

FRACTIONATED COCONUT OIL: Non-greasy, odorless coconut oil that remains a liquid and is easily absorbed. Makes a great carrier oil for essential oils and excellent base for massage oils. Provides a smooth and silky feel to lotions, scrubs, soaps, and lip products. All natural coconut oil that is expeller pressed, then hydrogenated to produce the fractional component.

JOJOBA OIL: Frequently used for hair and scalp care, hand and cuticle care. For bodycare, it's best blended with other carrier oils. Jojoba oil contains antibacterial properties, holds scent well for making perfume, and absorbs quickly into your skin.

LANOLIN: A honey-like liquid from sheep wool, easily absorbed, soothing, creating a natural barrier that increases moisture in your skin. Hypo-allergenic, it inhibits bacterial growth, and makes a wonderful moisturizing bar, and creamy lotion.

SWEET ALMOND COSMETIC OIL: Lightweight oil spreads well and is easily absorbed. Rich in vitamin E. Does not clog pores and is an excellent substitute for petroleum based oils. Ideal for making massage or skin care oils, and creams.

BUTTERS // A great addition to any soap or lotion to provide moisture and softness to your skin. Use 3-5% for lotions, 5-100% for lip products, and 3-6% for soap.

ACAI: Adds moisturizing nutrients and contains some of the highest levels of anti-oxidant attributes and may aid in the reduction of fine lines and wrinkles by increasing natural collagen synthesis.

ARGAN: A blend of argan oil and vegetable oil, containing high amounts of essential fatty acids that give the skin a natural boost. Used to moisturize, hydrate, and soften the skin.

COCOA BUTTER WAFERS: 1/2"-3/4" diameter wafers are easily melted and very effective as emollients used in creams, soaps, and lip balms to soften and soothe skin.

COFFEE: Made from real coffee seed oil and hydrogenated vegetable oil with a delicious aromatic scent. Soothes irritated, dry, red skin, and adds moisturizing attributes to homemade skin care products.

HORSETAIL: Helps rebuild and regenerate damaged skin. Also used for improving cuticles and nails.

MANGO: Well known for treating damaged or dry skin, rashes, and for protecting the skin. Containing a high fatty acid content, it is an intensive moisturizer while providing a soft, smooth feeling to your skin.

SHEA: For skin care, shea butter is great for its protecting and emollient properties. It is an excellent cosmetic ingredient with vitamin E and A, known for their anti-oxidant and skin nourishing effects and the healing substance allantoin. Its addition gives soaps and lotions great creamy and deep moisturizing texture.

OTHER HELPFUL INGREDIENTS //

ACTIVATED CHARCOAL: Used for absorbing toxins. A rich black powder often used in making natural mascara and eyeliners. May be used in soaps to provide a black color.

ARROWROOT POWDER: Used in body powders for silkier, smoother skin and as a deodorizer. In moisturizers, arrowroot powder may be used as a thickening agent. Also helps alleviate skin blemishes and rashes.

BEEWAX: Easy to use granules that melt quickly to add to your soaps, creams and lip balms. Adds softness to your lotions for more body and texture. Makes a bacteria resistant base for your cosmetic recipes.

CITRIC ACID: Adds texture to soaps and is a gentle exfoliant. Commonly used in making bath fizzies or fizzing bath salts.

EMULSIFYING WAX: One of the essential ingredients in making lotions and creams. Your lotions will separate back into their oil and water components without using the wax. Use 3-5% for lotions and 10-15% for creams.

KAOLIN WHITE: A china clay that nourishes the skin as it removes dirt and toxins. Excellent for making your own body powders. Good for removing dirt and oil residue while nourishing the scalp in hair care products.

STEARIC ACID: This will harden soap and make it last longer. Used in lotions for a creamier product. Add 3% for soaps and 1-25% in lotions.

ZINC OXIDE: Used to whiten and thicken lotions, bath soaps and foot powders. An anti-oxidant that soothes, protects, and helps heal the skin and often used in sunscreen lotions. Use 10-15% in creams, 3-5% in soaps and 2% or higher in sunscreen – depending on the strength desired.

ESSENTIAL & FRAGRANT OILS //

Our essential oils are 100% pure, highly concentrated, and derived from the actual plants flower, leaf, root or stem by steam distillation. These oils should not be used internally or undiluted on the skin. When diluting essential oils, use a carrier oil such as: Fractionated Coconut Oil, Sweet Almond, Avocado, Babassu, Jojoba Oils. Some suggested dilutions are 10-12 drops per ounce for massage oils, 1-3 drops per ounce for soaps and 3-10 drops per ounce for baths. Most essential oils are natural antibacterials that help preserve your product.

CAUTION: Some oils cause skin pigmentation when exposed to direct sunlight, such as bergamot, ginger, lemon, lime & orange. If you are pregnant, consult a physician before use. To check for sensitivity, dilute an essential oil with a base oil and apply a small amount to your skin.

The fragrant oils are created synthetically using various chemicals to simulate the true scent of the flower, fruit or plant. They vary where one might have two ingredients (one pure and one synthetic) others may have several synthetics. We have no specific ingredients list since the manufacturer under the FDA "trade secret" law does not have to disclose the ingredients when making their fragrances.

NATURAL HERBAL COLORING AND PIGMENTS //

One tablespoon (1/2 oz.) of dried herbal powder will color an average of 10-12 bars of soap. The easiest way is to add a few drops of oil, making a paste, then add to the melted soap. The pigment powders are non-bleeding, non-fading, bright and water soluble. They make a vibrant opaque color in clear soap bases and a pastel color in white soap bases. The dried botanicals are for those who prefer the natural colors and texture making a mildly exfoliating soap.

ROSE HIP POWDER: light to dark cinnamon color

BLACK WALNUT: medium to deep brown color

PUMPKIN: gold to orange color

ALKANET: pink to deep burgundy color

SPIRULINA: jade green color

COBALT BLUE: true blue color

BEET ROOT: pink to dark cherry color

LAVENDER PIGMENT: true lavender color

LEMON: yellow to orange color

MADDER ROOT: chestnut red to orange color

WOODLAND GREEN: true green color

SPINACH POWDER: mossy green color

YELLOW OXIDE: goldenrod yellow color

CARROT: cream to beige color

ROSE PETALS: dark brown to black color

LAVENDER FLOWERS: light green tint

CALENDULA FLOWERS: ochre or yellow color

RECIPES //

RICH MOISTURIZER: 4 oz. sweet almond oil, 18 drops myrrh/frankincense essential oil and 12 drops rose fragrant oil. Blend together and put into a bottle. A few drops massaged into your skin will help relieve dryness.

LIP BALM: 2 oz. beeswax, 2 oz. cocoa butter, 2 oz. mango butter and 2 oz. sweet almond oil. Melt ingredients over low heat in double-boiler. Add your flavoring-you can use 2 drops orange essential oil or a pinch of stevia. Stir well and pour into containers and allow to cool.

WHIPPED SHEA BUTTER CREAM: 1¼ cups shea butter; softened, ½ tsp. sweet almond oil, 1 Tbsp. jojoba oil, 1 Tbsp. avocado oil, 10 drops lavender essential oil, 10 drops chamomile fragrant oil, 2 vitamin E caplets and 3 four ounce cold cream jars. Blend all oils together, add softened shea butter – you can soften this by heating in a double-boiler over low heat, or in the microwave at 15-20 second intervals. Soften the butter, do not melt it. Add the vitamin E caplets-pierce them and squeeze the oil into the mix. Stir the butter into the oils with a wire whisk. Whip until a nice, fluffy consistency is achieved, then scoop into jars. Cool before covering.

SUNTAN LOTION: Take 8 oz. of lotion base, heat on low until forming a liquid, then add 1 Tbsp. mango butter, stir until melted. Remove from heat and add 2 Tbsp. of zinc oxide. Stir well and put into container, it will solidify when cooled.

BUG-BE-GONE SPRAY: 1 tsp. citronella essential oil, 1 tsp. basil essential oil, 1 tsp. lavender essential oil, 1 tsp. rosemary essential oil, 1 cup of isopropyl alcohol or witch hazel and 1 cup water. Put into spray bottle and shake well before use. Spray lightly on clothing, arms and legs, but avoid face or open cuts.

NATURAL HOMEMADE SUNSCREEN: 4 oz. sweet almond oil, 2 oz. coconut oil, 2 oz. beeswax, zinc oxide (amount determined by SPF below) and 2 Tbsp. shea butter. Combine ingredients except zinc powder in a

double boiler or a glass container in the microwave. Heat until melted, then add zinc powder and stir thoroughly. Pour into containers and let cool completely.

For low SPF of 2-5, add 1 tsp. zinc oxide, moderate SPF of 6-11 use 2 tsp. zinc oxide, high SPF 12-19 use 1 Tbsp. zinc oxide and for very high SPF of 20 use 2 Tbsp. zinc oxide.

CUTICLE SOAK: 1 tsp. castile liquid soap, 3 drops each of: lemon, lavender and sandalwood essential oils. Add to a small bowl of warm water and soak your fingers for 5 minutes to soften cuticles and clean nails. Gently push back cuticles with a soft cloth or towel while they are still pliable. If you have any problem with a nail fungus, add 2 drops of tea tree essential oil to your blend.

FOR A BUFF AND SHINE AND TO STRENGTHEN YOUR NAILS: Combine 2 Tbsp. sweet almond oil and 4 drops lemon essential oil. Soak nails for ten minutes, massage, then wipe dry. Horsetail butter can also help strengthen your nails and give a natural shine.

BATH BOMBS: 1 cup citric acid, 1 cup baking soda, ½ cup arrowroot powder, ½ cup sweet almond oil, 1 tsp. vitamin E oil, 10-12 drops of essential oil (of your choice). Mix together until you have a crumbly dough. Pack mixture into plastic molds such as ice cube trays, candy molds, or muffin tins and let it set overnight. Gently tap the mold and release the bath bombs and let them air dry for a day. To use, drop one bath bomb into warm tub water and enjoy!

SUMMER SANDAL SCRUB: This will slough off any dead skin and make your feet look their best once sandal season hits. Mix ¼ cup brown sugar, 2 Tbsp. lemon juice, 2 Tbsp. aloe vera gel, 1 tsp. coconut oil. Stir all ingredients together until you have a smooth paste. To use, massage 1-2 Tbsp. into each foot, focusing on rough areas, such as your heels. Store any leftover in a jar with tight fitting lid in a cool, dry, dark area.

HOMEMADE MASCARA: 1/8 tsp. arrowroot powder, 1/2 tsp. activated charcoal, 1/2 tsp. argan oil, 3 tsp. aloe vera gel. Combine the powders and argan oil together until well blended. Add the aloe vera gel and mix together creating a smooth mascara. Place the mascara into a small sandwich baggie. Cut one corner of the baggie creating a very small hole. Push the cut tip of the baggie into the mascara tube. Slowly squeeze the mascara from the baggie into the tube. Tip: When dispensing the mascara into the mascara tube, it is helpful to have another set of hands and requires patience.

HOMEMADE EYESHADOW: 1/2 tsp. arrowroot powder, 1 tsp. dried colored powder. Mix the powders into a small bowl and blend well. Put into container.

HOMEMADE BLUSH: 1 tsp. arrowroot powder, ¼ tsp. rosehip powder, ½ tsp. black walnut powder, 2 tsp. beet root powder. Mix the first 3 powders together until well blended. Slowly add the beet root powder until you have the desired tint. Blend well and put into container.

HOMEMADE FOUNDATION POWDER: 1 tsp. arrowroot powder, ¼ tsp. rosehip powder, ½ tsp. black walnut powder. Slowly add small amounts of the rosehip powder and black walnut powder to the arrowroot powder until you get the desired tint to match your skin. Put into powder container or add 3-5 drops of argan oil and press into hinged compact with back of spoon.

CEDARWOOD DUSTING AID: ½ cup liquid glycerin, ¾ cup water, 5 drops patchouli essential oil and 15-20 drops cedarwood essential oil. Combine in spray bottle and shake well before using. Spray onto wood surface and wipe with a soft, dry cloth.

CASTILE FLOOR CLEANER: 1 gallon hot water, 2 Tbsp. liquid castile soap, 15 drops orange essential oil and 10 drops of lemon essential oil. Blend together in mop bucket and mop floor as usual. No need to rinse!

SIMPLE FABRIC SOFTENER: Add 20 drops of any essential oil to one gallon of white vinegar. Vinegar softens hard water, removes soap residue and helps prevent static cling. Use 1 cup for large loads or towels and ½ cup for smaller ones in the rinse cycle. Too much vinegar may cause certain dyes to run: especially rayon fabrics.

MOLD DETERRENT: 1¼ cups white vinegar, 4 drops cinnamon essential oil, 6 drops patchouli essential oil, 2 tsp. tea tree essential oil. Combine all ingredients in a spray bottle. This is great to get rid of existing mold - spray it, allow it to set for a few hours, wipe it with a soft cloth, then re-spray and let dry without rinsing.

CLEANING DISINFECTING SPRAY: 1 cup liquid glycerin, 3 cups water, 25 drops basil essential oil, 10 drops lemon essential oil and 8 drops tea tree essential oil. Combine and spray to clean countertops, cutting boards, stovetops, microwave, laundry and baby's rooms. To give this an extra boost add ½ cup of white vinegar.

SMOKER'S AND KITCHEN ODOR BAN SPRAY: 8 drops cedarwood essential oil, 4 drops lavender essential oil, 5 drops lemon essential oil, 5 drops orange essential oil, 6 drops tea tree essential oil and 16 oz. water. Mix together in a spray bottle and spray room. Will diffuse and clean the air for you.