

21 Recipes for
SWEET
ALMOND OIL

Hair, Skin, Bath and More!



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DISCLAIMER

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TABLE OF CONTENTS

Almond Body Lotion	4	Split End Healer	15
Almond and Coconut Milk Shampoo ...	5	Cracked Nipples.....	16
Ringworm.....	6	Eye Cream	17
Toenail Fungus.....	7	Varicose Vein Reducer	18
General Rashes	8	Sunscreen.....	19
Stretch Mark Reducer	9	Headache	20
Eczema	10	Sore Muscle Relief	21
Psoriasis	11	Sunburn Lotion.....	22
Acne Scars	12	Almond Face Mask.....	23
Wrinkle Remover	13	Makeup Remover	24
Shaving Cream.....	14		

ALMOND BODY LOTION

This luxurious lotion is great for as an everyday full body moisturizer. Try adding a couple drops of your favorite essential oil for an added fragrance.

INGREDIENTS

- 1/2 cup almond oil
- 1/4 cup coconut oil
- 1/4 cup beeswax
- 1 teaspoon vitamin E 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.



ALMOND AND COCONUT MILK SHAMPOO

This easy to make shampoo is much healthier for your hair when compared to store bought versions. Both the coconut milk and almond oil promote healthy hair growth and can put an end to hair loss.

INGREDIENTS

- 1/4 cup coconut milk
- 1/3 cup organic baby shampoo
- 1 teaspoon almond oil
- 15 drops Lemon essential oil

DIRECTIONS

Combine the coconut milk and organic shampoo in a plastic bottle with a nozzle. Add the almond oil next, followed by the essential oil. Shake to initially combine and before using.



RINGWORM

Ringworm is a fungal infection that looks like a red circle on the skin. Use this treatment to kill the infection and moisturize the skin.

INGREDIENTS

1/2 teaspoon almond oil

5 drops Tea Tree oil

7 drops Lemongrass oil

DIRECTIONS

Mix all ingredients together in a bowl. Wash and dry the affected area with cool water. Take a cotton ball and dip it into the mixture and liberally apply to the area. Cover with gauze and reapply three times daily.



TOENAIL FUNGUS

Fungus can grow on the nail beds of the toes because of the warmth and moisture caused by socks and shoes. This easy to make ointment will safely and effectively eliminate the problem.

INGREDIENTS

1 teaspoon almond oil

6 drops Tea Tree oil

DIRECTIONS

Mix the ingredients together in a bowl. Wash the affected area. Using a cotton ball, apply the mixture liberally to the area and let it dry. Reapply three to four times a day.



GENERAL RASHES

Rashes can occur for many reasons. This Peppermint oil will soothe the skin while the almond oil moisturizes and heals the area.

INGREDIENTS

1 tablespoon almond oil

5 drops Peppermint oil

DIRECTIONS

Mix all ingredients together in a bowl. Apply to the affected area and let it dry. Repeat two to three times per day. If no results are viable after four days, contact your doctor.



STRETCH MARK REDUCER

Stretch marks occur in pregnancy, weight gain and sometimes genetics. This quick solution will fade the appearance of stretch marks with daily use.

INGREDIENTS

1 teaspoon almond oil

1/2 teaspoon fresh lemon juice

DIRECTIONS

Mix the ingredients together in a bowl. Apply to stretch marks anywhere on the body with either your fingers or a cotton ball. Rub the solution in using circular motions. Allow the solution to soak into the skin.



ECZEMA

Eczema is a skin condition with no cure but it can be managed. Lavender oil has great soothing properties that combine well with healing almond oil.

INGREDIENTS

1 tablespoon almond oil

10 drops Lavender oil

DIRECTIONS

Mix the ingredients together in a bowl. Wash and dry the affected area. Apply the mixture and let it soak in. You may cover the skin with a gauze pad to allow the solution more time to work on the skin. Reapply two to three times daily.



PSORIASIS

Psoriasis can be treated with prescribed medication but before committing to a man made treatment, try this ointment. It can be used several times a day to combat the skin condition symptoms.

INGREDIENTS

1 teaspoon almond oil

7 drops Geranium oil

9 drops Thyme oil

DIRECTIONS

Mix all ingredients together in a bowl. Wash and dry the affected area using cool water. Apply the solution and cover with gauze. Reapply up to four times a day.



ACNE SCARS

Even once acne heals it can leave behind unsightly scars. Use this treatment to help minimize the appearance of any size scar.

INGREDIENTS

1 teaspoon almond oil

1/2 teaspoon aloe vera gel

1/2 teaspoon fresh lemon juice

DIRECTIONS

Mix all of the ingredients together in a bowl. Apply liberally to the area. Allow the solution to soak in and dry. Apply twice daily for best results.



WRINKLE REMOVER

This thick cream will help to fade wrinkles, including crow's feet around the eyes. Just be careful to avoid contact with the actual eye.

INGREDIENTS

- 1/2 ounce Beeswax
- 2 tablespoons Coconut oil
- 2 tablespoons Almond oil
- 1/2 teaspoon Lemon essential oil
- 1/2 teaspoon Rosehip Seed oil

DIRECTIONS

In a double boiler, melt the almond oil, coconut oil and beeswax. Remove from heat and pour into a bowl. Add the essential oils as the solution cools. Put into a separate glass container to store. Use twice daily for best results.



SHAVING CREAM

Stop buying shaving cream that is filled with fake perfumes and skin drying chemicals. Use this quick and easy recipe to moisturize and calm the skin while shaving.

INGREDIENTS

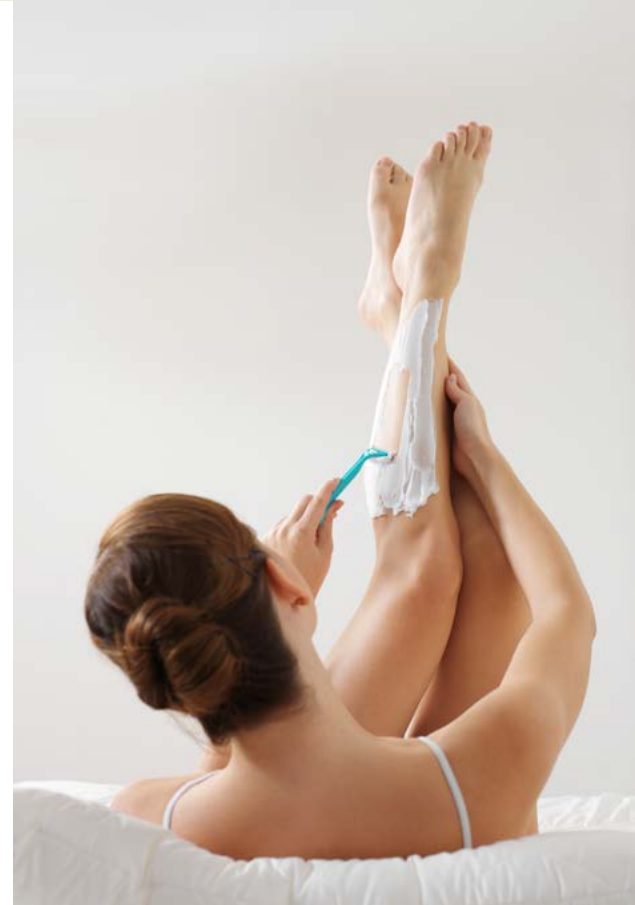
1/3 cup shea butter

1/3 cup almond oil

1/4 cup olive oil

DIRECTIONS

In a double boiler, melt all ingredients together. Remove from heat and pour into a bowl. Let the solution cool until it is solid. Whip the mixture until it is light and fluffy. Store appropriately for use.



SPLIT END HEALER

When hair dries out the ends can sometimes split. Use this salve to coat the ends of the hair to protect from further damage and help to mend each strand.

INGREDIENTS

1/2 cup water

1 tablespoon glycerin

1/4 cup almond oil

3/4 cup coconut oil

2 tablespoons olive oil

DIRECTIONS

In a double boiler, melt the coconut oil. Remove from heat and allow the oil to cool for about thirty minutes. Add the almond oil and whisk together. Place the mixture in the refrigerator and allow to cool more for another twenty minutes. Whisk again and the mixture should start turning thick and creamy. Add the glycerin and then the water. Continue whipping until it is fluffy. Store in an airtight glass jar. Use as needed on the ends of the hair to help with split ends and dry spots.



CRACKED NIPPLES

Breastfeeding is often the preferred way to feed a newborn but can often result in painful cracks around the nipples. This solution is safe to use as needed to help heal the affected areas.

INGREDIENTS

- 1 tablespoon coconut oil
- 2 tablespoons almond oil
- 3 drops Lavender oil
- 2 tablespoons olive oil
- 4 tablespoons cocoa butter

DIRECTIONS

In a double boiler, melt the cocoa butter. Add in the olive oil, coconut oil and almond oil. Mix together. Remove from heat and add the lavender oil. Place into small containers and use as needed.



EYE CREAM

Eye cream can help to brighten the skin around the eyes and provide a more youthful appearance. One use of this cream should provide instant results.

INGREDIENTS

6 tablespoons almond oil
2 tablespoons beeswax
6 drops Lavender oil
2 tablespoons Rosehip Seed oil
1/2 teaspoon raw honey

DIRECTIONS

Using a double boiler, melt the beeswax along with the almond oil and rosehip seed oil. Add the honey and lavender oil after removing from heat and stir thoroughly. Store in containers and apply once daily around the eyes. Do not get the cream in the eye.



VARICOSE VEIN REDUCER

Varicose veins happen when the valves in the blood vessels are damaged. By increasing blood circulation, damage can be reversed and the veins can shrink back to their original size.

INGREDIENTS

- 1 cup mango butter
- 1 cup almond oil
- 8 drops Lavender oil
- 12 drops Cedar Wood oil
- 8 drops Frankincense oil

DIRECTIONS

In a double boiler, melt together the mango butter and almond oil. Let it cool slightly and then mix in the essential oils. Store into airtight containers. When using, rub the oil in an upwards motion towards the heart.



SUNSCREEN

Everyone knows that sunscreen prevents cancer and keeps skin looking youthful and radiant. Use this lotion daily to protect from the sun's dangerous rays.

INGREDIENTS

- 1/2 cup almond oil
- 1/4 cup coconut oil
- 1/4 cup beeswax
- 2 tablespoons zinc oxide
- 1 teaspoon vitamin E oil
- 1 teaspoon Carrot Seed oil
- 1/2 teaspoon vanilla extracting
- 2 tablespoons shea butter

DIRECTIONS

In a double boiler, heat up the coconut oil, beeswax, shea butter and almond oil. Remove from heat and add in the oils and extra Mi thoroughly. Store in airtight containers and use as needed.



HEADACHE

Peppermint oil has been scientifically proven as an effective headache remedy. When mixed with the almond oil it became an easy to spread cream that will provide fast relief.

INGREDIENTS

3 drops Peppermint oil

4 drops Lavender oil

1 teaspoon almond oil

DIRECTIONS

Mix all the ingredients together. Rub onto the temples for at least ten minutes. Relief should be very quick.



SORE MUSCLE RELIEF

After hard workouts or a rough day working around the house, try this sore muscle cream. It smells wonderful and penetrates the skin deep enough to soothe from the inside out.

INGREDIENTS

5 tablespoons almond oil

7 drops Rosemary oil

8 drops Sandalwood oil

6 drops Lavender oil

DIRECTIONS

Mix all ingredients together and then massage into sore muscles as needed.



SUNBURN LOTION

If you find that a day at the beach has left your skin a little red, try this burn relief lotion. Carrots are a natural skin protectant that work wonders with the soothing aloe vera gel.

INGREDIENTS

- 1/2 cup aloe vera gel
- 1/2 cup almond oil
- 2 carrots, peeled and grated
- 1 teaspoon beeswax
- 2 teaspoons emulsifying wax
- 1 teaspoon vitamin C powder
- 1/2 teaspoon vitamin E oil

DIRECTIONS

Heat grated carrots in the almond oil in a pan for about half an hour. Remove from heat and strain out the carrots. Place the pan back on the stove and add the waxes. Stir until they are completely melted and then add the vitamin C powder, vitamin E oil and aloe vera. Remove from heat and whisk until the solution is smooth and creamy. Pour into a jar and allow the cream to heal. It should thicken as it cools. Once cool, apply to sunburn generously. Store the cream in the refrigerator and use within two months.



ALMOND FACE MASK

This quick face mask can be used once a week to keep skin elasticized and radiant. The mint also provides a relaxing scent.

INGREDIENTS

1 teaspoon almond oil

1 teaspoon mint paste

DIRECTIONS

Mix the ingredients together and apply all over the face, avoiding eye contact. Let it dry for about 15 minutes and then rinse with warm water. Skin will glow afterwards.



MAKEUP REMOVER

Makeup that is left on overnight can cause premature aging and infection. Use this quick and simple recipe to make your own makeup remover that will remove concealer, foundation, eyeliner and mascara easily.

INGREDIENTS

- 2 tablespoons witch hazel
- 2 tablespoons almond oil
- 2 tablespoons filtered water

DIRECTIONS

Mix all ingredients together and store in a dispensing container. Shake well before each use. Apply solution with either clean fingers or a cotton ball to remove makeup at the end of the day.

