

## BASIC COLD CREAM

(used to remove heavy make up and also as general moisture cream)

100 mls apricot or almond oil  
10 grams beeswax  
80 mls floral water eg. Rosewater  
5 grams borax  
20 drops of selected essential oil

### METHOD:

- Melt beeswax in bain marie
- Add almond oil and stir until incorporated, remove from heat
- Dissolve borax in 40 mls of the floral water - will need to be heated a little to do this
- Add cold floral water to dissolved borax
- Slowly add waters to oil, a little at a time, when mixed in add more and so you go until all the water has been added to oil and a thick emulsion has been created
- Now beat in the essential oils and put into jars

Will fill 4 x 50 gram jars

If using to cleanse off make-up, use a liberal amount and massage into face and throat. Remove with tissues or damp cotton then use wash-off cleanser. Recipe below

This cream can also be applied as a moisturiser after cleansing if you like the texture.

## WASH - OFF CLEANSER

(Use morning and evening to cleanse skin)

80 mls apricot or almond oil  
100 grams of ground almonds  
30 mls cider vinegar  
50 mls floral water  
10 large or 20 small drops of citricidal (natural preservative)  
12 drops of geranium oil

### METHOD:

- Place all ingredients into a small food processor and blend for 2 minutes to make a smooth paste.

Makes 4 x 50 grams jars

This cleanser is a beautifully soft exfoliator, to be used with a kneading action on the skin.

Splash the face with water, using a teaspoon of cleanser, work into face kneading the skin.

Rinse with plenty of warm water and pat dry.

## FACIAL TONIC

(Use after cleansing and any other time in the day to hydrate skin)

300 mls floral water  
2 teaspoon honey (very hydrating)  
40 drops of Solubaliser  
4 - 5 drops essential oil - bergamot, rose, neroli

- Put Solubalizer and essential oils into a 300 ml bottle - shake to mix them
- Add honey to half the floral water and warm a little to dissolve honey - cool
- Add floral water to honey water, then to essential oils and shake well.
- Pour into spray bottles and use as desired.

### REJUVENATING NIGHT CREAM

20 mls jojoba oil  
10 mls rosehip oil  
5 grams lanolin  
5 grams cocoa butter  
5 grams beeswax  
50-60 mls floral water  
20 drops essential oils eg. 10 drops sandalwood, 5 drops rose, 5 drops jasmine.

#### METHOD:

- Melt beeswax, lanolin and cocoa butter in a bain marie
- Add vegetable oils and remove from heat
- Slowly add floral water a little at a time, beating in well after each addition of water.
- Add essential oils last and beat in well.

Makes 1 x 75 gram jar

### BASIC SOAP MAKING

This is a wonderful recipe for sure-fire success in making soap.

1 litre soft water  
250 grams caustic soda  
1.5 kilos tallow / coconut oil - a mixture of edible animal and vegetable fats  
50 grams borax dissolved in half cup boiling water  
20 mls of essential oil or fragranced oil

#### METHOD:

- Put water in the bowl first and slowly add caustic soda stirring all the time until the water heats and the cloudiness disappears
- Add the dissolved borax and stir until water clears again - leave to cool
- Melt the fats and allow to cool.
- When cool - add caustic mix to fats and stir until mixture starts to thicken up
- Add essential oils and give a good beating
- Pour into moulds and allow to set until next day

- Cut into pieces and unmould
- Leave in a warm place to cure; for at least a month before using

This yields about 20 bars of soap that lather and clean the skin without drying it.

### FRAGRANT BATH SACHETS

6 teaspoons of white clay  
 6 tablespoons rolled oats  
 30 drops essential oil eg. Lavender or whatever oils you like  
 6 x 15 cm. In diameter round pieces of fine calico or muslin  
 6 x rubber bands  
 6 x 20 cm. pieces of narrow ribbon to tie up sachet

#### METHOD:

- Place rolled oats and essential oil in a small food processor for a couple of minutes until the oats have been broken down but not entirely powdered.
- Mix in clay
- Have the 6 pieces of calico cut out
- Put spoonfuls of the oats and clay mixture in the centre of the calico material
- Gather up the material holding the mixture firmly in the centre
- Wrap the rubber band around the knob in middle to hold in place, pull material up and trim around the edge with pinking shears leaving a skirt 3 - 4 cm
- Tie up with ribbons
- Keep for a week to cure in an air tight container until ready to use

#### HOW TO USE YOUR SACHETS:

Start bath running and put a sachet in the water, the bath water will take on a milky appearance.

Keep squeezing the sachet to release its fragrance therapeutic properties.

Clay and oats are deeply cleansing and the lavender wonderfully relaxing

### AFTER BATH OIL

#### **DRY AND SENSITIVE SKIN**

50 mls macadamia oil  
 50 mls almond oil  
 25 drops sandalwood  
 15 lavender  
 10 frankincense

- Shake together in a 100 ml bottle, use after bath or shower all over body

#### **DEHYDRATED SKIN**

100 mls almond oil  
 20 drops orange  
 15 drops sage  
 10 drops eucalyptus

- Shake together in a 100ml bottle, use after bath or shower all over body

### **OILY SKIN**

100 mls apricot or peach kernel oil

25 drops lemon

15 drops ylang ylang

10 drops geranium

- Shake together in a 100 ml bottle, use after bath or shower all over body

### STORAGE GUIDELINES

1. Store your preparations in dark glass jars and bottles in a cool, dark place with the lids tightly screwed on. The refrigerator is fine.

2. Label all your preparations - essential oils used and DATE.

3. Store out of the reach of children (all Essential Oils) and be aware of what you are storing in the refrigerator in case it is accidentally spread onto a sandwich.

### SAFETY PRECAUTIONS

1. All Essential Oils are flammable, so keep away from naked flames

2. Keep Essential Oils away from children and pets.

3. Do not use Essential Oils in any dilution on babies under 2 years of age.

4. Do not rub your eyes after using Essential Oils; if oil gets in eye, rinse at once with cool water.

5. During pregnancy consult a qualified Aromatherapist as some oils should be avoided.

6. For sensitive skin, use well diluted oils (1%)..

7. Avoid using the same Essential Oil for a prolonged period, as it may cause dermal sensitivity.

8. Never take Essential Oils internally unless prescribed by a medically qualified Aromatherapist.

### GOOD BASIC ESSENTIAL OILS TO START USING

**BERGAMOT**           calming, anti depressing, uplifting, oily skin, eczema, boils, colds/flu

**CLARY SAGE**       sedating, euphoric, PMT, post natal depression, analgesic, warming, menstrual cramps

**EUCALYPTUS**     reduces fever but speeds up circulation, respiratory, anti viral, uplifting

**GERANIUM**       lymphatics, balancing, anti depressing, mood swings, PMT, blend enhancer

**LAVANDER**       first aid, cell regenerating, calming/nurturing, analgesic, anti spasmodic, headaches

**LEMON**           refreshing, increases mental alertness, diuretic, oily skin, colds / flu, calming

**PEPPERMINT** invigorating, nausea, clears the mind, headaches, anti spasmodic, decongestant, reduces temp.

**ROSEMARY** mental stimulation & focus (best), head clearing , anti depressant, muscular aches & pains, detox and preservative

**SANDALWOOD** relaxing, warming, strengthening, dry skin, calming, anti inflammatory, antiseptic, meditation

**TEA TREE** anti bacterial, anti viral, antiseptic, first aid, refreshing, revitalising