

A Beautiful Life

A Compilation of Natural Living Recipes
By EcoLife Owner and Founder Kassi Brent



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Kassi Brent with firstborn daughter Avi

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Foreword

This book is intended for your personal use only. If you have friends or family who would like my recipes, please kindly refer them to my website so that they can also purchase their own copy of my book and keep my small business sustainable!

Feel free to use these recipes for your own use, your family, for gifts, and, if so inclined, I highly encourage you and your family to sell your finished products for profit! I highly endorse small business endeavors, especially when used in the education of youngsters. Please come up with your own creative company name as "EcoLife" is still the name of my business and not for use by others.

Photos throughout the recipe book are of my products and most were taken by my dear friend Kathy Elliott.

Many of the recipes have been inspired by others found on the Internet with personal tweaks throughout the years. While it would be utterly impossible to track down the various sources of all of my recipes, I do feel it is appropriate to mention here that I have found inspiration from many others in various herb books, online, and through family tradition.

I am not a doctor or a physician or a trained herbalist or health authority. (How many other things can I claim NOT to be?! Hehehe.) I am just a mom, a wife, a woman...on a path toward natural healthy living using clean products and herbal remedies. These recipes and anecdotes are a STARTING POINT for you. Please do your own research and use your own intuition to find what is best for your family.

A Note from the Author

Seven short years ago, my hormones were crazy, my digestive system was rebelling, and my two sweet babies were battling eczema, dry skin, and constant skin rashes. Additionally, I was restless, bored, and lonely. God knew exactly what I needed. Through my obsessive research to balance my own hormonal and digestive issues, I found that many items in our home could be causing not only my hormonal imbalances but also my kids' skin problems. I searched for natural alternatives, but either the "natural" products weren't actually natural at all, or they were way out of our family's budget. So...I started making my own. I used simple ingredients with basic skills and learned from my successes and my failures. As my health improved, along with that of my children's, my friends noticed and started asking if they could buy some of the products I was making. A business was born. But it was so much more than a business. It was a purpose, a passion, a direction, which I so desperately needed. In a life where I felt like all I did was change diapers and breastfeed, I found that I had a reason to get dressed and interact with other women. I had found a way to share, to help, to give back. And that's exactly what I needed. I had prayed for God to take away my despondency, and what he gave me was a way to serve. He knew exactly what I needed.

Seven years later, my business has grown to include hundreds of faithful customers and a wide variety of products. I have met friends, learned business skills, and had my fair share of ups and downs, challenges and victories.

As Ecclesiastes 3 says,

¹To every thing there is a season, and a time to every purpose under the heaven:

²A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

³A time to kill, and a time to heal; a time to break down, and a time to build up;

⁴A time to weep, and a time to laugh; a time to mourn, and a time to dance;

⁵A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

⁶A time to get, and a time to lose; a time to keep, and a time to cast away;

⁷A time to rend, and a time to sew; a time to keep silence, and a time to speak;

⁸A time to love, and a time to hate; a time of war, and a time of peace.

God is leading me into a new season of life, but I would love for my journey to continue blessing. So...here are my recipes, my stories, my journey. May they bless you and lead you into a more beautiful life.

¹¹"He hath made every thing beautiful in his time..." Ecclesiastes 3:11a

Kassi Brent
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Chapter 1

Herbal Blends

This is a great place to start!
Herbal blends are one of the most basic products to make.
For the most part, all you have to do is gather
your ingredients and mix them up!
Happy blending!

Milky Bath Salts

This was one of my very first products! I packaged it in whatever glass jars I could find. I advertised as being “green” and “recycling” when really, my baby business just didn’t have the moolah to buy fancy containers! Lesson learned? Don’t wait until you “have it all together” to get started. I find I am most creative when I have to just use what I have. Look around. What has God blessed you with? How can you use it to bless others?

2 c. dry milk powder

1 c. Epsom salts

½ c. sea salt

½ c. baking soda

½ oz essential oils

2 T. dried herbs

This is your basic recipe. Now run with it! What do you have?

Do you have rose petals? You have Romantic Bath Salts.

Do you have loose leaf green tea? You have Anti-Aging Bath Salts.

Do you have lavender? You have Relaxing Bath Salts.

This is also great for little kids with diaper rash, bug bites, chicken pox, etc., as it is very healing, soothing, and gentle enough for their skin. When I use this, I don’t even use soap, which is even better for irritated skin.

Sitz Bath

To take a sitz bath, sit in very hot water up to your hips. Sitz baths clean, increase blood flow, heal, and are used to relieve pain in delicate tissues. This is by far the best remedy I have ever tried for hemorrhoids or healing from post-partum tearing. My "make your postpartum life easy" tip? Make this ahead of time. Boil your water, infuse your herbs, cool, strain, and then pour the resulting infusion (aka very strong tea) into individual ziplock baggies and freeze. After the baby is born, run yourself a shallow HOT bath and throw in a couple baggies of your frozen mixture and soak for at least 20 minutes. When the water starts to cool, fill up the rest of the tub and have hubby bring you the baby for a relaxing herbal bath for you and your new little one.

4 parts sea salt
2 parts Epsom salt
2 parts comfrey, yarrow, and rosemary
1 part chamomile, plantain, and echinacea
½ part rose petals, lavender, calendula, and lemon balm
Lavender, cypress, and myrrh essential oils

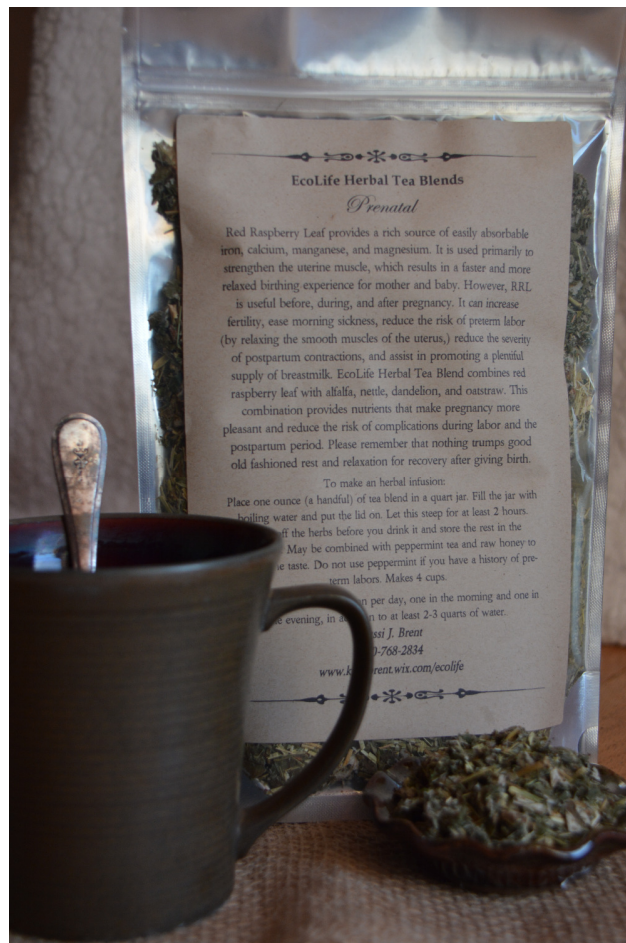
Bring 2-4 quarts of water to a simmer. Add 1 cup of sitz bath mixture. Turn off heat. Cover. Steep 30-60 minutes. Strain. Add to bath.

Prenatal Herbal Tea Blend

Red raspberry leaf provides a rich source of easily absorbable iron, calcium, manganese, and magnesium. It is used primarily to strengthen the uterine muscle, which results in a faster, more relaxed birthing experience for mother and baby. However, RRL is useful before, during, and after pregnancy. It can increase fertility, ease morning sickness, reduce the risk of preterm labor (by relaxing the smooth muscles of the uterus), reduce the severity of postpartum contractions and assist in promoting a plentiful supply of breastmilk.

8 parts red raspberry leaf
3 parts alfalfa
3 parts peppermint (leave out if a history of pre-term labor)
2 parts nettle
1 part dandelion leaf
1 part oatstraw

Place a handful in a quart size glass jar. Fill the jar with boiling water and put the lid on. Let steep at least 2 hours. Strain off herbs. Store in fridge until ready to drink. I drink 2 quarts per day when I am pregnant, along with 2-3 quarts of fresh water.



Baby Powder

Talc has recently been associated with serious health risks so I decided to make my own talc-free baby powder! With organic arrowroot powder to absorb moisture and bentonite clay to gently detoxify, I also replaced the baking soda found in my natural baby powder recipes with diatomaceous earth, which I have found to be much less irritating. Add just a smidge of lavender and Roman chamomile essential oils for a perfect healing powder.

1 tsp. bentonite clay

1 tsp. diatomaceous earth

Fill rest of 2 oz. shaker jar with arrowroot powder

Add 1 dr. each lavender and chamomile EO.

“Hippie Mud” Herbal Tooth Powder

Wait...what?! Tooth powder? This concentrated blend of herbs gently cleans teeth while improving overall tooth, gum, and mouth health. Our secret is black walnut powder, which has been used for ages to heal cavities and sensitive teeth. Not only is it useful for removing plaque from teeth, it is also an excellent astringent for loose gums and is a restorative herb for tooth enamel. Unlike commercial toothpastes with glycerin that leave a film on teeth, slowing the natural process of remineralization, our tooth powder will leave your whole mouth feeling clean, leading to stronger, whiter teeth. Also featuring plantain (tightens and soothes tissues), peppermint (antibacterial provides relief and relaxation), and aloe (known for its ability to heal and to soothe). As if that wasn't enough, our tooth powder also repels food particles and kills bacteria that cause cavities. This tooth powder is a great alternative for those desiring to avoid sulfates, fluoride, and glycerin, and is safe for supervised use by children. A 4 oz. jar will last you about one year. Just dip the top half of your toothbrush into the jar and brush as usual.

½ c. erythritol
¼ c. arrowroot powder
¼ c. black walnut powder
¼ c. licorice powder
1/8 c. dandelion powder
1/8 c. baking soda
1/8 c. peppermint powder
1/8 c. plantain powder
1/8 c. cinnamon
1/8 c. aloe powder
2 mL ea. Peppermint, wintergreen, tea tree, and sweet orange essential oil

If you like more of a “paste” than a powder, just mix this with coconut oil or olive oil.

"Black Magic"
Activated Charcoal Tooth Whitening Treatment

Equal parts activated charcoal and coconut oil

This chemical-free whitening treatment whitens teeth naturally without the use of bleach, peroxides, exfoliants, or other harmful ingredients that can aggravate sensitive teeth and leave gums sore. The featured ingredient, activated charcoal, is a highly absorbent substance. It is most commonly used to pull poisons and toxins from the body by binding to them and then passing harmlessly through the GI tract (think food poisoning, snake bites, accidental poisoning, etc.). This same action occurs when it is used on our teeth. The activated charcoal bonds to the stain and literally pulls it out of the teeth. EcoLife's Black Magic Treatment blends this treatment with oil pulling to create a high-powered detoxification for your entire mouth. This product is a whitening TREATMENT and should be used accordingly. At our house, we use it for 1-2 weeks every few months and then go back to using our Hippie Mud Toothpowder, which remineralizes teeth and will help maintain that healthy glow.

Pit Detox

1 T. bentonite clay
1 tsp ACV
1-2 tsp water
1 dr ginger essential oil

When transitioning to natural deodorant from traditional anti-perspirants, understandably, our bodies go through a pretty intense detox period. It has been my experience that if people can wait it out long enough, that the super nasty stinky disgusting BO will gradually dissipate into just normal body smell, but most people don't wait long enough and go back to their chemical laden toxic anti-perspirant before their detox is complete. This pit detox helps speed that process along.

Start by leaving it on for 5 minutes. If you experience sweating or nausea, your body is detoxing. Repeat 5 minutes the next day until you don't experience symptoms. Once you can handle 5 minutes, increase to 10 minutes, and repeat this process until you can leave it on for 20 minutes. At this time, your body has transitioned, and you can discontinue use. During your detox period, drink lots of water and avoid sugar and processed foods.

When I did my deodorant trials, many of the ladies just wanted to buy this. If they used the detox once a week, they could go without deodorant completely.

Bowel Cleanse and Whole Body Detox

Bentonite clay
Apple fruit pectin
Whole flax seed
Whole psyllium seed
Slippery elm powder
Marshmallow root powder
Bilberry fruit powder
Peppermint leaf powder
Activated charcoal

Mix 1 T. in water and take 30 minutes before eating. Do this daily for the first week. Increase to 2 T. the second week. Continue for 4-6 weeks. I personally respond very drastically to detoxes and often experience feeling rather ill when I first start one. Just drink lots of water and rest. You will feel much better at the end of it. Be sure to follow with a good probiotic at the end of your detox!

Fiber Mix

Mix equal parts psyllium, chia, and flax. Take 2 tsp 30 minutes before each meal. This will help you feel full and not overeat. It also really gets your bowels moving!

Herbal Facial Steams

This is by far my favorite facial treatment. Boil water in a shallow pan. Remove from heat. Add herbs, and then lean over the pan with your face in the steam. This opens up the pores and is also incredibly soothing to the sinuses. I like to do this before a clay or charcoal mask to really get all the benefits out of the mask.

Dry Skin:

3 parts comfrey

2 parts calendula

2 parts chamomile

2 parts rose petals

1 part lavender blossoms

Oily Skin:

3 parts comfrey

2 parts calendula

1 part raspberry leaf

1 part sage

¼ part rosemary

Detox Clay Mask for Face

2 T. Bentonite clay (detoxify)
½ T. Calendula flowers (heal)
2 dr Tea tree (kill acne-causing bacteria)
2 dr Lavender (anti-aging)

Mix small amount with water. Set for 30 minutes. Massage into skin. Allow to dry before rinsing. Substitute water with apple cider vinegar (clarifying) or whole milk (moisturizing).

Use daily for two weeks to deeply detoxify and then maintain healthy toxin-free skin by using twice a week.

Chapter 2

Essential Oils

Essential oils are basically just very concentrated aroma compounds from plants. And by very concentrated, I mean VERY concentrated. For example, one drop of lemon essential oil is equal to one pound of lemons.

One drop of peppermint oil is equal to 28 cups of peppermint tea.

Amazing! Thank you, Lord, for the blessing of essential oils!

A Note about Essential Oils

No, this is not the place where I am going to tell you which company has the best essential oils. This is also not the place where I will endorse or put down MLM companies. I have used a wide variety of essential oils from MLMs and non-MLMs. I have found some that were outstanding and some that were obviously terrible. My advice? Make sure they are therapeutic grade, no fragrance oil, not diluted, steam distilled and organic whenever possible.

Now, onto what I really wanted to say! Only a few oils are safe to be used "neat," meaning undiluted. Most oils must be diluted in what we call a carrier oil. Any oil will do. Favorites are fractionated coconut oil because it has no scent or olive oil because it's readily available, but any skin safe vegetable oil will do. Rule of thumb is to dilute to 2% concentration, 1% for kids.

Using essential oils "neat" can actually lead to sensitization, even if you don't have an immediate reaction. I used to use lavender essential oil in my henna paste, but I am finding more and more people sensitive to lavender! Is it the lavender? In my opinion, no. It is the misuse of lavender. Too much of a good thing....is a bad thing. Lavender is still one of the safest oils to use ever, but because we tell people that, they start using it willy nilly, and now it is one of the oils that I find people most likely to be sensitive to!

(Random sidenote: Now I use cajeput essential oil in my henna paste. Still very safe, still works well in henna, but much less common and therefore, much less likely to have rampant misuse sensitivities.)

I also do not endorse taking essential oils internally. I will occasionally use EO's in cooking, but my opinion is that they are strong and work medicinally. I love diffusing. I love topical application. But for our family, we do not ingest. Use your own intuition to decide what is best for you.

Finally, certain oils like cinnamon and clove and ginger can be "spicy" and can cause a reaction in some people. Make sure they are properly diluted in a carrier oil and then do a test on the inside of the wrist.

Meditation Oil

Mark 1:35, "And rising very early in the morning, while it was still dark, [Jesus] departed and went out to a desolate place, and there he prayed."

½ oz. carrier oil
10 dr lavender
10 dr rose
5 dr patchouli
5 dr myrrh

Works great in a roll-on or a small dropper bottle.

Breathing Oil

2 oz. carrier oil
2 mL tea tree
4 mL eucalyptus
2 mL peppermint
2 mL lemon
1 mL copaiba
1 mL wintergreen
1 mL pine
1 mL lavender

Use in place of Vick's to open airways and find relief from congestion.

Thieves EO Blend

Why is it called "Thieves?" In France, during the Black Plague, four thieves protected themselves with cloves, rosemary, and other herbs while robbing victims of the disease. When captured, they received a less strict sentence in exchange for their recipe.

You can do it the old fashioned way the way they did, and pour vinegar over each of these herbs. Or....you can just blend the essential oils. This stuff makes a great cleaner when added to a spray bottle of water or add it to liquid castile soap for a disinfectant soap. Plus, it smells amazing.

Lemon

Clove

Cinnamon

Eucalyptus

Rosemary

Rise and Shine

Sweet orange
Grapefruit
Lemon
Peppermint

When your "get up and go" got up and went....

I like to diffuse this while I am getting ready in the morning while playing my favorite Bollywood Workout Music on Pandora.

Stress Away

Copaiba
Lime
Cedarwood
Vanilla
Lavender

This is especially useful in a roller bottle. Just dilute with fractionated coconut oil and then keep in your purse for when you feel your anxiety rising. Also very helpful for little kids when they need to be calm such as during church services.

Headache/Hot Flash Oil

1 oz carrier oil
15 dr peppermint
4 dr lavender
2 dr eucalyptus
2 dr cedarwood
3 dr wintergreen
2 dr clove
2 dr lemon

Put in a roller to keep in your purse. I use this when I am pregnant. Just put it on your pulse points and breathe!

EcoFreeze Roll On

EcoFreeze Essential Oil Roll-On Rub is the perfect combo of BioFreeze and Deep Blue Rub. This natural blend of cooling oils is diluted to be skin-safe for on-the-go, convenient comfort and relief from sore muscles and joints. This works especially well as a massage oil as the cooling oils are activated further with the warmth of touch. With Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus, you can apply this on feet and knees before and after exercise, massage onto legs to relieve Restless Leg Syndrome and growing pains, or apply to back muscles after heavy lifting. I personally also use this when I need to "cool down" at a long, hot festival or when I have hormonal hot flashes. Just a quick roll on my neck and wrists provides instant relief.

3 oz fractionated coconut oil
5 mL wintergreen
5 mL camphor
3 mL peppermint
½ mL ylang ylang
1/3 mL ea. Tansy, chamomile, and helichrysum
¼ mL osmanthus

Aromatherapy Shower Tabs

1 c. baking soda

½ c. citric acid

½ tsp. bentonite clay

30 dr ea. Rosemary, lavender, and eucalyptus

Mix with hands. Mist with witch hazel until the mixture packs together when squeezed. Pack into balls and dry overnight.

To use, just put a ball or two on the floor of the shower, close the door, and breathe deeply.

Body Mist

8 oz. distilled water
1 T. witch hazel
20-30 dr. EO

Artificial fragrances and perfumes give me a headache, and they actually make my husband wrinkle up his nose. I still like to smell nice though so I developed this so I can spritz to my heart's desire!



Sugar Scrub

2 c. sugar
½ c. glycerin
½ c. oil of choice
1 vitamin E capsule
3-4 mL EO

You can eliminate the glycerin if you don't have it on hand. Just use a full cup of oil. The glycerin is a humectant, which means it draws moisture from the air. Plus, it keeps the scrub from feeling too terribly greasy.

Recipe Alterations:

Choco-Mint: 2 oz cocoa butter, 1 oz liquid oil, 3-4 vitamin E capsules, 2-3 dr peppermint EO, 3 oz brown sugar

Cinnamon and Brown Sugar: ¾ c. brown sugar, ¼ c liquid oil, 1 T. honey, 1 tsp cinnamon powder

Candy Cane: 1 c. sugar, 6 finely powdered candy canes, ½ c. glycerin, ½ c. oil, 1 vitamin E capsule



Edible Lip Scrub

1 tsp shea butter
1 tsp sweet almond oil
1 tsp coconut oil
1 tsp olive oil
5 tsp sugar

Flavor Ideas: hippy dippy trippy (grapefruit, juniper, lemon, orange, peppermint, and spearmint), peppermint blast, pink grapefruit, kissable (rosemary peppermint), orange-clove-honey, cinnamon sugar, maple almond (use maple syrup and almond extract), vanilla cranberry, chocolate lover (add cocoa powder)

Mineral-Rich Mouthwash

Okay, no sales pitch here. Just 100% brutal honesty. I wanted to be lazy. I wanted to go to Amazon and order some mouthwash. Something without sugar or alcohol. Maybe with essential oils. Without chemicals. Without preservatives. After searching and reading ingredients lists, I finally settled on a couple I loved...that were all over \$20 for an 8 oz. bottle. So...after all of that, I ended up making mouthwash anyway! This recipe is everything I want in a mouthwash! It soothes sensitive gum tissue, kills bacteria that cause tooth decay and bad breath, no weird chemicals, and leaves my mouth feeling minty and refreshed without making my eyes burn! Plus, it's affordable. You're welcome. :) And then for good measure, I added some trace minerals to help build stronger healthier teeth!

- 1 T. colloidal minerals
- ½ c. aloe vera
- 1 T. hydrogen peroxide
- ½ c. distilled water
- 3 dr spearmint
- 2 dr tea tree
- 2 dr lemon
- 5 dr peppermint

Teething Oil

1 oz. olive oil
8 dr. clove EO
8 dr. peppermint EO
3 dr. chamomile EO

Rub onto sore gums. If too strong, simply add more olive oil.

Lavender Ear Ache Rub

This soothing blend of essential oils calms, relaxes, and soothes pain. Antibacterial properties help to kill the bacteria that can cause infections. Use as soon as an earache starts to stop an infection before it starts.

¼ c. olive oil
1 tsp lavender
1 tsp tea tree

Use this oil to rub liberally around the ears when an infection starts. Use as often as needed. Most effective when used in conjunction with Grosmama's Ear Oil.

Although lavender and tea tree are two oils that can technically be used "neat," I still like to dilute, especially when using on children.

Swimmer's Ear

Fill a dropper half full with rubbing alcohol and the other half with ACV. Add a couple drops of tea tree.

The rubbing alcohol evaporates the water, the tea tree kills bacteria that can cause ear infections, and the ACV rebalances the flora in the ear.

Squeeze a dropperful into ear, massage ear lobe gently to help the product run into all the crevices, and dump head out onto a washcloth or towel. Repeat if necessary.

I took swimming lessons all summer every summer, and while all of my friends wore earplugs and were constantly at the doctor for ear aches and infections, my mom's simple remedy worked perfect. She kept this in her swim bag in an old travel size conditioner bottle she washed out, and it worked like a charm!

"Happy Feet"
Tea Tree Foot Soak

Soothe and energize tired, worn out feet. Soften callouses. Detoxify. All while eliminating foot odor and reducing the risk of fungal infections. This makes a great gift with a sugar scrub and a foot stick.

Mix equal parts Epsom salts, sea salt, and sodium bicarbonate.

Add a generous amount of tea tree and peppermint oils.

Add 2 Tablespoons to warm water and soak for up to 30 minutes.

Disinfectant Spray

Made without Petroleum, phosphates, solvent, SLS, artificial fragrances or VOC.

20 dr. tea tree EO

20 dr. lavender EO

10 dr. lemon EO

1 qt. water (For extra disinfecting powder, sub hydrogen peroxide. For extra cleaning power, sub white vinegar.)

Shake and spray as needed.



Goodbye Gunk

A chemical-free, solvent-free natural solution to sticky, gooey messes.

Instructions: Apply a few drops to gooey mess. Allow to soak for a few minutes. Then begin gently massaging area with a rag to remove the stickiness. Repeat if necessary.

Mix equal parts lavender and sweet orange essential oils. Other citrus oils also work well.

Lemon Oil Duster

¼ c. olive oil
2 T. lemon juice
20 dr. pine EO

Shake well before use. Apply to a soft cotton cloth and dust normally.

Traditional furniture dusting sprays contain petroleum distillates and silicates, which are not only harmful to our health but can also destroy the finish on your fine wood pieces.

I use this recipe on my antique baby grand piano. Built in the 1930s, my sly husband hid it in the corner of our gymnasium (We live in an old schoolhouse.) where our wedding reception was. I decorated around it all day the day before the wedding and never had a clue! I made it through our entire wedding without messing up my makeup, but when he pulled the blanket off of my wedding gift, I completely lost it, tears pouring down my face unabandoned. It was so much more than a piano. It was his bold statement before every person there that he believed in my dreams and that he cherished my artist's soul. Ten years later, he still finds little ways to prove it. For Valentine's Day, he signed me up for piano lessons, and he makes breakfast twice a week so I can practice piano. It is truth that no one will have the same passion that you do for your dreams, but choose to support your spouse in theirs and stubbornly defend their needs, even if they aren't identical to yours.

Rodent Repellent Satchet

Tie up cedar wood chips infused with balsam fir needle EO in a cloth satchet. Place under the seats in your vehicle or in camper trailers or tack rooms. May also add rosemary, lavender, clary sage, cedarwood, lemon, grapefruit, eucalyptus, and patchouli if desired. No cedarwood chips? Try putting an old corn cob instead. Remember, necessity is the mother of invention!

Mouse Away

Mix 2/3 drops of peppermint or lemon EO with 1/8 c. water. Add to 1 c. diatomaceous earth. Leave where you want to repel mice. To refresh, add water and shake.

Essential Oil Insect Repellent

4 oz distilled water
60 dr catnip
20 dr lemon
20 dr eucalyptus
20 dr lavender
60 dr peppermint
30 dr citronella
10 dr rosemary
10 dr tea tree
10 dr cedarwood
5 dr cinnamon

Did you know that catnip essential oil tested BETTER at repelling mosquitoes than DEET?! That makes me happy. This blend of oils not only repels mosquitoes, but also ants, beetles, caterpillars, chiggers, fleas, spiders, moths, weevils, and ticks. Shake well before spraying.

Room and Linen Spray

1.25 oz. vodka

2.75 oz. distilled water

Home: 50 dr. cinnamon, 25 dr. clove

Bedtime: 60 dr. lavender, 10 dr. chamomile

Calm: 45 dr. lavender, 35 dr. vanilla

Simply Delightful: 40 dr. sweet orange, 24 dr. lavender, 16 dr. lemon

Awake: 40 dr. lime, 30 dr. peppermint, 10 dr. eucalyptus

Kitchen: 45 dr. lemon, 35 dr. rosemary

Classic: 24 dr. eucalyptus, 20 dr. lavender, 28 dr. sweet orange, 12 dr. tea tree

Pet Deodorizing: 50 dr. cedarwood, 30 dr. tea tree

Sweet Orange Eucalyptus: 50 dr. sweet orange, 30 dr. eucalyptus

Bathroom Spray: 30 dr. lemongrass, 30 dr. grapefruit, 20 dr. bergamot

Holiday Memories: 30 dr. fir needle, 20 dr. sweet orange, 20 dr. cinnamon, 10 dr. vanilla

Spiced Cider: 40 dr. cinnamon, 30 dr. sweet orange

Christmas Tree: 30 dr. fir needle, 20 dr. pine scotch, 30 dr. cedarwood, 10 dr. cinnamon

Candy Cane: 60 dr. peppermint, 6 dr. wintergreen, 10 dr. vanilla, 4 dr. sweet orange

Silent Night: 20 dr. myrrh, 20 dr. cedarwood, 20 dr. sweet orange

As one of my loyal customers said, "I love this product because you spray it and come back in a couple minutes and....nothing. With other stuff, it just smells like poop flowers." The secret? Essential oils kill odor causing bacteria! Use it to kill airborne odors, on your sheets and pillows, your laundry, furniture, in your car, or spray in your toilet bowl before utilizing the facilities to stop the stink in its tracks!

Between the Sheets

1 tsp. arrowroot powder

1.25 oz. vodka

2.75 oz. distilled water

3 mL sandalwood EO and 1.5 mL vanilla

OR

2 mL sweet orange EO and 1 mL patchouli EO

This spray was intended for married couples to use after intimacy to freshen sheets and work to quickly evaporate any moisture. It also is a lovely all-purpose air and linen spray, car seats, furniture, gym bags, or as a silky, quick dry body spray.

Fabric Softener

1 gallon of white vinegar

1 T. essential oil of choice (I like tea tree, spearmint, lemon, or lime, but lavender and rose are also lovely.)

Mix together. Shake before use. Add ½ cup to rinse cycle.

Pre-Shave Oil

½ oz ea olive, sunflower, jojoba, and rosehip oil

1 dr cinnamon

1 dr clove

5 dr myrrh

6 dr vanilla

7 dr sandalwood

This oil helps the hair to stand up and also creates a smooth, slick surface for your razor to glide across. My hubby, who is a straight razor geek, says that this stuff is the secret to a close shave.

Peppermint Aftershave

½ c. rubbing alcohol

1/3 c. witch hazel

2 mL peppermint EO

2 mL lavender EO

1 tsp glycerin

1 mL eucalyptus EO

Shake well before using.

Beard Oil

1 oz golden jojoba oil
10 dr essential oils of choice

Jojoba oil is the closest to our natural sebum so this works really well for beards. It smoothes, tames, and moisturizes without being greasy. Rub vigorously between hands to warm it up and then massage all the way to the skin. Comb or brush as usual. If your man gets ingrown hairs in his beard, have him do this every day after his shower. My hubby reports a great decrease in ingrown hairs when he follows this protocol.

The Pirate: 5 dr bay rum, 2 dr clove, and 2 dr bergamot
Smooth Talker: 5 dr peppermint, 2 dr tea tree, 2 dr sweet orange
Lumberjack: 5 dr tea tree, 3 dr peppermint
No Shave November: 4 dr cinnamon, 2 dr sweet orange, 2 dr tea tree
Millionaire: 5 dr sandalwood, 1 dr ea. clove, rosemary, tea tree, lime, bay rum, and vanilla
Tarzan: 3 dr cedarwood, 2 dr eucalyptus, 2 dr lime, 3 dr vanilla
Frontiersman: 10 dr sandalwood, 3 dr tea tree, 2 dr orange, 1 dr aniseed, 1 dr geranium

Justin's Man Cream

When my husband's best friend started envying my hubby's beard, I asked him if I could experiment on him. Sure enough, after using my special cream every day, his facial hair started coming in thicker and stronger than every before!

4 oz. organic coconut oil
3 mL rosemary
3 mL lavender
2 mL fir needle
½ mL spearmint
1 mL bay rum
8 dr patchouli

Chapter 3

Water Infusions

I bet you already know how to make a water infusion.

In fact, I bet you probably made one this morning.

Did you make coffee? Tea?

Boom! Water infusion.

Read on, fearless infusion-er!

Notes:

Most of these recipes are water infusions (aka a very strong herbal tea). MOST of the time, you will want to use hot water, but not boiling. Boiling water can damage some of the healing properties in the herbs. Unlike a regular tea, to make an infusion, you will then cover it and infuse until cool.

Some of these infusions use apple cider vinegar (I suggest organic apple cider vinegar, unfiltered, with the "mother.") or vodka. These border on a tincture rather than an infusion, but since they are not being ingested, I decided to just place them in this chapter.

Also, any products with water of any kind are at risk for bacteria growth. Always use very clean utensils. Grapefruit seed extract can be used as a preservative if desired, but most of the time, I either keep my infusions in the fridge or use them quickly enough that spoilage is not a problem.

By making your own products, you are avoiding preservatives like parabens that disrupt hormones and have been linked to breast cancer. It's slightly inconvenient to have a product that is not perfectly shelf stable for years and years and years, but it is also inconvenient to deal with poor health later on. Plus, if you are a clutter bug like me, making products with a shorter shelf life will help you to only keep on hand the things that you use regularly and not hoard a bunch of junk!

After Sun Spray

1 oz. aloe vera

1 oz. ACV

1 oz. water infused with black tea, calendula, and chamomile

4 dr. lavender

4 dr. peppermint

The spray is great because you don't have to touch sensitive burned skin! The sooner you treat it, the better! This is also great for welding burns.

Detangler

Simmer 1 cup of distilled water with 2 T. amla and $\frac{1}{4}$ c. marshmallow root for 20 minutes. Cool and strain through a cheesecloth. Add 1 T. ACV, 1 tsp. jojoba oil, and 5 drops each of lavender and rosemary EO's. Pour into a spray bottle. Shake before use.

Flax Seed Hair Gel

This recipe came from my friend Nicole! She even walked me through it the first time via a Facebook video in my VIP group. This gel has been REVOLUTIONARY in my journey to embracing my naturally curly hair!

2 c. distilled water
¼ c. whole flaxseeds

Boil for 10-13 minutes until it resembles snot.

Cool.

Pour through cheesecloth.

Add 3 drops rosemary EO. (My favorite for hair!)

Herbal Hairspray

This herbal hairspray is infused with soothing organic chamomile flowers, lemon, and lavender. Hold is adjustable and it is made without drying alcohol or harsh chemicals. No need to hold your breath when spraying as this product is completely natural. Used regularly, the herbs in this hairspray give hair subtle, sun-kissed highlights.

Make a very strong chamomile tea. Strain.

Add sugar. Start with 2 T. per ½ cup of tea. If it's too strong, decrease sugar next time. If you want more hold, increase sugar.

Add 3 dr lemon and 2 dr lavender EO per ½ cup.

Woodland Cologne

Citrus fruit zest
Cover with vodka
2-6 weeks

Strain.
Add 2 dr. EO/ T. cologne

My favorite blend to use with this one: 4 dr lemon, 8 dr sweet orange, 16 dr ea. fir needle and cedarwood, 2 dr sandalwood

Fly Spray and Coat/Skin Conditioner

My mare is allergic to fly spray. Plus, she has crazy sensitive skin so just one day out in the pasture leaves her with angry, itchy welts all over her neck and belly that bleed and swell. Yes, high maintenance, I know. So...I make her own fly spray. When we started milking, my hubby refused to use any chemicals on his precious milk cow so I started doubling the recipe! Fun side effect? Shiny, healthy coats and a relief to irritated skin!

1 c. ACV

1 c. chamomile tea

½ c. aloe vera

13 dr eucalyptus

13 dr citronella

6 dr lavender

6 dr rosemary

Rose Water

This makes a lovely facial toner for rebalancing the skin between cleansing and moisturizing or a mid-day facial spritz and makeup refresher. Also used in Facial Cream.

Organic Rose Petals
3 parts witch hazel or vodka
1 part distilled water

Green Toner

Eradicate acne-causing bacteria. Energize and rejuvenate dull skin. Soothe and heal.

Ready for the honest-to-God truth here? This was one of those recipes that I tried out, was completely disgusted by, and put on clearance immediately. Well, lo and behold, my college friend bought one for grins and giggles, and the acne that had plagued her since her teen years cleared up and her scars started healing. So...I had to round up the recipe again and keep making it for her! Yet another lesson in God using our "failures."

Equal parts green tea leaves, comfrey, lemon balm, and thyme

Cover with raw and unfiltered ACV

Infuse. Strain.

Mix equal parts infused vinegar with organic aloe vera gel.

Apply to skin daily with clean cotton ball or soft cloth after cleansing with Cucumber Tea Tree Facial Cleansing Bar or other EcoBabe cleanser of choice. Follow with a natural moisturizer like The Perfect Face Cream.

Queen of Hungary Facial Toner

6 parts lemon balm
4 parts chamomile
4 parts rose petals
3 parts calendula
3 parts comfrey
1 part lemon peel
1 part rosemary
1 part sage

Vinegar to cover. Infuse 2-3 weeks. Strain. Mix equal parts infused vinegar and rose water for a lovely facial toner.

Wrinkle Serum

Smooth and plump skin while reducing fine lines, wrinkles, and age spots.

This recipe is super simple! Just infuse raw honey with whole lavender flowers following the instructions for a glycerin infusion in the Tincture Section. Add a little vitamin E and whip it in your mixer.

Instructions: After cleansing and while face is still wet, apply a few drops of Wrinkle Serum to face and neck. Pat dry if needed. Follow with a natural moisturizer.

Zit Zapper

Gently heal blemishes and reduce infection and swelling without drying out skin.

1 T. raw local honey

5 dr tea tree

1/8 tsp cinnamon powder

Instructions: Apply a small dab to trouble areas or apply to entire face for an intense face mask.

Hibiscus Lip and Cheek Stain

Natural color from flowers and herbs.

Pour vodka over dried hibiscus flowers. Infuse 2-3 weeks. Strain. Liquid should be a bright red/pink color.

Apply to lips/cheeks, smooth with fingers. Allow to dry. Re-apply for darker shade. Follow with lipgloss to add natural moisture and shine.

You can also try this with beet root powder instead of hibiscus.



Chapter 4

Tinctures

Now that you've mastered water infusions,
it's just a small hop into tincture-land, the home of Herbal Medicine.

Basic Tincture Instructions

Alcohol Version (lasts 2 years):

Fill a glass jar 1/3 to 2/3 full of herbs. Pour in a splash of very hot water. Cover with vodka. Shake daily for 2-3 weeks. Strain.

If you have an alcohol tincture but don't want the alcohol, just put your dosage into a cup of hot water. It makes a fast tea and the heat evaporates most of the alcohol.

Glycerin Version (lasts 1 year, good option for kids, pregnant ladies, etc.):

Fill a glass jar 1/3 to 2/3 full of herbs. Pour in a splash of very hot water. Cover with glycerin. Line crockpot with towels, fill with water, and place jar on top of towels. Heat on low for 3 days.

I usually do half alcohol and half glycerin. Both process extract different qualities from the herbs so I like to cover all my bases.

Dosage: 1 dropperful under the tongue every 2-3 hours (Use less for young children.)

Most herbs are most effective taken in small dosages very often for a short period of time. What I mean by this is that you need to take it every couple of hours rather than once a day, and you need to take it consistently for at least 3 days, sometimes up to 2 weeks in cases of real need.

Herbal tinctures are useful because they are super concentrated, portable, and if you take them under your tongue, they not only enter through your GI tract but also directly into your bloodstream, working fast.

Elderberry Tonic

2 jars of elderberries

Cover one with vodka, one with organic unfiltered ACV.

Follow the alcohol tincture instructions.

Strain.

Pour together.

Add raw, local honey to taste.

Why did I use 2 different ingredients for the elderberry extraction? Because each method pulls different properties from the elderberries.

EcoLife's Elderberry Tonic combines my three favorite home remedies for increasing immunity during cold and flu season. Elderberry is amazing. It actually changes the structure of viruses so that they cannot bond with a host cell, leaving them essentially harmless as they are eliminated from the body. We also added raw, local honey to soothe sore throats and kill viruses and bacteria at the beginning of the entry to your systems and unfiltered apple cider vinegar, which contains potent malic acid, a strong antiviral. Furthermore, honey and apple cider vinegar are rich in vitamins, minerals, enzymes, and probiotics. Because this contains honey, it should not be given to children under one year of age.

Immune Tincture

2 parts echinacea root
2 parts elderberry
1 part echinacea leaf
1 part olive leaf
1 part rosehips

Because this tincture contains echinacea, please limit use to two weeks. Echinacea is one of those herbs that loses its efficacy if taken for a prolonged period of time.

Chamomile Tinctures

I feel silly even writing this down.....just make a tincture with chamomile flowers. However, even though the simplicity is laughable, I just couldn't leave this one out as this is probably the tincture I use the most. Especially for colicky, fussy, gassy babies (and irritable, fussy, gassy adults!), this stuff works! Just a couple drops for a little baby will usually relax their tummies almost immediately. Chamomile is a relaxing herb, and not only does it help you sleep, it also relaxes your digestive tract so your bowels can work more efficiently!

Herbal Digestion Remedy

½ c. peppermint leaves
½ c. finely diced fresh ginger root
¼ c. dried fennel seeds
¼ c. chamomile flowers

For heartburn, indigestion, and nausea. I have found this one to be a major help for myself for car sickness and keep a bottle in the glove compartment. You can also take it for morning sickness. If morning sickness is a problem, look into natural h. pylori treatment through colloidal silver, turmeric, and naturally fermented foods.

Woman's Friend

Soothe uterus for relief of menstrual cramps and post-birth contractions.

4 parts cramp bark
3 parts passion flower
2 parts chamomile flower
1 part lavender
1 part lemon balm

Add 1-2 droppers to glass of water. For period cramps, take every few hours, beginning the day or two before period is expected. For after birth pains, take as needed (such as during a contraction or just before sitting down to nurse). If you desire to evaporate the alcohol, add tincture to boiling water instead of cool water.

Cough Syrup

In a 6 oz. jar, add 1 T. ginger and 2 T. lemon zest. Fill with honey.

Follow instructions for a glycerin tincture.

Chapter 5

Oil Infusions

Ah, oil infusions.
The basis of herbal salves, massage oils, medicinal oils...
basically ALL herbal skincare treatments.
Liquid gold....

Herbal Baby Oil

Traditional baby oil is just mineral oil (by-product from petroleum refinery) and artificial fragrances. No, thank you!

2 cups apricot kernel oil

4 T. chamomile flowers

4 T. calendula flowers

Allow to infuse for 6 weeks. Or, if you're in a hurry, line a crockpot with towels, place jar in crockpot, and fill around jar with water. Turn on low overnight. Strain through cheesecloth, squeezing out excess oil.

You can add a drop of lavender if you desire.

This stuff is amazing for cradle cap! My eldest had chronic cradle cap, and I tried everything. I slathered some of this stuff on every night for a few nights and it just slowly started flaking off. Finally! I was so relieved. Knowing what I know now, I also would have drastically reduced the amount of grains in her diet and added more fermented foods and bone broth. But...we live and learn!

Grosmama's Ear Oil

This recipe has been passed down for generations in my German Russian family. As a new mom, I was sure I knew better and rushed to the doctor when my baby was sick. Now, I practice a little patience and allow Grosmama's wisdom to work.

¼ lb. dried minced garlic (contains antibiotic properties that fight infection and reduce pain)
1/16 lb mullein (decongestant herb to assist drainage)
10 oz. olive oil

Allow to infuse for 6 weeks. Or, if you're in a hurry, line a crockpot with towels, place jar in crockpot, and fill around jar with water. Turn on low overnight. Strain through cheesecloth, squeezing out excess oil.

Pour into a dropper bottle and put drops in ear. Put some rice in a saucepan and heat, pour into an old sock and tie at top with a knot. (Or use a microwave rice bag.) Put the sock on the ear. This will help the oil run into all those hard-to-reach places and also relieves pain. Heat also promotes circulation and therefore, healing. May be used as often as desired. For stubborn ear aches, plan to use it 5-6 times a day for 30 minutes at a time until pain is completely gone.

Whipped Herbal Belly Butter

Recipe derived from my mom's treatment that she and I both used during pregnancy. (We are both stretch mark free. :)) Not only prevents stretch marks but can also be used to minimize existing stretch scars. Infused with horsetail/shavegrass (high silicon content heals stretch marks), marshmallow root (hydrates and soothes dry skin while plumping, softening, and reducing redness), calendula (soothes itch and promotes tissue repair), rosehips (reduces scarring and hydrates), chamomile (promotes skin regeneration), and lavender (assists in skin repair). Instructions: Massage into belly, breasts, butt, and thighs.

Infuse 2 T. horsetail/shavegrass, 2 T. marshmallow root, and 1 T. ea. Calendula, rosehips, chamomile, and lavender into 8.4 oz each shea and cocoa butter and 3.6 oz. each coconut oil and olive oil. Strain. Cool. Beat in mixer on medium/high speed for 6-7 minutes. Add 2 tsp. vitamin E.

Nail Strengthening Cream

This natural cream contains organic, unrefined coconut oil infused with horsetail and comfrey. Lavender, rosemary, and sandalwood essential oils increase circulation, encouraging healthy nail growth, while vitamin E nourishes cuticles. Apply up to twice daily.

This is a recipe that I “wing” every time so I almost left it out! But....if you’re feeling brave, go ahead and dry it out for yourself!

Infuse horsetail and comfrey into organic unrefined coconut oil.

Strain.

Add lavender, rosemary, and sandalwood essential oils and vitamin E.

Apply to nails, cuticles, and the “matrix,” that section of your finger between your nail and your first joint. This is the area your nail grows from and massage will increase circulation and encourage healthy nail growth.

Don’t apply cuticle oils or creams before applying polish! Always AFTER.



Eczema Relief Spray

8 oz jojoba oil
1/8 c. calendula
½ c. chamomile

Allow to infuse for 6 weeks. Or, if you're in a hurry, line a crockpot with towels, place jar in crockpot, and fill around jar with water. Turn on low overnight. Strain through cheesecloth, squeezing out excess oil.

Add 12 mL lavender and 6 mL patchouli.

(Note, finding bottles that spray oil well is iffy so if you aren't having great luck, just put it in a regular bottle and apply with hands.)

Dandelion Infused Massage Oil

Dandelion is one of those lovely little plants that is highly underappreciated. My herb books touted its ability to soothe sore muscles and joints and alleviate inflammation so I figured....why not a massage oil!

Liquid oil of choice (olive, sweet almond, apricot, etc.)

Dried organic dandelion blossoms

Fill a jar about half full with the blossoms and cover with oil. Allow to infuse for 6 weeks. Or, if you're in a hurry, line a crockpot with towels, place jar in crockpot, and fill around jar with water. Turn on low overnight. Strain through cheesecloth, squeezing out excess oil.

My favorite essential oil blends for 8 oz. massage oil:

Orange Blossom: 3 dr jasmine, 14 dr bergamot, 5 dr vanilla, 3 dr ylang ylang, 3 dr grapefruit

Cinnamon Spice: 14 dr orange, 6 dr cinnamon, 4 dr clove

Dawn: ginger, bergamot, frankincense, neroli, grapefruit (I just wing this recipe, adding drops until I like it.)

Flower Child: 3 dr bergamot, 12 dr lavender, 9 dr myrrh, 5 dr chamomile

Relax: 14 dr lavender, 4 dr sandalwood, 3 dr rose

Ancient Woods: chamomile, sandalwood, lemon, neroli (same as Dawn)

Forest Dew: 3 dr eucalyptus, 14 dr scotch pine, 6 dr copaiba, 3 dr grapefruit



Chapter 6

Salves & Sticks

If you haven't read the oil infusion chapter yet, stop!

At least glance at it.

You will need to know how to make an infusion for many of these recipes.

To make a salve, you just add beeswax to an herbal oil.

Here are my recipes!

Basic Salve Instructions

Infuse herbs in oils.

Strain.

Melt oil with beeswax in double boiler.

Cool slightly.

Add vitamin E and essential oils. (We add these after heating as heat will damage the vitamin E and evaporate the essential oils.)

Pour into tins, tubes, jars, or sticks.

Where to Find Beeswax

Beeswax can be found online on most herb websites in easy-to-melt little sprinkle like things. If you purchase beeswax this way, get the non-deodorized. The less processed, the better. Raw beeswax contains propolis, which is highly healing for the skin.

I like to get my beeswax from my local beekeeper. If your store sells local honey, they will probably have a phone number on the jar. Give the beekeeper a call. This is not only cheaper, but you are buying local. Hooray! It will usually come to you in a big block. You will need to break chunks off with a chisel and hammer and then either grate (for even melting) or just melt very patiently. Before adding to your product, it is advised to filter it gently. Just pour the hot beeswax through an old T-shirt. Sometimes you will catch dirt, dust, or random bee body parts. None of those will hurt you technically, but they aren't super attractive in your pretty salves!

Where to Find Containers

Amazon has everything. Literally. This is a good option if you are just buying small amounts. I am currently obsessed with the recycled paper tubes on Amazon. I am definitely using these for my next batch of Henna Balm! They are SO pretty and compostable. Hooray! But...they are a little pricey so save them for when you really want to be fancy.

However, if you are buying LOTS, I would suggest checking out Bulk Apothecary for large quantities of jars, tubs, salves, etc. At the time of the writing of this book, they even have printable labels that fit their tubes perfectly.

If it is just for your family, recycle your old face cream jars or even jars that canned peaches came in or something. Be creative! Be, be, creative! *Insert energetic pom-pom dance here*

Final suggestion: A lot of people go through "crafting phases." If you put it out there that you are making this stuff, it is likely someone has a bunch of old jars from when they were in that phase that they will probably give to you or at least sell for cheap!

Beeswax Chapstick

Created especially for my husband who requested a chapstick that wasn't messy, actually moisturized, and didn't melt in his pocket. With local beeswax, coconut oil, sweet almond oil, lanolin, vitamin E, and essential oils. I love this chapstick because it genuinely improves the quality of your lips without making them feel waxy or greasy. Makes a great gift!

1.25 oz beeswax
1 oz. coconut oil
1.25 oz sweet almond oil
0.3 oz lanolin
1 capsule vitamin E
½ tsp EO

Melt first four ingredients in double boiler. Add vitamin E and EO just before pouring into tubes.

Flavor Ideas: Pink Grapefruit, Vanilla, Key Lime Pie, Cold Sore Fighter, Clove and Sweet Orange, Icicle, Lavender Lemon, Lavender Mint, Cinnamon Vanilla, Powerfully Peppermint, Scotch Pine and Lemon, When Life Gives You Lemons



Lipgloss

1.25 oz beeswax
1 oz. coconut oil
1.25 oz castor oil
0.3 oz lanolin
1 capsule vitamin E
½ tsp EO

Peppermint Truffle Lipbalm

1.6 oz unrefined cocoa butter
2 oz sweet almond oil
0.6 oz beeswax
1 tsp cocoa powder
40 dr peppermint

Tea Tree and Lemon Balm Chapstick

Infuse 1 oz coconut oil and 1.25 oz sweet almond oil with lemon balm.

Strain.

Add 0.3 oz lanolin, 1.25 oz beeswax, and 1 capsule vitamin E. Melt.

Cool slightly.

Add ¼ t. tea tree, 5 dr lemongrass, and 2 dr peppermint EO.

Jasmine, Myrrh, and Balsam Lipbalm

1 oz shea butter
1 oz avocado oil
1.25 oz beeswax
0.3 oz lanolin
1 capsule vitamin E
½ tsp myrrh
1 tsp jasmine
1 tsp copaiba

NipStick

1 T. beeswax
2 T. coconut oil infused with calendula
½ T. shea butter
½ T. cocoa butter

Melt in double boiler. Add 1/8 tsp. vitamin E.

For nursing mamas' sore nipples!



Creamy Lemon Cuticle Stick

Perfect for on the go! Cocoa butter and sweet almond oil moisturize cuticles, jojoba oil nourishes nails and lemon smoothes skin and softens cuticles.

1.25 oz. sweet almond oil

1.25 oz. beeswax

0.75 oz. cocoa butter

0.25 oz. sunflower oil

Melt in a double boiler. After melted, add in:

1 capsule of vitamin E

¼ tsp. lemon essential oil

Mix and pour into chapstick tubes.



Solid Perfume Stick

2 T. each sweet almond and coconut oil
4 tsp. shredded beeswax

Melt and pour into chapstick tubes. This is PERFUME, for on your wrists, NOT chapstick. This will be WAY TOO STRONG for chapstick.

Fragrance Ideas:

Angel Breath: 48 dr lavender, 24 dr sweet orange, 16 dr ylang ylang, 12 dr sandalwood
Christmas Carnation: ½ tsp clove, ½ tsp ylang ylang, 1/8 tsp cedarwood, 1/8 tsp geranium
Grounded: ½ tsp patchouli, 20 dr sweet orange, 20 dr lavender, 15 dr pinescotch, 10 dr lemon
Harvest Moon: 30 dr lavender, 21 dr rose, 11 dr basi, 11 dr grapefruit, 4 dr palmrosa, 7 dr ginger, 7 dr ylang ylang, 4 dr sandalwood, 4 dr cinnamon, 3 dr geranium
Ice Castles: 15 dr peppermint, 15 dr spearmint, 10 dr lemon, 50 dr vanilla, 15 dr rose
Starry Night: 40 dr orange, 20 dr lemon, 20 dr myrrh, 8 dr juniper, 16 dr jasmine
Lover: 35 lemon, 21 dr bergamot, 11 cinnamon, 11 dr cedarwood, 9 dr jasmine, 9 dr rose, 9 dr ylang ylang
Lusty: 40 dr ylang ylang, 20 dr jasmine, 20 dr vanilla, 16 dr rose, 10 dr sandalwood
Romance: 30 dr rose, 10 dr geranium, 13 dr jasmine, 13 dr lavender, 13 dr cedarwood
Sensual: ½ tsp ylang ylang, ¼ tsp patchouli, 1/8 tsp neroli, 1/8 tsp vanilla
Magi: 10 dr myrrh, 16 dr sandalwood, 16 dr lavender, 8 dr ylang ylang, 16 dr rose, 16 dr jasmine, 12 dr lemon
Uplift: 40 dr bergamot, 30 dr palmrosa, 30 dr vanilla
Winter Chai: 75 dr vnilla, 18 dr orange, 6 dr peppermint, 2 dr spearmint, 2 dr anise, 4 dr clove, 4 dr cinnamon
Vanilla Sandalwood: 60 dr sandalwood, 50 dr vanilla, 5 patchouli, 5 dr myrrh
Vanilla Vanilla: 1 tsp vanilla, ¼ tsp jasmine
Christmas Rose: 30 dr rose, 20 dr ylang ylang, 20 dr jasmine, 15 dr cedarwood, 10 dr palmrosa, 2 dr myrrh, 5 dr cinnamon
Sugar Cookie: 32 dr vanilla, 40 dr bergamot, 20 dr ylang ylang, 8 dr cinnamon, 4 dr aniseed
Christmas Eve: ½ tsp sweet orange, 15 dr patchouli, ½ tsp vanilla, 15 dr cinnamon
Winter Glow: 40 dr vanilla, 24 dr cedarwood, 12 dr jasmine, 8 dr fir, 8 dr myrrh, 8 dr rose, 8 dr lemon, 4 dr bergamot
Cocktail: 20 dr lavender, 20 dr bergamot, 17 dr jasmine, 17 dr rose, 13 dr sandalwood, 13 dr ylang ylang
Icon: 30 dr bergamot, 30 dr orange, 20 dr sandalwood, 20 dr myrrh
Citrus Spice: 43 dr grapefruit, 35 dr ginger, 25 dr patchouli
Rose: 63 dr rose, 25 dr lime, 25 dr patchouli
Sweet Orange: 50 dr orange, 38 dr ylang ylang, 25 dr cedarwood
Jasmine Nutmeg: ½ tsp jasmine, ½ tsp nutmeg
Superworld: ¼ tsp cocoa powder, 15 dr vanilla, 14 dr juniper, 13 dr neroli, 12 dr lime, 11 dr lemon, 10 dr bergamot, 9 dr rose, 8 dr ylang ylang, 7 dr sandalwood

Lotion Bar/Foot Stick

1/3 c. shea, cocoa, or mango butter
¼ c. shredded beeswax
1/3 c. coconut, olive, or almond oil
Peppermint, tea tree, and eucalyptus EO

Melt in double boiler.

For a foot stick, pour into deodorant tubes.

For lotion bars, pour into silicone molds/ice cube trays, allow to harden, and then remove.

Great for cracked heels.



Sunscreen Stick

1 oz. coconut oil
1 oz. BW
1 oz. shea/cocoa butter
1 tsp vitamin E

Melt.

Add 0.36 oz. zinc oxide.

Pour into chapstick or deodorant tubes.

Simply Savvy

My all-purpose, good-fer-what-ails-ya salve. We use this on diaper rash, eczema, burns, rashes, dry skin, cuts, bruises, athlete's foot, owies, etc. This is our replacement for antibiotic cream. It minimizes pain, speeds healing, and fights bacteria and viral infections.

Fill jar ½ to 2/3 full with echinacea, comfrey, plantain, yarrow, and rosemary.
Cover with olive oil.

Infuse. Strain.

Measure 1 part beeswax to 5 parts infused oil. Melt, and pour into jars.

My recipe for Simply Savvy was inspired by my friend's herbal salve called Granny's Green Goo (pictured below). If you don't want to make your own salve, I would highly recommend looking her up! www.thefamilyfarmwy.com/farmstore



ManHands Salve

For only the manliest of hands. with fast-absorbing, no-nonsense oils, manly herbs that work as hard as you do, and the studliest essential oils. There ain't nothin' sissy about this salve!

½ c. calendula
1/8 c. lemon balm
1/8 c. comfrey
½ c. avocado oil
1 c. sweet almond oil

Infuse and strain.

Add 9.5 oz ea. coconut oil and beeswax.

Melt.

Cool slightly.

Add 110 dr bay rom, 40 dr cedarwood, 30 dr lemon, 15 dr patchouli, 1 tsp vitamin E.

Pour into jars or chapstick tubes. This is my husband's all-purpose salve. He uses it on welding burn, scrapes, scratches, gashes (bleeding or not), cracks, dryness, and as a prevention against our cold nasty wind when he is working outside. I just make sure the container looks manly enough, and it smells amazing, so he doesn't mind using it constantly and sharing with his buddies.

It will be greasy initially, but because it is NATURAL oils and not MINERAL oil or petroleum products, it will absorb so just hang tight. It gets better.



**“Good Bugs”
Pro-biotic Activated Charcoal Deodorant**

4 oz coconut oil
2 oz shea butter
2 oz cocoa butter
2 oz beeswax

Melt in double boiler.

Add:

1 t. vitamin E
1 T. bentonite clay
3 T. diatomaceous earth
3 T. arrowroot powder
1 t. activated charcoal
5 capsules of probiotic of choice (I use ProBio5 by Plexus.)

Cool slightly. Add essential oils if desired. Stir again. Pour into deodorant tubes.

This recipe is the result of months of research with 10 test subjects. The bentonite clay assists in detoxification. Most of our really nasty BO is the result of our body ridding itself of toxins. The diatomaceous earth absorbs odor. The arrowroot powder and the activated charcoal absorb wetness. If you like a harder stick, add more beeswax. The natural oils and butter are very nourishing. Your underarms deserve special treatment, too!

If you prefer, you can make this product without beeswax and just pour it into a jar and scoop it out and apply with fingers.

If you are experiencing irritation with your current “all natural” or homemade deodorant, check the ingredients. If baking soda, or sodium bicarbonate, is listed, that’s probably the culprit.

Leather Salve

1 oz. beeswax
1 oz. shea butter
6 oz. flax or olive oil

Melt. Pour into glass or metal container with lid.

To use: Apply. Wait 5-10 minutes. Buff.

This natural product waterproofs while replenishing leather with oils and nutrients and restores suppleness and shine. Perfect for boots, tack, and everything in between.

Wood Polish

Melt equal parts beeswax and olive, coconut, jojoba, or walnut oil. Stir as cooling, Rub small amount on wood and wipe with cotton cloth.

Beeswax preserves the finish on your wood, waterproofs it, and leaves a soft sheen with no oily gloss.

Chapter 7

Creams

Now let's bring everything you've learned thus far together!
Making a cream is just an emulsification of an oil and a water product.
If you've ever attempted to make mayonnaise,
this is the exact same process!
Oil and water will emulsify with beeswax so be sure to check out the
Salve Chapter and the Water Infusion Chapter!

Body Cream

Because this product does not contain hormone-disrupting and cancer-causing preservatives, it is **IMPERATIVE** that you start with disinfected pans, utensils, and storage containers. You can use diluted bleach, boiling water, or hydrogen peroxide to do this.

Melt in double boiler:

1.5 oz. beeswax

4 oz. coconut oil

4 oz. olive oil

1 tsp. lanolin

Heat to boil in separate pan:

8 oz. aloe vera

Remove from heat and stir in 1 tsp. honey and a dash of cinnamon.

Allow both products to cool slightly. I wish I had a temperature for you, but I cook like my mother so all I can say is that once you do it a few times, you will find the sweet spot when emulsification occurs most easily. My oil mixture will usually start to solidify just around the top of glass jar I melt it in. You can speed this up by putting it in the fridge.

In a blender, pour your aloe mixture. Turn on the blender. Slowly drizzle in the oil mixture. If you've ever made mayo, it's the same process. You are emulsifying the water (aloe) and oil. If it is too hot, just leave it and come back in 15 minutes or so to try again.

Once your body cream is nice and smooth, add 1 tsp. vitamin E and 1 ½ tsp EO if desired.

Optional: grapefruit seed extract is a natural preservative. For this recipe, you would add 0.2 oz. when you add the vitamin E. With GSE, your shelf life is about 6 months. Without, it is about 2 months. To extend the life of your natural cream, store it in the fridge or freezer and always use a clean utensil to dip some out.

To make a soothing eczema cream, add a couple Tablespoons of oats to the aloe before you boil it. No need to strain. Cooked oats will blend smoothly. Then add 1 ½ tsp peppermint essential oil to help control itching.

Other flavors:

Bedtime: 1 tsp. lavender EO, ½ tsp. chamomile EO

Soothing: ½ tsp ea. Eucalyptus and rosemary

Chai: Infuse 1 oz. loose leaf chai tea into aloe, strain. Plus 1 tsp vanilla.

Mocha: Add cocoa powder and instant coffee. If you use extra cocoa powder, you will create a temporary self tanning lotion.

Lavender Rose: 1 tsp. lavender, ½ tsp. rose

Coconut Lime: Use virgin coconut oil, which retains its natural scent, and replace olive oil and regular coconut oil with this. Add ½ tsp lime EO at end.

Winter Spice: sweet orange, cinnamon, clove, aniseed, and vanilla

Dryad (my favorite!): ¼ tsp ea. Tea tree, cedarwood, rosemary, and sweet orange

Jess's Extra Rich Body Cream

At the very beginning of my journey, I had many friends supporting me along the way! One of them was my friend Jess, who came to our couple's Bible study group every week ready to try out whatever new crazy concoction I had brewing! I developed this recipe just for her!

Follow instructions and recipe for our regular Body Cream, but sub the 4 oz coconut oil and 4 oz olive oil with 2 oz. olive oil, 2 oz. coconut oil, 2 oz cocoa butter, and 2 oz. shea butter. Follow recipe otherwise.

The Perfect Face Cream

Did you know that your face is some of the most sensitive skin on your body? All the more reason to treat your skin to all-natural, chemical-free moisturizing. Evening primrose and apricot kernel oil offer lightweight moisture that won't clog pores while rosewater and aloe vera help soothe and repair skin damaged by sun, wind, cosmetics, age, etc. EcoLife's proprietary blend of essential oils helps prevent breakouts by killing acne-causing bacteria, brightens and tones, and slows the natural process of aging.

1 oz beeswax
1/3 t. lanolin
3 oz apricot kernel oil
2 oz sweet almond oil
0.5 oz evening primrose oil
0.5 oz jojoba oil
2.5 oz coconut oil

5 oz rose water
3 oz aloe vera
dash cinnamon

1 tsp honey
1 tsp vitamin E
0.3 oz GSE
¼ tsp ea. Palmarosa, lavender, rose, and lemongrass

Follow instructions for EcoLife Body Cream.

Sunscreen

Did you know that 60% of sunscreens contain oxybenzone, a potentially harmful hormone disrupting compound. Active ingredient of this sunscreen is zinc oxide. Be sure to use non-nano zinc oxide. This is the stuff that will turn your skin white. If it "disappears" when you rub it in, it has been broken up into teeny tiny particles that can be absorbed into your skin...into your bloodstream...and may damage your liver. This stuff also works in a pinch for diaper cream, but since you're not supposed to use zinc oxide on broken skin, I usually just stick with Simply Savvy.

Make traditional body cream according to the recipe.
Add zinc oxide by weight to achieve desired SPF.

Zinc oxide at 5% will give you an SPF of 2-5.
Zinc oxide at 10% will give you an SPF of 6-11.
Zinc oxide at 15% will give you an SPF of 12-19.
Zinc oxide at 20% will give you an SPF of 20+.

To figure this out, I just cross multiply and divide.

$$\frac{ZO}{BC} = \frac{\%}{100}$$

ZO=zinc oxide in ounces
BC=body cream in ounces

So if I am making a 16 oz batch of body cream, and I want an SPF of 20, I will set up my equation like this:

$$\frac{Z}{16} = \frac{20}{100}$$

16 times 20 and divided by 100 will equal 3.2. So that means I need 3.2 oz zinc oxide for a 16 oz batch of body cream to make sunscreen with an SPF of 20. Clear as mud? ☺



Sun Butter

1/4 oz. shea butter
6 oz. coconut oil (melted)

Beat in mixer on medium/high for 6/7 minutes until nice and fluffy.

This is a great option for those who don't want to "block" the sun but do want some protection. These natural oils have an SPF of about 4-5 while still allowing vitamin D in!

SPF of other natural oils:

Shea butter 6-8

Avocado 4-8

Sesame 4

Grapeseed 4

Coconut 2-4

Macadamia 6

Wheat Germ 20

Carrot Seed 38-40

Red Raspberry 25-50

Essential oils with natural production: lavender, helichrysum, myrrh, and roman chamomile. Use 5-10 drops per ounce of carrier oil.

Citrus oils are a big "no, no" if you're going to be in the sun! A phototoxic reaction shows up as an intense sunburn when using citrus oils.

Chippewa Warrior Cream (aka burn salve)

Blend equal parts raw honey, coconut or wheat germ oil, and powdered comfrey. Refrigerate to maintain the emulsification and to keep it thick. You want the consistency to be kind of like Play-doh or clay. Apply in a thick layer to burn, cover with scalded plantain leaves, and wrap with gauze. Re-dress every 12 hours. Try to avoid water, but if cleansing is needed, soak in strong calendula tea.

I came up with this on a whim after my husband burned his hand (2nd and 3rd degree). It hurt badly for about 3 days and he was back to work mechanic-ing by day 4 and then took his bandage off (against my advice, of course) after about a week and a half. It has been a month now at the time of this writing, and the huge blisters, which never popped, finally peeled off, and his skin looks AMAZING.

Chapter 8

Soap

I've saved the best for last.
Once you get your basic soap making skills down,
the sky is the limit.
You can create ANYthing you want.

Lye Soap

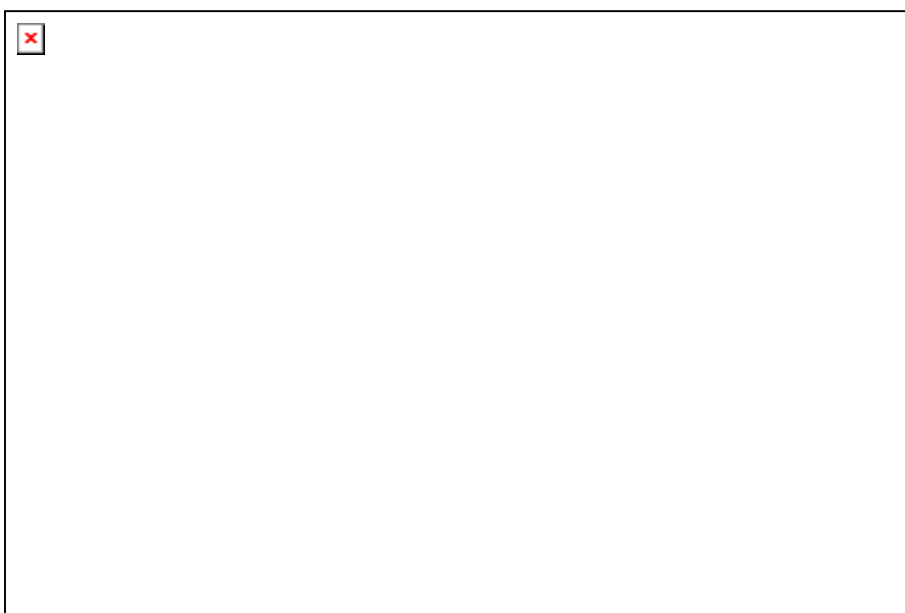
Lye soap has kind of received a bad rap because back in the “good ole days,” they didn’t always have accurate ways of measuring the lye. If you got too much lye, you got a very caustic, burn-holes-in-your-clothes-, leave-your-hands-red-and-raw-soap. If you didn’t get enough, you ended up with a useless pile of oily mess. All of these recipes have been carefully calculated to have 3-5% of the oil left over, ensuring all of the lye has been used up in the chemical reaction and you have extra oil for moisturizing. Do not sub different oils as they require different amounts of lye to reach saponification. If you are creating your own recipe, use a good online lye calculator and measure carefully (by weight, not volume).

Why make your own soap? Most soap today is made with sodium laureth sulfate, a super cheap degreaser developed to degrease diesel engines. This strips your skin of natural oils and leaves them raw, irritated, and chapped. We eliminated the use of almost all lotion and moisturizers at our house just by switching to homemade soap. If you have eczema, dry skin, psoriasis, or allergies, try homemade soap! Homemade soap cleans very well, and has natural oils and glycerin to protect and heal the skin. Different oils produce different properties of the soap, some harder or softer, more bubbles or less bubbles, more cleaning versus more moisturizing. Much of this information can be found on the Internet so use these recipes as a starting point and then use your resources to create your own!

If subbing a milk product for the water, freeze the milk into ice cubes first. This prevents scalding the milk. (By-product of lye dissolving is heat, lots of it!) Some of the recipes use tea or pureed fruits/veggies as a sub for the water as well. Just pour lye into this and dissolve.

Basic soap making instructions:

1. Long sleeves, long pants, closed toe shoes, hair tied back, and eye protection. Have a spray bottle of white vinegar ready in case you need to neutralize lye.
2. Measure lye and water in separate containers. Pour lye into water, stirring constantly. Do this in a well-ventilated area, taking care not to breathe fumes.
3. Melt oils.
4. Pour lye water solution into melted oils, stirring constantly. Using 10-20 second pulses, use a stick blender to mix.
5. When mixture reaches trace (thickens up to look like pudding), add essential oils, seeds, herbs, etc., and pour into molds.
6. Spritz top of soap with rubbing alcohol.
7. Allow to sit in molds overnight or until hardened. Unmold, cut, and cure for 6-8 weeks.



Laundry Bar

Grate for maxing laundry detergent or rub directly onto fabric for stain treating. Also makes a good dish soap. Just put the whole bar in the sink while running your sinkful of hot water.

32 oz. coconut oil

5.59 oz. lye

8-12 oz. water

2 T. orange oil

Dandelion

8 oz olive oil
6 oz coconut oil
2 oz apricot kernel oil
2.29 oz lye
4-6 oz water

At light trace, split the batch in two. Add rose essential oil to one half and powdered dandelion and peppermint oil to the other. Be creative in how you pour into mold. You can layer or swirl! Just don't mix too much so that it doesn't all mix up.

Green Tomato

8 oz olive oil

6 oz coconut oil

2 oz jojoba oil

2.18 oz lye

Instead of water, pour lye into 10 oz. green tomato puree

At trace, add poppy seeds (no set amount, just eyeball it), lemon, and cinnamon EO.

Kombucha

8 oz olive oil
6 oz palm oil
2 oz coconut oil
2.16 oz lye
Sub water for 4-6 oz kombucha tea.
Ginger and lime EO

Old Fashioned Shaving Soap

Recipe #1

7.8 oz stearic acid

7.2 oz coconut oil

2 oz castor oil

4-6 oz water

2.54 oz lye

Add at trace: 1 T. glycerin, ½ T. bentonite clay, 1 c. dry milk, essential oils of bay rum, rosemary, bergamot, cedarwood, and lemon.

Recipe #2

11 oz palm oil

10 oz coconut oil

7 oz castor oil

12 oz water

4.5 oz lye

Add at trace: 1 T. bentonite clay and essential oils.

I like to pour these into round silicone molds. You can also use an old Pringles container. Gift with a boar bristle brush and shaving mug!

Lavender Hot Chocolate

Secret: I made a TON of lavender hot chocolate for a party and didn't drink nearly enough of it. I came up with this soap to use it up. Just google recipes for lavender hot chocolate, and it should be similar!

23 oz. lavender hot chocolate, frozen (sub for water)

8 oz lye

12 oz cocoa butter

10 oz coconut oil

20 oz grapeseed oil

16 oz walnut oil

Working Hands

18 oz olive oil
18 oz coconut oil
5.4 oz lye
14 oz water

Add at trace: 2 T. almond oil, 1 T. coffee grounds, 1 T. cornmeal, 2 T. oatmeal, ½ T. bay rum EO, 2 T. lime EO, 1.5 T. cedarwood EO, and 2 T. oregano leaves

Rose Petal

36 oz coconut oil

10-14 oz water

6.09-6.29 oz lye

At trace, add 2 T. buttermilk, $\frac{1}{4}$ c. cow's milk, 1 c. dried rose petals, and 3 T. rose EO

Mom's Bouquet

8 oz olive oil
4 oz evening primrose oil
10 oz sweet almond oil
10 oz apricot kernel oil
8-12 oz water
4.05 oz lye

At trace: Dried petals from Mother's Day flowers, 1 T. rosemary, 1 T. rose, 1 T. lavender, ½ T. ea. Sandalwood and ylang ylang

Oatmeal Castile

18 oz coconut oil

18 oz olive oil

14 oz water

5.4 oz lye

At trace, add 1 c. ground oatmeal and 4 T. peppermint EO

This is great for people with eczema. The oatmeal is soothing while the peppermint relieves itching.

Olive Oil Castile

The most gentle soap available, perfect for babies and sensitive skin. However, I would like to note that just plain old water works great for cleansing most of the time, and soap should ONLY be used when baby is REALLY dirty.

36 oz olive oil

12 oz water

4.5 oz lye

Coffee Castile

18 oz olive oil
18 oz coconut oil
14 oz cold coffee
5.4 oz lye

At trace, add 2 T. almond oil and 2 T. coffee grounds.

Goat Poop Soap

This was one of my soap-making fails that ended up being one of my most popular sellers! I had been watching some soapmaking videos on YouTube and decided to try the “correct” way of making soap with milk products. Well, it was a total bust as my soap seized and separated and was just a big old mess. An eternal optimist, I chalked it up as a learning experience, dubbed the failure “Goat Poop Soap,” and had a flash clearance sale on my Facebook page. Ironically, in a couple weeks, I had so many requests for this batch of soap! Originally called “Peppermint Goat Milk Loofah Bar,” here is the recipe. Feel free to sub cow milk for the goat milk. (But then call it Cow Pie Soap, of course.” This soap is a favorite for people with dry cracked feet and for my mechanic-ing friends who have to work hard to get grease and chemical junk off their hands after a hard day at work. Bonus! It doesn’t dry your hands out like other harsh cleansers.

16 oz coconut oil
8 oz olive oil
3.83 oz lye
6-9 oz goat milk, frozen

At trace, add 1 T. peppermint, ½ T. spearmint, ½ T. wintergreen, and 2 T. peppermint powder.
Slice a loofah into 1 inch slices, lay in round molds, and pour soap over the loofahs.

Green Tea, Lemon, Ginseng

18 oz olive oil

18 oz coconut oil

14 oz strong green tea with lemon and ginseng

1 ½ T. lemon EO, ½ T. jasmine EO, and ½ T. eucalyptus EO

Cleopatra

18 oz olive oil
18 oz coconut oil
14 oz frozen milk
5.4 oz lye

At trace, at 2 T. honey and 2 T. sweet almond oil.

Bedtime

18 oz olive oil
18 oz coconut oil
14 oz chamomile tea
5.4 oz lye

At trace, pour half into mold. Top with dried chamomile flowers. Pour elderberry extract (for color) and lavender essential oil into remaining soap mixture, mix, and pour on top of chamomile flowers.

Citrus Burst

18 oz olive oil
18 oz coconut oil
14 oz water
5.4 oz lye

At trace, grated peel from various citrus fruits and citrus essential oils of choice.
(I just use whatever I have on hand!)

Cucumber Tea Tree Facial Cleansing Bar

18 oz olive oil
18 oz coconut oil
14 oz pureed cucumber
5.4 oz lye

At trace, at 1 T. almond oil, 1.5 T. tea tree, and 2 T. lavender EO.

80 Blaster

24 oz coconut oil
6 oz palm oil
2 oz coconut oil
5.26 oz lye
8 oz aloe vera

At trace, add 2 T. tea tree and 1 T. eucalyptus, 2 oz. aloe and 2 T. activated charcoal.

If you are feeling creative, just add the charcoal to half the batch, pour, and swirl pretty designs.

Snowy Colorado Plains

This is a great gift for out-of-state relatives!

14 oz fresh snow

5.4 oz lye

18 oz olive oil

18 oz coconut oil

1 T. wintergreen, 1 T. spearmint, ½ T. peppermint, ½ T. eucalyptus

Laundry Detergent

1 EcoLife Laundry Bar (2 oz.) (You may also use laundry bars from the store, but the only way to guarantee your ingredients is to make it yourself!)

½ c. washing soda

½ c. borax

Grate laundry bar by hand or by using a food processor. Mix well with soda and borax. Use a heaping teaspoon per load. For liquid detergent, simply dissolve above ingredients in a gallon of distilled water. Use ½ cup per load.

About essential oils: In my experience, essential oils will not hold up in the washing machine so I don't waste my time (or money) and instead, fragrance my laundry in the dryer or with Room and Linen Spray.

Saddle Soap

2 T. beeswax
½ c. olive oil
¾ c. EcoLife Laundry Bar or other castile soap
1 T. glycerin

Melt and mix. Add ½ tsp. lavender EO.

To use: Apply with damp cloth and wipe clean. Or dip soft bristle brush in warm water to create extra deep cleansing foam. Wipe with dry cloth. Follow with Leather Salve.

Scented Soap

To scent liquid castile soap, simply add 30-60 dr. EO per 8 oz. soap. Pour into a nice pump bottle.

Foaming Hand Soap (SLS-Free)

2 T. liquid coco-palm castile soap (like Dr. Bronner's)

1 c. water

1 tsp glycerin

¼ tsp vitamin E

Essential oils of choice

You must use coco-palm soap, not olive oil soap. Coconut and palm oil make suds. Olive oil does not.
Put in a sudsy pumper soap bottle.

Chapter 9

And so on

and so

forth...

Everything that didn't fit anywhere else....

Beeswax Wrap

Use tightly woven linen cloth. Cut into desired size. (I use my 7 by 8 inch one the most.) Melt beeswax and some jojoba oil (optional) in a shallow pan (I use my baking sheet.) in the oven. When melted, dip the cloth into the beeswax. Carefully! It's hot! Allow to cool.

Use this as a replacement for plastic wrap! It takes a couple extra seconds to warm the product with your hands to get it to stick, but I love having something reusable! Wash in cool water and soap, air dry, and reuse!

Wool Dryer Balls

When I started down this natural health road many years ago, I was trying to balance my hormones, mood swings, and mental struggles (anxiety, depression, etc.). The first thing I found was that dryer sheets have tons of chemicals and artificial junk that screw with your hormones. Many people who have ditched the dryer sheets have seen hormones rebalance as well as relief from eczema and asthma.

Wool soaks up moisture and evenly redistributes into air, helping dryer stay humid longer, which reduces static and dries clothes faster, also resulting in fewer wrinkles. These wool dryer balls should last up to 5 years. Wool doesn't harbor bacteria. Dryer sheets and softeners have chemicals and waxes that can kill a dryer's heating element. Using 4 balls on a 90 minute cycle will cut a small load time in half and a large load by 1/4th. Won't strip PJs of flame resistant qualities like fabric softeners.

I am a recycler at heart, which means I use whatever wool I can find. You can make these by wrapping wool yarn into a small ball, felting, wrapping more yarn, felting, and repeating until desired size is achieved. OR you can recycle old wool sweaters by cutting them up and sewing them into a ball of sorts, felting, adding another layer, felting, and repeating. I don't have a lot of great instructions as I just make it work.

To felt, you will drop your ball into some knee highs or pantyhose, tie a knot, and then drop your next ball, etc. Then wash in your washer in the hottest water and the most rambunctious cycle possible and dry vigorously in the dryer. Then remove from the pantyhose, add your next layer and repeat.

You can add a couple drops of an essential oil of your choice to the ball before drying. When the scent fades, just add more oil. Some tutorials have you create a flower/wood chip sachet in the middle of the dryer ball, but I have not found that to be super effective personally, and I don't like extra work!

Bath Bombs

8 oz baking soda
4 oz citric acid
4 oz sea salt
4 oz cornstarch or arrowroot powder

Mix well in large bowl.

In a separate container, mix:

2 T. oil,
2 t. witch hazel
1 t. vanilla
30-40 dr EO

Slowly add the liquid to powder mix. Mix continuously. I like to use my hands, but if that makes your skin tender, either wear gloves or mix with a spoon. I can keep an eye on the texture better by using my hands.

When the mixture holds together when you squeeze it like wet sand, you have added enough liquid and can start putting it into molds. If you have added all the liquid above and it is still too dry, just add witch hazel one spray at a time until you get the desired consistency. I find that I always end up adding more witch hazel, but I live in super dry Colorado. It might be different depending on where you live and your time of year. If your mixture is bubbling or fizzing, you've added too much liquid too fast.

Bath bombs are a great opportunity for a science project with kids! Just like the old volcano experiment, the baking soda is reacting with the citric acid. Use colorants sparingly as they will stain your bathtub. My kids like to hide small toys or jewelry in the middle of their bath bombs. It's a fun surprise after the bath bomb has finished fizzing! You can buy tiny little plastic balls like the kinds that have little toys in vending machines if you don't want to search for the bonus later. The little plastic balls will just float to the top of the water.

Toilet Bombs

Follow the same process as making Bath Bombs. Drop one of these guys into the toilet bowl for quick disinfecting and deodorizing.

8 oz baking soda
4 oz citric acid
4 oz washing soda
4 oz borax

Instead of the liquid in the bath bombs, sub hydrogen peroxide and tea tree essential oil. Put it in a spray bottle and spritz slowly until correct consistency is achieved.

Magnesium Oil

This all natural spray can be used to up magnesium intake and/or as a natural deodorant. It is free of aluminum, artificial fragrances, and chemicals. The active ingredient, magnesium chloride, adjusts the pH of the skin's surface and creates an environment where bacteria cannot grow. Odor is prevented, but the body is able to continue to maintain body temperature and eliminate toxins as it should. This oil also uses Transdermal Magnesium Therapy to combat magnesium deficiency. Healthy magnesium levels result in increased overall health, including less body odor. This means that the efficacy of this product will increase with prolonged use. Other benefits from using magnesium oil may include the following: relief from migraines and other headaches, reduction of stress and anxiety, aids calcium absorption, relieves chronic pain, insomnia, and joint inflammation. Paraben free formula.

½ c. magnesium chloride flakes

½ c. distilled water

Boil water. Pour over flakes. Stir. Cool. Pour into spray bottle.

As you can see, there is no oil in this product. It is called that because it feels oily.

To use, just spray on your skin after a shower and rub in. If it burns or stings, it probably means your are extremely deficient in magnesium. Continued use should decrease the sensations.

Many of my customers use this as a deodorant. You can even add a couple drops of EO if you wanted.

Thanks....

I almost left this out....not because I am not grateful...but because I don't even know where to start and am certain I will forget so many people!

To my husband, thank you for walking through the darkness with me. Thank you for holding my hand when I didn't know what else to do. Thank you for supporting my many dreams (successful and less-than-successful). Thank you for tenderly allowing me to be the whole woman God created me to be.

To my children, thank you for being my inspiration. You inspire me not only to make life better for you but also to make myself better so that I can be a better mom. I adore each of your beautiful faces, and your simply wonder and trust keep me going.

To my customers, thank you for walking this journey with me. Thank you for supporting me, being patient when I was juggling too many things, encouraging me when I encountered a difficult person, and giving me ideas for new ways to bless people every day.

To my friend Shari McMinn, thank you for helping make this project a reality. Thank you for giving my ideas a concrete direction and for your continued encouragement.

To my friend Kathy Elliott, your eye for beauty constantly reminds me to "stop and smell the roses." Your beautiful photography skills have found their home in this book, and that makes me so happy.

To my Heavenly Father, thank You for creating me. Thank you for shaping me and forming me and loving me before I was even born. I am in awe. I may not see Your plan all the time, but thank you for leading me each step of the way.

To everyone else I forgot, I have been constantly surrounded by people who have blessed and supported me. Thank you.

Isaiah 43:18-21,

"Remember ye not the former things, neither consider the things of old.

"Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.

"The beast of the field shall honour me, the dragons and the owls: because I give waters in the wilderness, and rivers in the desert, to give drink to my people, my chosen.

"This people have I formed for myself: they shall shew forth my praise."

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