



Brighter Day Has the Ingredients! Ask Us for Help Kitchen Cosmetics: DIY Body Care

Body Scrub

Wide mouth jars of your choice with tight fitting Lids

Exfoliating Substance: Sugar or fine sea salt (avoid iodine)

Nourishing oil: almond oil, avocado oil, liquid coconut oil or other

A variety of pure, essential oils. You can also make or buy your own combinations

In each container:

- Fill wide mouth jar about ½ full of sugar or fine salt
- Pour nourishing oil over until it seems like enough.
- Add essential oil(s), 10- 20 drops, depending on your preference. You'll want it to smell just strong enough, but not overwhelming.
- Mix all & adjust by adding more of any ingredient to make it just right in consistency and scent.

Rosemary Gladstar's Facial Scrub

2 c. finely ground oats; 2 c. White Clay; ¼ c. finely ground almonds

1/8 c. finely ground Lavender; 1/8 c. finely ground roses

You can add lavender, peppermint or orange essential oil if you like.

Add about a tsp. to water, milk, herbal tea, oil or other liquid to make a paste.

Bath Salts Base & Scented Bath Salts

Base: Equal parts of sea salt, Epsom salts, baking soda

Scented: To bath salts base, blend in essential oils of your choice until it smells nice and strong. Cover container with porous material & let sit for several days to dry out. Store in a tightly covered container. Let sit for several weeks. When ready to bathe, add a handful of bath salts after you've run the water & swish around to dissolve. Soak for 15-20 minutes.

Massage or Basic Body Oil

Add 10-30 drops essential oil(s) per ounce of base oil (almond, sesame, olive or other) to your liking.

Plain or Scented Body Powder

Favorite Base: Equal parts of cornstarch, white clay & arrowroot

Instructions: To your powder base, add drops of essential oil until you get your desired scent. Mix well! Allow to cure for 2-3 weeks in tightly covered container, adding more essential oil if needed. When complete, filter out lumps and pour into a covered container. Use a soft dusting puff or feather to apply, or put in a powder shaker container.



More DIY Gift Ideas from Brighter Day & Friends

DIY Holiday Essential Oil Diffuser Blends (frontierherbs.com)

These 3 essential oil diffuser blends will create an inspired holiday atmosphere. Easy to make and easy to use, just blend the oils and add them to your diffuser model according to the directions provided. *Try giving a selection of these oils, a recipe card and a diffuser as a gift to someone special this year.*

Christmas Tree Essential Oil Diffuser Blend: 10 drops Pine Essential Oil, 4 drops Frankincense Essential Oil, 4 drops Sweet Orange Essential Oil

Peppermint Candy Cane Essential Oil Diffuser Blend: 14 drops Peppermint Essential Oil, 4 drops Sweet Orange Essential Oil

Frankincense & Myrrh Essential Oil Diffuser Blend:

8 drops Frankincense Essential Oil, 6 drops Myrrh Essential Oil, 4 drops Lemon Essential Oil

We Love This Idea: Orange & Chocolate Body Butter (frontierherbs.com)

Melt chocolate-scented cocoa butter slowly in a double boiler & whisk in some sweet orange essential oil briskly after it has cooled a bit. Becomes fluffy & creamy. Put in containers for gifts.

Brighter Day Staff Essential Oil Blends - Use in any DIY Recipe

Blend #1 Evergreen:

10 drops Siberian Fir Essential Oil, 3 drops Lemon Essential Oil, 1 drop Cypress Essential Oil

Bath Blend #2 Winter Bath: Supports Immunity

Add just Eucalyptus or Ginger essential oil to bath & soak; or use this combination: 3 drops Juniper Essential Oil, 2 drops Peppermint Essential Oil, and 5 drops Lavender Essential Oil

Blend #3: Promotes cheerfulness, inspiration, relaxation, strength

20 Drops Tangerine Essential Oil

16 Drops Coriander Essential Oil

8 Drops Sandalwood Essential Oil

Blend #4: Comforting, Soothing, Warming

5 drops Benzoin Essential Oil (Comforting, balancing, calming, gently sensuous)

3 drops Vanilla Essential Oil (Softens anger, calms, relaxes)

1-2 drops Black Pepper Essential Oil (Warming, Stimulating)

Floracopeia Shared this Vanilla Spice Body Oil Recipe (floracopeia.com)

3 drops of Cardamom Essential Oil

4 drops of Vanilla Extract

Add to 4 oz. of Argan or other high quality oil

Do You Use Essential Oils Alone in a Soaking Bath? Add an Emulsifier!

Essential oils don't disperse well in baths, so it's a great idea to add 4 parts of an emulsifier (unscented liquid soap or shampoo, honey or milk) to 1 part essential oil(s) of your choice before adding to bath.