



DIY BEAUTY

IDEAL ME

My name's Brittany Lynch, and I will be teaching you how to make your own all-natural beauty products today. I'm really looking forward to hosting today's class simply because I wish it was around when I first started. I know that often when people think about making their own beauty products, they think it's a simple following a recipe.

The problem is following recipes can be limiting and recipes really are best used as a guideline. Knowing how to modify the recipe in order to get the end-results that you want for your skin or your hair or your health benefits is really important, whether you want to make it for personal use or to sell and use as a way to grow a business, I think this is information that you're going to be really appreciative of having after you've gone through these video trainings. It's information that I just wish I had and I wish it was put into a clear, concise presentation like this.

I'm going to do my best to really kind of blow you out of the water in terms of over-delivering here. Let's go ahead and get started.

How to make your own, all-natural beauty products

The first thing I want to do is I just want to talk about what you can expect to learn from this course.

The first thing that I think is really important is my goal is to really help you understand the ingredients that go into common DIY beauty recipes and how to make substitutions and alterations based on your skin type and the ingredients that you have available.

Sometimes a recipe calls for a certain ingredient, but you don't have it and you find yourself wondering, "can I still make this recipe?" What happens if I substitute this oil for another oil? Is it going to have the same result?

By the end of this training, you're going to have a very good understanding of that.

We're also going to discuss tools that you're going to need, a shopping list for common DIY ingredients, where to get your supplies,

where to get carrier oils and substitutions, and when I say that, what I really mean is what types of carrier oils there are and how to make substitutions, and the different types of essential oils and how to make substitutions to that again.

We're going to go over some different recipes, from scrubs to body butters to lotions, soaps, cleansers, lip balms, shampoos, and conditioners.

Tools

The tools you're going to need depend on the type of product you're going to make. Some products like clay facials and bath salt only require measuring cups and spoons, mixing bowls, and spoons for stirring. Other products, such as lotion, balms, and soaps require additional equipment and supplies.

At a very basic level, I suggest you have:

- A few mason jars around or glass containers
- A coffee grinder, which will be useful for scrubs and soaks
- an electric scale, which is really what gives you an accurate measurement.
- Cutting boards
- An immersion blender - Those are fantastic, especially for making an emulsified lotions.
- Measuring spoons
- Metal whisks
- Large knife,
- A rubber spatulas
- Paper towel or cloth to clean up after
- Product packaging materials.

Shopping List

Let's talk about a shopping list. I know often when you come across a recipe, you think oh my goodness. I need to get all of these ingredients. All those ingredients can really cost a lot of money. One of the great things about making your own beauty products is you're

actually able to save a lot of money over the course of the year. It's a lot cheaper, and not to mention healthier, and I think more fun to make your own beauty products rather than buying them from a grocery store, CVS, or something along those lines.

It really comes down to how do you keep your shopping list clear and concise and only focusing on the things that you absolutely need.

Many times, there's hundreds of different carrier oils and hundreds of different essential oils. You don't need to buy all of them. You just need a few of them and you can make substitutions to recipes based on what you have.

That way, you can keep your overall expenses down while still maintaining the integrity of a recipe and the results that you want.

The Basics

I really like sweet almond oil as a great, inexpensive carrier oil. It's a low-odor, fairly fast absorption to the skin, so it's not going to be very greasy or anything like that. I also love Argan oil. I use that for my face and I love it. Baking soda. Some of these things you might already have in your kitchen. Baking soda is one of those things that I already have in my kitchen, but it's great for exfoliators as well as a face cleanser or a deodorant. Bees wax. This is really nice. Some people use it in emulsified lotions, for body butter, lip balm. That should say not lip balls. Lip glosses. Cocoa butter. I love this cocoa butter. It smells like chocolate. It's really nice in emulsified lotions. We're going to go over that a little bit today.

Shea butter. This makes really nice body butters, soaps and lotions, and lip balms. Extra virgin coconut oil. I use this in everything from scrubs to lotions to soaps, body butter, lip balm. It's a great oil. It's also really nice because you can just get it at the grocery store. Some of these ingredients you have to order online. This one you can usually just get at your grocery store or Whole Foods or something along those. French Green Clay. This makes a really great face mask and it really helps to suck up the toxins and heal blemishes on your face in no time. I use this about once a week and I'm going to give you a great recipe for that towards the end of the video tutorial. This

is one that I always have a tough time pronouncing: jojoba oil. It's a super rich carrier oil, great for lotions, scrubs, and hair products. I love this one. Again, it's fairly fast to absorb into your skin.

Next, vitamin E. Vitamin E is fantastic because it's an antioxidant and also extends the shelf life of your oils. Some people confuse this with a preservative. It is not a preservative, but it does help to extend the shelf life of your oils. I put it in nearly everything because it also has amazing healing properties like helping with your scars or stretch marks. I really like vitamin E. You can get the capsules at your grocery store or you can order it online. Emulsifying wax. This is the only ingredient that isn't technically one hundred percent natural. A lot of people use bees wax instead of emulsifying wax in order to make lotion. I'll get into the technicalities of this in a little bit. Bees wax is not a true emulsifier. You do need to make some adjustments to your recipe if you're going to use bees wax instead of emulsifying wax. I like to use both, but emulsifying wax definitely does extend the life of your lotion and it helps keeping your waters and your oils combined.

Sugar. You'll probably have this in your kitchen. I like to use a combination of raw, brown, and white, which is great for scrubs. Salt. There's so many different types of salts. I'll post a few examples of those in the members area, but they're fantastic for scrubs. There is a difference between sugar scrub and a salt scrub, and I'll talk about that in a bit. One's a little more drying and exfoliating. The other one's a little more moisturizing. Oatmeal. Also really nice and really great for face scrubs. This is a really good, high-level shopping list to start with when you're making your own beauty products.

Supplies

That brings us to where do you get supplies. There's many suppliers on the internet and there's a few that I really like. I really like Amazon. Com. It's not going to have all the ingredients that you need, however, the nice thing about Amazon is if you sign up for Prime, you get free shipping on everything on the site. Everything that has Prime optional, which is most ingredients that you'll be able to find, ship with Prime.

That's really a big cost savings to you because often beauty products can be quite heavy, shipping can be quite expensive so free shipping with Prime really is a good deal.

Another site I use is Newdirectionsaromatics.ca. If you're in Canada, that's a great spot and then Mountain Rose Herbs. Again, they ship everywhere and I love them. They've got a lot of great ingredients.

One that's not listed here is Bramble Berry. I buy a lot from Bramble Berry as well.

I suggest you get familiar with all these sites and just find one that you like that has the ingredients that you're looking for and that has the best cost for shipping to your destination, wherever it is that you live. These are just a few examples. There are many online, but these are ones that I'm familiar with, that I've experienced and had a good experience with. I would suggest you take a look at Amazon first and maybe Bramble Berry and then New Directions Aromatics if you're in Canada.

Carrier Oils



A carrier oil is a vegetable oil derived from the fatty portion of a plant, usually from the seeds, kernels or nuts. "Carrier oil" comes from their purpose in carrying the essential oil into the skin.

Here are some example carrier oils:

Apricot Kernel Oil

Perfect light oil for face care including moisturizing oils and serums. Can be used as a light massage oil as it is easily absorbed. Good for all skin types, especially sensitive or dry, dehydrating, or maturing skin. High in oleic and linoleic fatty acids for skin nourishment.

Avocado Oil

This oil is packed with vitamins and nutrients for skin repair and healing from the outside in! It is a thicker oil, so use it in a blend of carrier oils to create a nutrient-rich body oil.

Fractionated Coconut Oil

This is a light, clear, and odorless oil, making it a great carrier for essential oils. It's also the perfect massage oil as it provides good lubrication and nice slip against skin.

Hempseed Oil

Put this oil on and step into the sun! This oil has many powers, from being a natural sun block, anti-inflammatory, and even contains high amounts of Vitamin E and antioxidants. Perfect as a light moisturizer that won't clog your pores. And it wouldn't hurt to add this oil to your diet, it's known to make skin glow, nails stronger, and hair shinier!

Jjoba Oil

Jjoba is a rich and luxurious liquid wax that is great as part of a body oil blend. It has a lightly nutty scent and is high in Vitamin E. Its composition is similar to the skin's natural oil, sebum. It is relatively expensive, but ideal for skin conditions and absorbs readily into skin.

Macadamia Oil

Macadamia is a luxurious oil that is great for especially sensitive skin. It is great for massage and moisturizing dry skin. Simply wonderful for babies!

Olive Oil

Olive is a good oil for skin care, especially dry skin. It makes an excellent conditioner for hair and nails. A good oil for making soaps, salves, and herbal infusions. And easy enough to get from your local store! Sesame Seed Oil This oil is nearly clear, with a golden hue, and is packed with Vitamin A and E. It is great in salves, lotions, and body oils for normal to dry skin types.

Sweet Almond Oil

This oil is a favorite for aromatherapists because it is suitable for all skin types. It provides great lubrication when used as a massage oil. Its light scent makes it perfect for blending into a scented body oil.

The first thing I want to talk about is carrier oils. Carrier oils is kind of like the flower of baking.

What Is A Carrier Oil?

Carrier oils help carry the essential oils to your skin and deliver that sort of health benefit to your skin. It kind of forms the basis of a lot of beauty products. A high level carrier oil is a vegetable oil derived from the fatty portion of a plant, usually from the seeds, kernels, or nuts. Carrier oils come from their purpose in carrying the essential oil into the skin. I want to go over a few examples of different carrier oils.

Again, often you'll look at a recipe and it seems like every recipe is recommending a different oil. What I want you to understand is often it is possible to make substitutions. If you don't have avocado oil, you can use another type of oil.

Today I want to teach you how to identify what oils you can make substitutions with and are going to have the same end result in your recipe.

Apricot Kernel Oil

Let's start with apricot kernel oil. It's a really nice, light oil that's nice for face care, including moisturizing oils and serums. It can also be used as a light massage oil as it really easily absorbs. It's good for all skin types, especially sensitive or dry, dehydrating, or mature skin.

Avocado oil

This is a great oil. I like it because it's packed with vitamins and nutrients that help repair your skin. It's a little bit of a thicker oil. It's nice to use under your eyes and to use as a blend of carrier oils. It's also a little more expensive, so sometimes you're not going to use all avocado oil. You might combine avocado oil with grape seed oil, which is a little lower cost and faster to absorb.

Coconut oil

This is a light, clear, and odorless oil, which makes it great as a carrier for essential oils. It's also great for massage oils and really nice lubrication. It has a low melting point, so what I mean by that is

that it's solid at room temperature and when that temperature increases just a little, for example if you put it on your skin, it melts.

Hemp seed oil

You're going to want to put this one on your skin. It's really nice, especially if you're going to step out into the sun. It has a lot of different, powerful attributes to it from being a natural sun block to anti-inflammatory. It even contains very high amounts of vitamin E and antioxidants. It's really nice as a light moisturizer that's not going to clog your pores. That's a really, really nice benefit of it.

Jojoba Oil

Jojoba oil is a rich and luxurious liquid wax. It's a great part of a body oil blend. I use this in a lot of my emulsified lotions because it has a really nice, light texture it that absorbs fairly fast, high in vitamin E, and it's composition is similar to the skin's natural oil. It's a bit expensive, but it's really nice because it does absorb into your skin really nice.

Macadamia oil

It's a luxurious oil that's really great, especially for sensitive skin. I really like this one and it's really nice on baby's skin as well because it is so sensitive.

Olive Oil

Olive oil is a great oil because a lot of people have it around their house already. It's good for the skin, especially dry skin. It makes a really nice conditioner for your hair. It's a good oil also for making soaps and herbal infusions. It's very, very easy to find.

Sweet almond oil

This is one of the oils I recommended to you because it's great for all around skin types. It's really, really nice, light oil that absorbs into your skin fast. These are a few types of oils, but as you know, there

are so many different oils out there. Grape seed oil is another one. There are many carrier oils. You don't need to have them all.

I want to show you a little chart that I found online that I found very, very useful for understanding absorption and how to make substitutions among oils.

CARRIER OILS

Substitutions:

When substituting carrier oils, you must replace eliminated carrier oils with something similar, or you can very drastically alter the final product.

So, when you're trading ingredients, your first consideration should be if the replacement ingredient is the same consistency as the original at room temperature. Also, when swapping out oils in a recipe where absorbency is important, ensure the replacement oil is pretty similar to the original in terms of absorption speed.

Things To Consider:

- Bulking/ Dilluting
- Consistency
- Melting Point
- Absorption

Fast to Absorb	Average to Absorb	Slow to Absorb
Safflower	Jojoba	Avocado
Camellia Seed	Kuikuinut	Castor
Hazelnut	Argan	Flax seed
Grapeseed	Sweet Almond	Evening Primrose
Rosehip (also drying)	Olive	Oat
Apricot kernel	Coconut oil	Macadamia nut
Canola	Sunflower	

Liquid Oils	Soft Oils	Brittle Oils
Olive oil	Coconut oil	Cocoa butter
Canola oil	Shea butter	Kokum butter
Grapeseed oil	Cupuacu butter	Illipe butter
Safflower oil	Mango butter	
Argan oil	Babassu oil	

Substitutions are very important. When you want to substitute a carrier oil, you have to replace that carrier oil with something similar or you'll find a very drastically different final product. When you're trading ingredients, your first consideration should be if the replacement ingredient is the same consistency as the original at room temperature.

For example, you wouldn't want to swap out olive oil with shea butter because their consistency is completely different. That will very much change the end result of the recipe.

Also, when swapping out oils in a recipe, absorption is very important. If you look at something like grape seed oil which is very fast to absorb, you wouldn't want to switch it with avocado oil, which is slower to absorb.

Again, that's going to impact the final result of the recipe. These are all very important.

Things you're going to want to consider are bulking and diluting, consistency, melting point, and absorption.

For example, shea butter and coconut oil have a very different melting point. You might want to consider using coconut oil in a lip gloss which melts at skin temperature, but Shea butter needs a little more of a higher temperature. That would go on and wouldn't spread as consistently as you'd want.

When thinking about a recipe, you also want to think about the use.

Coconut oil might be good for a lip gloss. Shea butter, maybe not so much because it has a higher melting point. These are different things you're going to want to keep in mind.

When making a substitution, look at absorption as well as texture, consistency and bulking.

That's very important. Never substitute a liquid oil with a butter like shea butter. Those are not good to substitute. Even a hard butter with a soft butter. Again, that's going to impact the end recipe. These are all things you're going to want to keep in mind.

I would suggest printing these charts out, having them in your kitchen and when you look at a recipe and you come across a recipe and you next time say, "Okay. I don't have this ingredient", you can look at this chart and you can say, "all right. If I don't have grape seed oil, but I do have apricot kernel oil, is this something I can make? Is this a substitution I can make?" You would be able to look at this chart and say, "All right. They absorb at the same speed, they're both liquid oils, so I think that that's probably safe to say that they're a good substitution for each other."

I think that this is going to be very helpful for you going forward.

When you look at recipes and you look at how is that going to impact the end result of your recipe. It's often when you're getting started, or even more advanced people who have more experience making their own beauty products, they alter their recipe only to find that it doesn't end up the same. I'm hoping that this will help you considerably looking at recipes, evaluating, even just what the ingredients are going to do. You can look at a recipe and now think, "Is this a recipe that's good for my climate?" For example, you may not want a very, very butter in my lotion because you live in California and you just don't need such a deep moisturizer. You might be fine with a lighter, faster to absorb oil such as sweet almond oil or grape seed oil. These are all things that you're going to want to keep in mind. It's really going to help you understand recipes and whether they're right for you a lot better.

Essential Oils

Next I'm going to want to talk about is essential oils. Essential oils are fantastic for not only their health benefits, but for their scent and their aromatherapy effects, like relaxing or sleep-inducing. When looking at essential oils, I kind of evaluate them on three different things:

Number One Scent: There's the citrus family, the floral family, the woody family, the spicy family, and the herb family. There are more families, but these are kind of the main categories they fall in. Again, it's easy to think, "Oh, I need to spend all this money on essential oils. I need all of these because a recipe called for them." However, if you just group your essential oils in these five categories, again, you can make substitutions and alterations to a recipe based on what you have and what you want your physical effect to be and what you want your aromatherapy effect to be. These are things I'm going to talk about in the next few slides.

I want to start out with an essential oil starter list. This is really important because again, it's easy to think, "Oh I need all these essential oils", when in reality, you don't. You just need one or two from each category.

- Lavender is fantastic because it's calming and antibacterial. Lavender is just great for all around skin types. Really calming your skin down and reducing redness.
- Tea Tree oil is a great anti-bacterial that's anti-fungal as well. I like to use that in face products, especially for acne-prone skin.
- Lemon, orange, grapefruit. Grapefruit personally is my favorite, It's really great for circulation as well as purifying the air and cleaning products.
- Peppermint: It's really nice for lip balm and scrubs. I make a great scrub that's a combination of peppermint and grapefruit and I absolutely love it.
- Eucalyptus: This is fantastic for colds and skin problems. Whenever I have a cold, I like to have eucalyptus around me just because it helps me breath a little better, break up my congestion.
- Rosemary's nice It's very, very good anti-septic. Often, you can add it to your products to extend the shelf life of an oil because it's anti-microbial as well.
- Chamomile: I like to make a lavender, chamomile lotion, which is just so relaxing and calming. Really, really nice smells.
- Cedar wood. This is nice for stress and anxiety. The woody family.

You can choose one or two of your choice and form a nice collection of ten or eleven essential oils that are fantastic for you, making all sorts of different beauty products. This will really give you a nice selection that you can use when making multiple, dozens and dozens, if not hundreds of beauty products.

Essential Oil Substitutions

I think there are about two or three hundred different types of essential oils. You can see that they fall in these four categories: anti-bacterial, anti-viral, relaxing, and healing.

Anti-bacterial	Anti-viral	Relaxing	Healing
Tea Tree	Oregano	Chamomile	Helichrysum
Honey Myrtle	Lavender	Violet Leaf	Cinnamon Bark
Pine Scotch	Ravensara	Vetiver	Cinnamon Leaf
Chamomile	Tea Tree	Vanilla	Fir Needle
Ravensara	Patchouli	Fenugreek	Myrrh
Savory	Helichrysum	Cypress	Patchouli
Thyme	Onion	Ho Wood	Rue
Garlic	Hyssop	Rosalina	Spearmint
Lemon Myrtle	Honey Myrtle		Frankincense

Source: Humblebeeandme.com

This is another great chart I found that you can print out and use when considering how to make substitutions for your essential oils in different recipes.

If you're trying to make an anti-bacterial face product and you don't have tea tree oil, you can look at using something like thyme or chamomile. If you're looking at anti-viral and you don't have lavender, maybe you can consider using tea tree or vice versa. You can look at this and look at ways of making substitutions in order to execute a recipe based on the ingredients you have and your smells and preferences. That's important, too. Don't forget to take your preferences in.

If a recipe calls for honey myrtle but you don't like it, then try using tea tree, which you love. These are all things that you need to keep in mind.

One of the fantastic benefits of making your own beauty products is you get to decide.

You get to make these substitutions and alterations based on your preference. That's one of the empowering things about making your own beauty products. Another thing to keep in mind is cooling, sinus-clearing, warming, and pain-killers. You can kind of look at these categories. Sinus clearing. Menthol. Maybe you don't have that and you can try another one on the list.

Warming: Maybe you don't have cinnamon, but you have ginger, or you don't like one of them. These are all things you can keep in mind. For one, looking at a recipe and evaluating your preference on what to use. That's what I would suggest you do. Just evaluate each recipe. Go through it, figure out what ingredients you have and don't have, go through these charts and figure out where you want to make substitutions based on your climate or your preference or ingredients available. I think this information alone is really going to be beneficial to you going forward.

Butters

I love butters. Butters are fantastic because they're so moisturizing and rich. They're just kind of fun to play with. Butters are made from fruit, beans, seeds, and leaves produced by hydrogenating the cold-pressed oil extracted from them. From oils themselves, for instance, hemp seed oil, butter is produced by extracting the oil and combining the fatty acid and wax from the oil. Extracted oils are also blended with palm oil, soybean oil, or other vegetable oils to make butter. There are dozens of different types of butter available. Again, I made some recommendations earlier on.

There's avocado butter. It's really nice for hair treatments. I love coffee bean butter. It's a little more expensive, but it's basically a coffee butter, so it's an anti-oxidant, it helps with anti-irritation and anti-inflammatory. It's really nice for skin and hair. I bought mine on BrambleBerry.com. I'll include a resource link below. Cupuacu butter, which is really nice because it has fast absorption. It's not heavy like many other butters. Often you can make a body butter and find that it

is very, very heavy, too heavy or a little too greasy. Cupuacu butter absorbs really fast and I love using this in body butters.

Green tea butter. It's anti-inflammatory and anti-cellulite. It has an anti-irritancy and anti-fungal effects. Again, really nice butter. There are so many different types hemp seed butter, macadamia butter. These are all different butters.

I really like shea butter, cocoa butter, coffee butter, and Cupuacu butter. Those are four butters I always have on hand. That way, again, you're keeping your costs down and you're not buying every single butter in the books because really you don't need them all. Between the coffee butter, cupuacu butter, shea butter and cocoa butter, you really can go a long distance. Really cocoa butter and shea butter will take you through most recipes themselves.

As I mentioned, cupuacu, cocoa, shea butter, mango butter is really nice, too. Very rich in antioxidants. You can kind of look at this chart and see what types of skin types it's good for. Maybe if you want to make something that absorbs fast and you have dry skin, Cupuacu butter is going to be good. It's a medium to hard butter, so you'd want to substitute that for another medium to hard butter. For example, a mango butter or shea butter with avocado butter, which again, are soft medium butters. Shea butter's just very moisturizing and great for all skin types. Mango butter's really, really nice because it's very healing. Avocado butter has a bit of a natural sunscreen property and again, great for all skin types, but especially dry because it is very moisturizing.

With that said, I want to talk about a few recipes. In this training, my big goal was to help you understand ingredients, how to get started, how to understand a recipe to make substitutions and alterations based on your end goal. I am going to provide you with some great recipes. Let's start with a body butter basic. At a very, very high level, a body butter is a combination of different oils and butters that are usually very heavy and moisturizing. They're great before you go to bed, in the deep winter when it's really, really cold out and those sort of circumstances. Their texture ranges from solid to whipped. I personally prefer whipped body butters because it makes it a little

lighter. Body butter does not include water like lotions do. We are going to talk about lotions.

I'm more of a lotion person than a body butter person. I do like a nice body butter after I go to sleep, maybe after a bath. It's just a little heavier. I wouldn't wear body butter in the morning right before I put my clothes on, especially something like silk because it might stick to it. In terms of making a body butter, you're going to want to experiment with different oils and butters to find the right absorption speed, consistency, and weight based on your preference. You're going to want to apply it lightly and rub it in well. Personally, I like to use a cupuacu butter in my body butters because it's a little less oily than some other butters. It has a nice sort of smell to it and it's a little lighter.

Whipped Body Butter Recipe

I'm going to give you a basic whipped body butter recipe using some of the ingredients I recommended you look into and add to your shopping list. You can start with fourteen ounces of Shea butter, five ounces of coconut oil, and essential oil of your choice. I really like lavender and chamomile because it's so calming, but if you're going to use it in the morning, you might want to consider citrus like grapefruit to kind of wake you up. You're going to want to combine all the ingredients together for seven to ten minutes using an electric blender or until it's really light and fluffy like a whipped cream. You really do just beat it until it's light and fluffy.

To start, I usually melt the shea butter and coconut oil together in a double broiler and I put it in the fridge or the freezer until it starts to firm up again. After I've done that, I combine it using the electric beater. Why do I melt it down? That's simply so I can ensure the shea butter and coconut oil combine properly and one hundred percent. It also makes whipping it a lot easier.

When you're going through this, of course look at the carrier oil substitution chart. If you don't have coconut oil, you can use another oil, maybe grape seed oil or sweet almond oil. You want to look at the substitution chart here. If you don't have shea butter, you can consider using a cocoa butter or a mango butter. Consider the

ingredients you have, consider the desired end result, and looking at the substitution charts.

Scrubs

Next thing I want to talk about is scrubs. Scrubs generally combine an exfoliant. There are many different types of exfoliants.

Three Main Types Of Exfoliants:

- Sugar
- Salt
- Coffee

Sugar Scrubs

A sugar exfoliant is a little gentler than a salt scrub. The granule is round and doesn't cut the skin. It's better for sensitive skin. Sugar granules dissolve more easily in hot water and are less abrasive than salt scrubs. Glycolic acid content in sugar also helps to prevent skin from harmful toxins and it's very moisturizing. It's a lot less drying than a salt scrub. I personally use a sugar scrub every single day. I find it very, very moisturizing. I especially like to combine sugar with coffee just so I can get that caffeine help with the fat cells and reduce cellulite.

Salt Scrubs

Salt scrub is a bit more abrasive because of salt's sharper edges, but they do a better job of smoothing the rough skin on the body. Salt also has many therapeutic and mineralizing benefits. Sea salt naturally purifies and removes toxins that block the pores of the skin and promotes better circulation. I really like a salt scrub, but I only use it about once a month, if that. It does a better job of removing the rough skin off of your body, but it is a little more drying and there are so many great salts you can use, like Himalayan, Mediterranean, Hawaiian, or Dead Sea salt. They all have different minerals and different health benefits.

A lot of people think scrubs are very, very basic, but there are so many things you can do to combine and make substitutions and find the thing that's right for you. That's really what making your own

beauty products is about. It's about trial and error, experimenting and tweaking until you find something that you will love more than anything you've ever found in terms of a body product before.

Coffee Scrubs

Coffee is fantastic, like I said. I use a coffee scrub every single day. It's great because caffeine can help distribute fat cells and lower the formulation of cellulite. It really helps to prevent or eliminate varicose veins, or spider veins they call them. Because of the healing benefits of coffee and the caffeine in it which really does wonders in terms of reducing the fat distribution and formation of cellulite, it helps to shrink the blood vessels as well.

Basic Scrub Recipe

A very basic recipe for a scrub is two parts exfoliant, so that could be sugar or salt or coffee. One part oil. Personally, I love to use coconut oil in scrubs, but you can use any oil based on your skin type. The thing about coconut oil is it does tend to get hard, usually at room temperature. You could use another oil like grape seed oil, which I really like as well, or rose hip oil.

Again, it's a personal preference. If you like more exfoliant, you might want to make it three parts sugar, one part oil. It really comes down to you, so mix it up and then see the consistency that you like. There's no right or wrong answer. It's not going to be bad because you add more exfoliant. It's really based on your preference, so that's nice to keep in mind. Different things you can add in. I usually like to add some vitamin E because it does extend the shelf life of a carrier oil. It's very healing and it's a great antioxidant. Again, great for stretch marks. Baking soda if you're going to make a scrub for your face is very, very nice. Different beads or essential oils. I like to add a few drops of essential oils. Usually about one drop of essential oil for every two ounces is a good sort of ratio.

Coconut, like the actual skin of a coconut or even just zest from a fruit is really nice. You're going to want to be careful in that case because that does reduce the shelf life of a scrub. Spice mixes. Fall, Thanksgiving's coming around. Maybe a pumpkin pie mix is really,

really nice to add into your scrubs. You really can create fantastic scrubs that are beyond basic, that are really fun to make. I love, love making scrubs. It's a really nice birthplace for a beginner to start. They make fantastic presents and gifts, too. That's scrubs.

Basic Face Scrub Recipe

Let me give you a basic face scrub recipe. Two tablespoons of white clay. I'm going to get into different clay types in just a second. Two tablespoons of rolled oats, a tablespoon of baking soda, a tablespoon of honey, a tablespoon of melt and pour soap base. I'm going to give you an all natural melt and pour soap base, a resource link for that. It's from Bramble Berry. Many people who know how to make their own soap would make their own soap and put this in the face scrub. Personally, for me, I don't. I'm not going to be teaching how to make your own soap on this training because that could be its own course on its own. I would suggest using this melt and pour base if you don't know how to make your own soap. It's still all natural and it's still fantastic. Very moisturizing still. You're going to really like this face scrub.

Two drops of lavender essential oil, a drop of Ylang-Ylang essential oil or cedar wood if you don't have Ylang-Ylang. You're going to want to combine everything in your coffee grinder and store it in a mason jar and then just take a teaspoon or so and rub it into your face in a circular motion for a minute or two and then wash it off. Don't do this more than once a week, but it's a really real nice scrub for keeping your skin fresh and moisturized and it has a lot of amazing nutrients in it. I love this scrub recipe and I think you're really going to like it a lot, too.

Emulsified Lotions

This is something that a lot of people have difficulty with is making lotion. In actuality, there's really only one or two things you need to keep in mind in order to make a great lotion. On a high level, what a lotion is is combining water with oil, usually two parts water to one part oil, and using an emulsifier like a beeswax or an emulsifying wax. That combination forms a lotion. The reason why some people have difficulty is because water and oil are naturally insoluble. They don't

combine naturally, and that's why you need that emulsifying wax or beeswax to combine the two to emulsify and combine the oil and the water. If you do it incorrectly, what will happen is the water and the oil will separate after a few hours or a few days.

I love lotions because again, you can really customize them and get very creative and making your own beauty products really is a creative process. It's fun because your imagination, the sky really is the limit. A basic idea of an emulsified lotion, the recipe is two part water to one part oil to a quarter part beeswax or emulsifying wax and some essential oils. You can add silk if you want. Usually, I like to mix in avocado and grape seed oil. If I want to do something for my face, rose hip, because it's extremely fast absorption. Maybe a little bit of butter used sparingly because it is a little thicker.

I'm going to give you a great recipe. You can use two part water. What I like to do is substitute the water for coffee or green tea or chamomile tea or rosewater. It just has to be water-based. It doesn't have to be strictly just water. Let me give you a great recipe. One and a half tablespoons of cocoa butter, two tablespoons of jojoba oil, a quarter cup and two tablespoons of avocado oil, two tablespoons grated beeswax or emulsifying wax, a cup of water or green tea or chamomile tea. What you're going to want to do is you're going to want to heat the oils, butters, and beeswax together on a double broiler until the mixture is completely liquid. Then you're going to want to add any essential oils to the water prior to incorporating.

You're going to want to blend the mixture with an immersion blender while slowly pouring in the warm water. This is the most important thing you need to remember; you need to remember that the water and oil have to be at the same temperature. Using a thermometer for this is crucial. Make sure the water and oil are at the same temperature and combine. You'll be able to watch it transform into a really nice, white lotion. Shelf life is at least a month, especially if you keep it in a fridge. I've created a video for you so you can watch it below. I've converted the recipe into ounces so it's a little more accurate. I think you're really going to enjoy that lotion recipe. It's so easy to make. The thing you're going to want to remember is make sure to combine the water and oil at the same temperature. Use a thermometer for that. If you don't, the oil and the water will separate.

I love that recipe. I like to add chamomile and lavender into it because it's so relaxing and soothing. That's a really nice lotion recipe.

Let's talk for a second about preservatives. For the lotion recipe I'll use phenonip as a preservative at the ratio of .5%.

A lot of people ask what is a great, all natural preservative. When do I need to use preservatives. You have to use a preservative when you add water. When you add water, for example in a lotion, you really should add a preservative, especially if you're giving it away or selling it. If you're just keeping it yourself, you can keep it on its shelf life. If you're giving it away or selling it, you're going to have to tell your customers or friends, look, this is only good for a few weeks and keep it in the fridge.

There really is no natural preservative. A lot of people think there are natural preservatives like vitamin E, but that is really just an antioxidant, and that is different. A preservative is an anti-microbial solution that helps prevent mold and other things from growing in your product. Preservatives are needed in any product that has water in it to prevent bacteria and mold from growing in it. Currently, there isn't a good quality, affordable, all-natural preservative on the market. An antioxidant is not a preservative. It lacks anti-microbial qualities. Vitamin E, grapefruit seed extract, rosemary, they can all help prevent your oils from going bad and extend the shelf life of your oil, but does not preserve as it does not have anti-microbial properties in it.

For a more detailed look at preservative options, [you can check out this link.](#)

<http://www.soapqueen.com/bath-and-body-tutorials/lotion/talk-it-out-tuesday-preservatives/>

Soap Queen did a really fantastic article about the different types of preservatives available and what portion to use them in and when to use them. That's something you're going to want to take a look at. On a high level, this is the talk about preservatives.

Foaming Cleanser

I love this foaming cleanser. I use it every single day except the days I'm using the face scrub. A nice foaming cleanser recipe is a quarter cup liquid castile soap. There's a link to where you can buy that on mountain rose herbs below. A quarter cup organic chamomile tea, a teaspoon of grape seed oil or avocado oil, a tablespoon of Manuka honey, eight drops of lavender essential oil, and a few drops of vitamin E, which is going to extend the life of that oil. You're going to want to mix it together and then store it in a glass dropper bottle. This is really nice. It's a foaming cleanser you can make and keep it in your fridge. It does have water in it, so it's not going to last longer than a few weeks, but you can make it up once every two weeks and it's a really nice cleanser. Very soothing. It's very mild foaming cleanser. I know a lot of people don't like using a foaming cleanser and I will give you an option for that in the next slide.

This is a really nice foaming cleanser. Very, very good for sensitive skin. It's not too harsh and it's still moisturizing. Variations to the cleanser. For oily skin, you can use an astringent or antiseptic essential oil like tea tree, bergamont, geranium, or lemongrass. For dry skin, you can choose a mild essential oil like sandalwood or cedar wood, chamomile, lavender, or rose. For mature skin, you can use something that's great for stimulating new cell growth like lavender, jasmine, or geranium. I like to use lavender almost always in my essential oils, especially for face because it's so great for all skin types and it's very relaxing. I always add vitamin E. Instead of having chamomile tea, you could also substitute rosewater, which is great for maturing skin, distilled water, or pure aloe vera gel. There are substitutions or alterations again, that you can make with this cleanser. Again, you can go back and you can look at the oils and you can look at the oil substitution chart and substitute oils based on your skin type, preference, or ingredient readily available. You could make sweet almond oil in this as well.

For those of you who don't like to cleanse your face with a foaming cleanser, you might want to try the oil cleansing method. A lot of people think oil is not good to put on your face because that's what causes acne. That is not true and it couldn't be further from the truth. The basic concept is that oil dissolves oil. The oil cleansing method is based on the concept that oil dissolves oil. Basically, you're going to want to combine oil, depending on your skin type, different types of

oils, and massage about a quarter sized amount of oil into your skin for at least two to three minutes, just massaging your face. Once you've done that, you're going to want to place a clean washcloth under very hot tap water until it's soaked and wringed out. Place that cloth over your face, allowing the steam to penetrate your skin for about a minute.

Once you've done that, you can use the corners of the washcloth to gently remove any remaining oil. It's nice. I tried it out. Personally, I prefer the foaming cleansing method to the oil cleansing method, but some people swear by the oil cleansing method. If you are going to try it out, you're going to want to give it at least a few weeks in order to let your face adjust to the method. You might find a few breakouts initially, but after it adjusts, it clears right up. Different skin reacts differently. If you have very sensitive skin, the oil cleansing method is fantastic for it. Follow the oily skin guidelines right here: castor oil, hazelnut oil, and olive oil. For combination skin, you can add castor, hazelnut, olive, same thing for oily and for combination. For dry skin, you're going to want to try nourishing oil like olive oil or adding small amounts of castor or hazelnut. It's basically the same combination for the three. It's just that with dry skin, maybe you want to try hazelnut instead of sunflower.

Face Masks

I like to use a face mask about once a week in order to draw toxins out of my pores, to help soothe the skin and encourage healing. I wanted to give you a very great recipe for clay masks. Two tablespoons of witch hazel, four tablespoons of french green clay, eight drops of lavender essential oil, three drops of rosemary essential oil. Lavender and rosemary are very, very anti-inflammatory and very, very soothing. The green clay and the witch hazel help draw toxins out of your skin and clear out your pores.

You want to blend the clay into the witch hazel using a whisk and then following that, whisk in the essential oils. Once you've done that, just spread the clay mixture across your face and let it dry for about twenty minutes before rinsing it off. Once you've done that, soak a warm washcloth and just hold it on your face to re-hydrate the mask. Once you've let the clay dry, it's very, very dry, so wetting the

washcloth and putting it on your face helps you ring moisture back into the mask and it makes it a lot easier to remove the mask from your face. Once you've done this, I like to add argan oil to my face, usually with a little bit of frankincense and lavender added into it to really moisturize and bring moisture back into my face. I again don't do this more than once a week or it will be too drying for your skin. Once a week is a great time to do it because it does help pull the toxins out of your skin and clear your pores.

There are many different types of clays, so depending on your skin type, you may want to use a different type of clay. Bentonite clay is probably the most well know clay. It's very fine and has a powerful healing and drawing action on the skin. Its very unique chemical structure allows it to soak up bacteria and debris from the follicle walls and through an electric attraction. I like bentonite clay. It's probably one of the easier clays to get from your grocery store or local health food store. French clay, which is what is recommended in this recipe, is very, very mild and calming. It helps to soothe out irritations. Red clay is great for normal skin. High in minerals and iron. It's really nice to regenerate and replenish skin cells. Yellow clay is great for slightly exfoliating and stimulating your skin. It's ideally used for oily or combination skin due to its gentle drawing action. Green clay is the same thing. It's also very good for oily and acne-prone skin, as is white clay. It's very, very mild.

These are different clays that you can try with your recipe. Again, making your own beauty products is all about trial and error and testing out what you prefer. I'm giving you some great recipes, but then I'm elaborating on the ingredients to help you understand really what they do and what they're good for so you can modify the recipe based on your skin type. I think that is a really nice benefit of going through this training program is you'll have a better understanding of ingredients and how to modify them in recipes in order to get your desired end result.

Face Moisturizer

Speaking of face moisturizers, I like to use this very, very simple face moisturizer, which is just argan oil and different combinations of essential oils. I like to add lavender and chamomile or frankincense.

You really just mix it together into a little glass dropper jar and you mix the argan oil with essential oils and then after you wash your face, you'd apply it after washing your face again to bring moisture back into your skin.

Lip Balm

The basic lip balm recipe is one part beeswax to two part butters and two part oils. One part beeswax, two parts shea, cocoa, or mango butter, which is kind of a harder butter, or soft to medium butter, and then an oil which helps glide onto your skin. I like always to use coconut oil in my lip balms because it glides on really nicely and it melts on contact with your skin.

I'm going to give you a really nice recipe for a Burts Beeswax type lip balm. .7 ounces of beeswax, .88 ounces of coconut oil, .5 ounces of cocoa butter, 1.4 ounces of sweet almond oil, .3 ounces of vitamin D oil, and I love to add peppermint because I love that tingling feeling on my lips. Very easy to make as well. Lip balms are another great recipe for those who are maybe just starting out. You just melt everything together in a sauce pan and pour it into tins or tubes. You have a really nice moisturizing lip balm that I actually prefer to Burts Bees lip balm. It's definitely something I would suggest making and trying out. My lips tend to be always very dry, so I like to have this on hand all of the time.

Shampoo Bars

Finally, let's talk about shampoo. Shampoo bars are very similar to shampoo. It's literally just in a soap bar form. I really like shampoo bars because they're much easier to travel with. If you travel a lot, you can take them with you and you don't have to worry about transferring it into a smaller container because of flight regulations, or it leaking into your clothes. I would use the same melt and pour soap base that I recommend for the face cleanser earlier, for the face scrub. Again, I'll include the link below in the video. What I do is I combine a pound of melt and pour soap base, a teaspoon of almond oil, four teaspoons of shea butter, one and a half teaspoons of castor oil, an ounce of beeswax, one and a half ounces of cocoa butter, and three drops of grapefruit, lemon and orange. This is a really nice

citrus shampoo bar. I usually like to convert all of this into ounces, but the shea butter, almond oil, and castor oil are very easy to put into teaspoon form. I usually like to give my recipes in ounce form just because it's easy to measure.

This is a really nice citrus sort of cleansing shampoo bar. It doesn't strip the oils too much from your hair and your scalp, but it still cleanses it and moisturizes it. First thing you want to do is just melt the soap base and combine the melted soap base with the oils and the butters. You'd want to stir in the essential oils, not the fragrances. Stir in the essential oils after it's cooled. Pour it into molds and allow it to cool. I usually like to pour it into cupcake tins or silicone molds because those are a really nice size to have in the shower and scrub into your hair. This is a really, really nice shampoo. It's really refreshing in the morning. YOU're going to just be energized by the essential oils. You're going to want to try that out. It's fantastic.

Whipped Hair Conditioner

This is the last recipe I'm going to give you on this video training. Again, this will all be available, the PDFs are available below this video so you can download it and go through the slides again so you don't have to frantically write everything down. An interesting thing is the whipped hair conditioner is very, very similar to a whipped body butter. It has many of the same oils and butters in it. The fats are very excellent for your hair. A half cup shea butter, one cup coconut oil, and half a cup of grape seed oil are very, very nice for creating a hair conditioner. You can make substitutions based on your preference or ingredients available.

If you have very oily hair, you could substitute grape seed oil with rose hip oil, which is a bit of a lighter oil. All you want to do is melt the oils and butter together using a double broiler and then put it into the fridge or freezer and let it firm up again. Let it just firm up a little bit and from there, whip it for seven to ten minutes until it gets nice and light and airy and the air has been incorporated into it. That's going to give you fantastic whipped hair conditioner that you're going to love. Great for kind of hair that tangles easily. You can customize it based on your level of oil in your hair. For greasy or oily hair, you might want

to add essential oils that are good for that, like lavender, rosemary, sandalwood.

I personally love rosemary in shampoo and conditioner products. Whether you have dry hair or oily hair, it's really good for both. For dry scalp and dandruff, you can also add tea tree or peppermint or eucalyptus, but again, rosemary is great. I like rosemary with a combination of grapefruit. Something citrusy is really, really nice. That combination is really nice together and I think you'll enjoy it. With that said, that brings us to the conclusion of the video training today.

Hopefully you enjoyed the training and you found it of value, especially when you look at carrier oils and ingredients. I hope you look at recipes a little different now and you look at it with a better understanding of how to customize recipes for yourself based off the health properties or allergies or ingredients that you have readily available. If you have any questions, there is information on how to contact me in the member's area. Again, thanks for watching the training and take care and have a really great day.