

MY FAVORITE RECIPES

Deoderant:

4 T Baking Soda

4 T Cornstarch (or Arrowroot)

6 T Coconut Oil

Blend all ingredients and if you would like add your favorite Essential Oil (you decide how much), then put the mixture in a jar and you will not believe how odor free you will remain in all situations.

Vapor Rub:

¼ C Olive Oil

½ C Coconut Oil

¼ C Grated Bees Wax

20 drops Peppermint Essential Oil

20 drops Eucalyptus Essential Oil

Pour all ingredients but Essential Oils into a glass jar. Place the jar into a saucepan with 2" water over medium heat and allow ingredients to melt. After cool, add Essential Oils and pour into metal tins and allow to set.

Oil Based Cleansing Paste: (Good for all skin types)

8 T (3 oz) Almond Oil

1 C (4oz) Ground Almonds

5 T (2 oz) Cider Vinegar

5 T (2 oz) Spring Water

12 drops Essential Oil (I like Fennel)

Place all ingredients into a blender. Mix 2 minutes or until a smooth paste is obtained. Store in a Jar.