



Natural Creams, oils and lotions

I used to buy expensive creams and lotions, until I realized that most of them are packed with harmful chemicals and that in the long run, none of them will grant me an unwrinkled face for life.

Just like with many other things (tooth paste, deodorant and so on) those products found their way into the garbage bag, and were all replaced with amazing natural - homemade - products, which I made myself from organic ingredients with zero artificial preservatives.

Below you will find my best kept recipes for these great homemade products, so you can enjoy them as well! You can treat it like cooking: yes, you are taking the time to make them (once in a while, not every day!) but you enjoy amazing results!

You will need the next tools:

Beaker

Double boiler pot

Measuring cup

Sealed containers (I prefer glass containers)

Hand mixer

For the body butter: standing mixer or hand mixer (you can also use hand mixer)

A wide array of carrier oils and essential oils (your preferred scents)

Product Name	Ingredients	Directions
<p>Rich Serum You can use this wonderful serum under your moisturizer (a few drops daily)</p> <p>Shelf Life: 6 months (store in a dark cool place)</p>	<p>Volumizers oils: 25 ml almond oil 25 ml grape seed oil 25 ml sunflower seeds oil 25 ml calendula oil 25 ml jojoba oil 25 ml rosehip oil Essential oils of your choice: lavender, jasmine, ylang ylang (10 drops each)</p>	<ul style="list-style-type: none"> ● Use a beaker to mix the almond oil, grape seed oil and the sunflower seeds oil. ● Add the rosehip oil and mix. ● Add the Calendula oil and the jojoba oil and mix. ● Now add 10 drops of essential oil of your choice. ● Keep in a sealed glass jar or container.
<p>Basic Serum Shelf Life: 6 months (in a dark cool place!)</p>	<p>40 ml almond oil 10 ml rosehip oil 15 drops Essential oil of your choice</p>	<p>Use a bowl to mix together the ingredients. Keep in a sealed glass jar or container.</p>
<p>Moisturizer Shelf Life: 6 months in the refrigerator, 3 months outside (in a dark cool place!)</p>	<p>65 ml basic serum (see recipe in the row above) 75 ml boiled water that were cooled off 25 ml Glycerin 1 tbsp emulsifier wax 1 tbsp stearic acid A few drops of essential oil of your choice (lavender, jasmine, ylang ylang - there are many options to choose from)</p>	<ul style="list-style-type: none"> ● Use a bowl to mix the essential oil drops with the water. ● Use a double boiler on a low heat to gently melt the emulsifier wax with the stearic acid. ● After total melt, add the serum, the water and the glycerin. ● Turn the heat off and blend with a hand blender. ● We know it's ready

		<p>when it looks a little bit like pudding.</p> <ul style="list-style-type: none"> ● Pour into glass bottles (or sealed containers). ● You may add 1-2 drops of essential oil to each container and shake to blend.
<p>Whipped Body Butter Shelf Life: 6 months in the refrigerator, 3 months outside (in a dark cool place!)</p> <p>This homemade lotion will remain whipped in moderate temperatures. If your home is particularly hot, you may want to store your body butter in the fridge. If you forget and your whipped butter melts back to oil, simply re-chill and re- whip.</p> <p>The consistency of this lotion is true to its name: whipped body butter – and as such, it does leave a thin layer of oil when applied. Personally, I love the idea of my skin drinking up the nutrient-dense goodness from these oils.</p>	<p>1 cup of cocoa butter (or any other solid butter like shea butter) 1/2 cup coconut oil 1/2 cup of jojoba oil or other liquid oil (almond or a mild olive would work great too)</p>	<ul style="list-style-type: none"> ● Use a double boiler on a low heat to gently melt cocoa butter and coconut oil until completely liquid. ● Stir in jojoba or other liquid oil. ● Allow to chill in the refrigerator until the oil mixture begins to firm, but has not turned completely solid. This may take longer than you expect – several hours at least. Or – put in the freezer for about 20 minutes. ● Using a standing mixer or hand mixer, whip the semi-solid mixture until white peaks form. ● Scoop into glass jars and allow to chill for an hour in the fridge.
<p>Parfum</p>	<p>1 Cup almond oil 5 drops essential oil (Jasmine for example)</p>	<ul style="list-style-type: none"> ● Use a bowl to mix together the ingredients. ● Store in a sealed glass jar.