOO

## INGREDIENTS

- 1 Teaspoon Fractionated Coconut Oil
- 1/2 cup liquid castile soap
- 1/3-2/3 cup water
- 2 tablespoon baking soda
- 5-15 drops Lavender essential oil

## DIRECTIONS

1. Put baking soda & castile soap into a container and shake to combine.
2. Add other ingredients and mix well.



# COCONUT OIL CONDITIONER

Deeply condition and moisturize your hair with this all-natural coconut oil conditioner recipe.

## INGREDIENTS

- 2/3 cup Fractionated Coconut Oil
- 1 Tablespoon Vitamin E Oil
- 1 Tablespoon Jojoba Oil
- 10 Drops of your favorite Essential oil

## DIRECTIONS

1. Mix all ingredients in a bowl with a hand mixer until well combined.
2. After washing hair with shampoo, use a teaspoon or two and smooth through hair.
3. Allow conditioner to penetrate hair for the remainder of your shower.
4. Rinse well.

**NOTE:** If you color your hair, especially red, coconut oil may fade the color. For most hair types and colors, it will not.



# STRETCH MARK TREATMENT

## INGREDIENTS

2 Teaspoons Fractionated Coconut Oil

3 Drops Neroli Essential Oil

2 Drops Frankincense Essential Oil

## DIRECTIONS

Mix ingredients together and apply daily to skin.



# EYE MAKEUP REMOVER

## INGREDIENTS

Fractionated Coconut Oil

Cotton Balls

## DIRECTIONS

Apply a few drops of coconut oil to the cotton ball. Gently rub over and under eyes (careful not to get the oil in the eye) until eye make up is removed.





# CLEANSING WIPES

## INGREDIENTS

- 1 roll premium paper towels
- 2 cups warm water
- 2 tablespoons Fractionated Coconut Oil
- 3 drops tea tree essential oil
- 3 drops lemon essential oil
- 1-2 tablespoons foaming hand wash
- An airtight storage container

## DIRECTIONS

5. To start, cut the paper towel roll in half widthwise with a serrated knife. Combine the water, La Vida Essentials fractionated coconut oil, essential oils, and hand wash in a small bowl. Pour the mixture over the paper towels and then cover with the airtight lid letting the mixture absorb for 10 minutes. Then, flip the container over and let sit for 10 more minutes. After this is finished, remove the cardboard middle. Now, you're able to simply pull the wipes from the center when you are ready to use them!



# LEMON FACE WASH

## INGREDIENTS

1 cup Fractionated Coconut Oil

5-10 drops Lemon Essential Oil

1 tbsp baking soda

Glass Jar

## DIRECTIONS

1. Mix ingredients well and store in a dispenser or air tight jar.
2. Keep it in a cool place.



# FACE WASH FOR OILY SKIN

## INGREDIENTS

- 1 teaspoon vegetable glycerin
- 3 tablespoons aloe vera juice
- 3 tablespoons coconut oil
- 3 tablespoons unscented liquid castile soap
- 3 Drops Eucalyptus oil
- 3 Drops Lemongrass Oil
- 3 Drops Tea Tree Oil

## DIRECTIONS

1. Blend the ingredients together using a small silicone spatula.
2. Pour the mixture into a jar or bottle with a secure lid.



# BODY LOTION

## INGREDIENTS

1/2 cup almond or olive oil (you can infuse with herbs if desired)

1/4 cup Fractionated Coconut Oil

1/4 cup beeswax

2 tablespoons Shea Butter or Cocoa Butter

Essential Oils, Vanilla Extract or other natural extracts to suit your preference

**OPTIONAL:** 1 teaspoon Vitamin E oil

## DIRECTIONS

1. Combine ingredients in a pint sized or larger glass jar.
2. Fill a medium saucepan with a couple inches of water and place over medium heat.
3. Put a lid on the jar loosely and place in the pan with the water.
4. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate.
5. When all ingredients are completely melted, pour into whatever jar or tin you will use for storage. Small mason jars (8 ounce) are great for this. It is typically too thick to use with a lotion pump dispenser.



# DEODORANT

## INGREDIENTS

3 Tablespoons Fractionated Coconut Oil

6 Tablespoons baking soda

6 Tablespoons cornstarch

**OPTIONAL:** 5 drops of essential oil, such as tea tree oil, lavender, or lemon grass

## DIRECTIONS

1. Mix Coconut Oil, baking soda and cornstarch.
2. Add essential oils and pour into a container for storage.



# SHAVING CREAM

## INGREDIENTS

1/4 cup Fractionated Coconut Oil

2-3 Tbsp shea or cocoa butter

1/4 cup aloe vera gel or honey

2 tsp baking soda

1/4 cup liquid castile soap

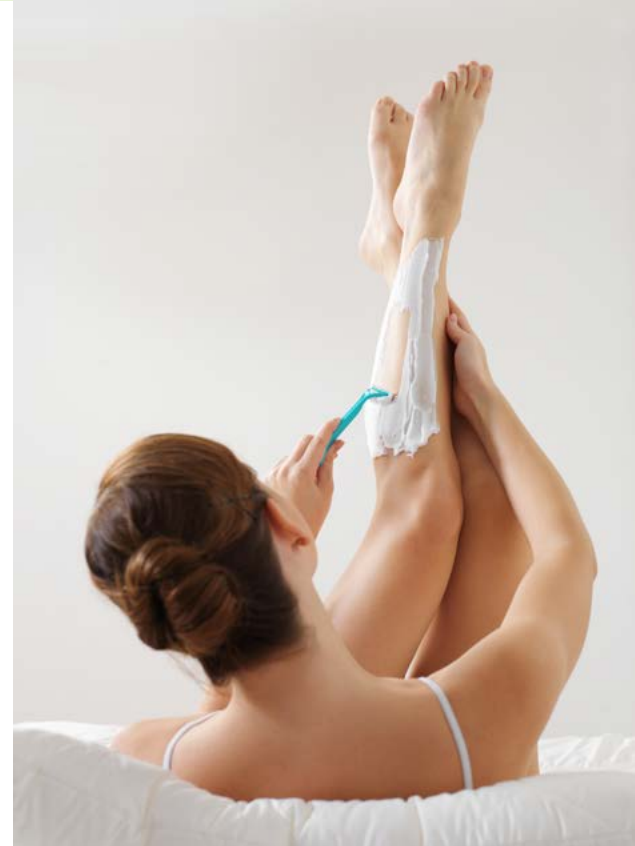
A few drops of Vitamin E

**OPTIONAL:** 5-10 drops of your favorite essential oils

## DIRECTIONS

1. Combine the oil and shea/cocoa butter in a double boiler until just melted.
2. Remove from heat and mix in other ingredients.
3. Place in the fridge for 30-40 minutes, until top and sides start to solidify.
4. Using an electric mixer, blend well for 5-8 minutes. Mixture should be fluffy, similar to whipped cream, but denser.
5. Transfer to air tight jar.

**LASTS UP TO ABOUT TWO MONTHS.**



# ANTIBACTERIAL HAND SOAP

## INGREDIENTS

Water

2 tablespoons castile soap

2 teaspoons fractionated coconut oil

15 drops clove essential oil

10 drops tea tree oil

5 drops each: cinnamon leaf, eucalyptus, peppermint essential oils

**EQUIPMENT NEEDED:** empty foaming hand dispenser

## DIRECTIONS

1. Fill an empty foaming soap dispenser  $\frac{3}{4}$  of the way with water.
2. Add the castile soap, fractionated coconut oil, and essential oils.
3. Add a little more water, if needed, to fill the bottle the rest of the way.
4. Make sure to leave enough room at the top for the pump. Place pump on top and tighten. Shake well to combine and use as desired.



# CITRUS BATH BOMBS

## INGREDIENTS

- 2 tablespoons Fractionated Coconut Oil
- 1 cup baking soda
- 1/2 cup citric acid (I got mine at Whole Foods)
- 1/2 cup corn starch
- 2 tablespoons Epsom salts
- 5 to 6 teaspoons liquid, such as water or tea

**OPTIONAL:** A few drops essential oils.

**OPTIONAL:** Food coloring

## DIRECTIONS

1. Combine citric acid, baking soda, cornstarch, essential oils, and Fractionated Coconut Oil in a bowl.
2. Mix until it feels like a soft dough (if it is too wet, add more baking soda and cornstarch).
3. Place mixture into mold or wrap individually with plastic kitchen wrap and let sit for at least 6 hours before using.





# PEPPERMINT FOOT SCRUB

## INGREDIENTS

1 cup granulated sugar

Fractionated coconut oil (use more as desired)

5 drops of peppermint essential oil

## DIRECTIONS

1. Take sugar and pour into a mixing bowl.
2. Add Coconut Oil and mix together until you have a slightly wet, but grainy consistency.
3. Add a few drops of Peppermint Essential Oil.



# MASSAGE OIL

## INGREDIENTS

- 3 oz Fractionated Coconut Oil
- 15 drops lavender essential oil
- 9 drops valerian essential oil
- 5 drops sandalwood essential oil
- 4 drops chinese rose essential oil
- 4 drops mandarin essential oil

## DIRECTIONS

1. Mix oils
2. Place in container, and use as needed.

**SHAKE BEFORE EACH USE**



# PERSONAL LUBRICANT

## INGREDIENTS

Fractionated Coconut Oil

## DIRECTIONS

1. Place oil where needed.
2. Enjoy!

**REMEMBER, OILS AND LATEX DON'T MIX. DO NOT USE WITH CONDOMS.**



# DIAPER CREAM

## INGREDIENTS

1/4 cup Fractionated Coconut Oil

1/4 cup shea butter

1 Tablespoon beeswax pastilles

2 Tablespoons Fermented Cod Liver Oil

2 tablespoons zinc oxide powder

1 tablespoon bentonite clay

**OPTIONAL:** A few drops of chamomile essential oil

## DIRECTIONS

1. Mix shea butter, coconut oil and beeswax in a double boiler or glass bowl over a small saucepan with an inch of water. Bring water to a boil and melt the ingredients.
2. Remove from heat and add the Fermented Cod Liver Oil, Zinc Oxide, Bentonite Clay and Essential Oil.
3. Stir carefully as it starts to cool. I recommend using a popsicle stick or disposable straw to stir since it is difficult to get the mixture off of dishes.
4. Pour in to container you are going to use to store it and stir a few more times as it cools.
5. Store in an airtight container in a cool, dry place for up to 3 months.



# BABY OIL

## INGREDIENTS

- 1 cup Fractionated coconut oil
- 2 tbsp chamomile flowers
- 2 tbsp calendula flowers
- 3 drops lavender essential oil

## DIRECTIONS

1. Heat a couple inches of water over medium high heat in a double boiler or small sauce pan.
2. Combine calendula and chamomile flowers with Oil and keep the heat going on low/medium for at least an hour or until oil has started to turn yellow and smells of chamomile and calendula.
3. Make sure to check the water level often and make sure it hasn't gotten too hot or evaporated off.
4. Strain the flowers out and use as regular baby oil.



# INFANT SCALP & SKIN TREATMENT

## FOR CRADLECAP

Coconut oil will not only nourish your baby's skin, it also helps eliminate cradle cap. Just rub a teaspoon onto scalp daily.

## FOR BABY ACNE

Apply a thin layer onto areas affected with baby acne twice daily until gone.

