

HOMEMADE PERSONAL CARE PRODUCTS - Recipes

Deodorant

- 2 Tbsp. shea butter
- 3 Tbsp. baking soda (works as a deodorizer) – could use arrowroot which is less irritating
- 2 Tbsp. corn starch (works as a mild antiperspirant)
- 2 Tbsp. cocoa butter (break up large chunks as much as possible before adding to mixture)
- 2 Tbsp. Coconut oil
- 2 Vitamin E oil gel caps (puncture and squeeze out the oil) – approx. ¼ tsp/2 caps
- Essential Oil* – 8-10 drops
- Calendula Oil (counteracts irritating effect of baking soda) – approx. 10 drops/recipe

Directions:

Melt all the ingredients (except the essential oils) in a glass dish or measuring cup in a shallow pot of boiling water and give it a good stir. This should only take a minute or two. Add the oils you have chosen and stir again. **Do not let the mixture reach boiling point.** Pour mixture into a glass jar and place in the fridge to set. This recipe will fill a ¼ pint sized jar. Scoop a little bit out of the jar, roll it into a pea-sized ball, and rub it in. This jar will last you at least 3 or 4 months. Alternatively, pour contents into an empty stick deodorant container and place in fridge to set. If you have really sensitive skin you can add a few drops of calendula extract to your mixture as baking soda can be irritating for some individuals and the calendula will help the onset of any rashes or skin irritations.

*you can use any essential oil you like, and the amount will vary on how strong you want it to smell. The cocoa butter already provides a bit of scent.

N.B. A 2-cup glass measuring cup is the perfect size to make 5 times the recipe which will yield 4 sticks plus 2 small glass jars of deodorant. Use 50 drops of calendula oil for 5 x recipe.

BEESWAX AND COCOA BUTTER LIP BALM

Yield: 5-6 chapstick tubes

1-1/2 tsp. beeswax (cosmetic grade)

1-7/8 tsp. organic coconut oil

1-1/8 tsp. cocoa butter

3 vitamin E capsules (puncture and squeeze out contents)

1-1/2 tsp. organic olive oil

Essential Oils of your choice (5 or more drops, depending on strength of fragrance wanted)

Melt all ingredients (except essential oils) in glass measuring cup placed in pot of boiling water. Stir continually until ingredients melt, but do not boil. Add drops of essential oil and pour into chapstick tubes. Leave on level surface while the lip balm cools and settles. Then add caps to tubes.

HAND LOTION

Yield: 16 ounces (1 pint size mason jar)

1-1/4 cup hot water

¼ cup emulsifying was

1/14 cup olive oil

Essential oils (24-36 drops)

Melt all ingredients (except essential oils) in glass measuring cup placed in a pot of boiling water. Stir continually. Once mixed well, remove from heat, add essential oils and pour into clean/sterilized mason jar, to cool. Partially cover mouth of jar with cap, but don't seal until completely cooled. Stir regularly while cooling to keep ingredients from settling out. **Don't be alarmed if it separates**, just keep stirring well to re-emulsify.

*Kristen Martinek www.enjoythisorganiclife.wordpress.com

