

Pamper Yourself or a Loved One with these Awesome DIY Recipes & Tips

Are you a big fan of all natural, health boosting self-care products? Then these recipes are for you.

Get together with friends or family and create these wonderful items to pamper yourselves or make them in advance as a beautiful gift.



Epsom Salt Soaks for Baths & Footbaths

Epsom salt soaks are wonderful to relax, decrease the feelings of stress, uplift moods, increase energy, regenerate the skin, and more. Feel free to visit www.myoilguide.com to learn more about essential oils and what effect they can have on skin, body and emotions. Some of the most popular choices for baths include:

- Lavender, Frankincense or Serenity for stress reduction, relaxation, better sleep, better skin
- Citrus Bliss or Wild Orange for uplifting moods, boosting energy, reducing feelings of stress
- Aromatouch or Deep Blue for achy muscles and joints
- Balance - one of my personal favorites - feel grounded, less stressed, equipped to handle anything

This recipe makes about four baths worth:

- 3 cups Epsom Salts
- 1 cup Baking Soda
- ½ cup Sea Salt
- 20 to 30 drops of Essential oil

You can mix different essential oils to get the desired scent and effect!



Tip: For foot soaks you may want to add Melaleuca, Oregano, Lavender, Lemon, Patchouli or Geranium.

Fizzing Bath Bombs - Also great for use in the shower!

- 1 cup citric acid
- 1 cup baking soda
- ½ cup cornstarch
- ½ cup oil (almond oil, olive oil, Fractionated Coconut Oil, etc.)
- 8-10 drops of your favorite essential oil; you can blend different oils
- Silicone mold or saran wrap

Combine all dry ingredients in a glass bowl. Add 8-10 drops of essential oil to the 1/2 cup of fractionated coconut oil, blend well, then add slowly to dry ingredients stirring constantly, blending it all together. Mixture will feel loose. Press into silicon molds or form little balls using saran wrap. Lay out to dry for 24 hours.



Use in the shower for aromatherapy effect!

Frankincense & Wild Orange Sugar Scrub

This is a wonderful recipe to create a scrub that will soothe and improve the skin, leaving it feel amazingly smooth. Frankincense is often called the “God of Essential Oils,” and has enormous benefits including immune support, relaxation, healing and anti-aging. There is nothing that can pamper mom better! Wild Orange helps to feel less stressed, uplift spirits, and adds a wonderful aroma to the scrub.

- 3/4 cup raw sugar
- 1/4 white sugar
- 1/8 to 1/4 cup oil (i.e. almond, jojoba, fractionated coconut)
- 5 drops Frankincense
- 2 drops Wild Orange



Relaxing Neck & Shoulder Massage

After a stressful day, when shoulders and neck feel tense and tired, simply combine several drops of fractionated coconut oil (or other massage or carrier oil) with 2-3 drops of Aromatouch blend, rub your hands together, then gently massage neck, traps and shoulders and enjoy the soothing and relaxing effect.

Soothing Face Masks

Great face masks for every skin type! Cleanse, rejuvenate, and hydrate your skin for a younger looking, glowing complexion. Use water, milk or green tea as needed to create a smooth consistency. *Tip: Always add the essential oil to the liquid first and mix, then add blend to the dry component.*

Oily Skin: 2 tbs French green clay, 2 drops Rosemary essential oil, 2 drops Lavender essential oil

Normal Skin: 2 tbs ground oatmeal, 2 drops Geranium essential oil

Dry Skin: 2 tbs ripe mashed Avocado, 2 drops chamomile essential oil, 2 drops Frankincense or Rose essential oil

Apply your mask to clean, damp skin and leave on for 10-15 minutes. Wash your face with warm water or damp washcloth. *Enjoy feeling pampered and beautiful!*

Foot Spa Treatments

For achy feet:

Fill two plastic water bottles 3/4 with water then freeze standing up.

Put frozen water bottles on towel on the floor, sit down, put your feet on the water bottles and roll back and forth for 5 to 10 minutes. Apply deep blue rub under the soles of feet afterwards or massage feet with Aormatouch blend and fractionated coconut oil.

Hydrating foot soak:

What you'll need: Olive oil, honey, milk, Lavender essential oil

How to make the foot soak:

Combine 1 tbs of honey with 1/4 cup of olive oil, add 1/2 cup of milk, add 4 drops of Lavender. Pour into hot (but not burning!) water. Soak feet for 10 minutes. *Enjoy!*

Need some of the items listed? Simply contact me:

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