

# Beard Oil Guide & Recipes

**Step 1:** First, add one ounce of sweet almond oil to glass dropper bottle, this equals 2 tablespoons of oil. No need to measure it if you are placing into a one ounce dropper bottle, just fill bottle up leaving space at the top.

**Step 2:** Next, add 12 drops of essential oils to carrier oil. This will give you a 2% dilution. You can use a single essential oil, an essential oil blend or make a custom essential oil blend. See below for some of our beard oil blends you can try.

**Step 3:** Then, add 1/2 teaspoon of vitamin E oil to bottle.

**Step 4:** Place dropper cap on tightly, shake well to blend. Be sure to label bottle.

**To use:** Place a few drops of oil into hands, rub together and massage into the beard. Work the oils through beard to the tips, making sure to evenly spread the oil over beard and underlying skin.

**Carrier oils for beard hair:** Sweet almond oil, jojoba oil, argan oil or fractionated coconut oil. You can substitute as desired.

**Essential oils for beard hair:** Frankincense (*Boswellia carterii*), Cedarwood (*Juniperus virginiana*), Sandalwood (*Santalum album*), White Fir (*Abies alba*), Cypress (*Cupressus sempervirens*), Rosemary (*Rosmarinus officinalis*), Lemon (*Citrus limon*), Lavender (*Lavandula angustifolia*), Peppermint (*Mentha piperita*), Tea Tree (*Melaleuca alternifolia*)

## Rugged Beard Oil

2 tablespoons Sweet Almond Oil  
3 drops Rosemary (*Rosmarinus officinalis*)  
3 drops Frankincense (*Boswellia carterii*)  
3 drops White Fir (*Abies alba*)  
3 drops Cedarwood (*Juniperus virginiana*)  
1/2 teaspoon Vitamin E Oil  
1 oz dropper bottle

## Woodsman Beard Oil

2 tablespoons Sweet Almond Oil  
8 drops Cypress (*Cupressus sempervirens*)  
2 drops Peppermint (*Mentha piperita*)  
1 drops Tea Tree (*Melaleuca alternifolia*)  
1 drops Black Pepper (*Piper nigrum*)  
1/2 teaspoon Vitamin E Oil  
1 oz dropper bottle

## Morning Fresh Beard Oil

2 tablespoons Sweet Almond Oil  
6 drops Melaleuca (*Melaleuca alternifolia*)  
3 drops Lemon (*Citrus limon*)  
3 drops Eucalyptus (*Eucalyptus radiata*)  
1/2 teaspoon Vitamin E Oil  
1 oz dropper bottle

## Great Outdoors Beard Oil

2 tablespoons Sweet Almond Oil  
6 drops Cedarwood (*Juniperus virginiana*)  
2 drops Tea Tree (*Melaleuca alternifolia*)  
2 drops Frankincense (*Boswellia carterii*)  
2 drops Lavender (*Lavandula angustifolia*)  
1/2 teaspoon Vitamin E Oil  
1 oz dropper bottle

**Read full blog post: [Lovingessentialoils.com/beards](http://Lovingessentialoils.com/beards)**