



# ORGANIC

## Body Care

Step-by-Step Guide To Create Beautiful, Natural  
Lotion, Butter And Soap Without Leaving Home!

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# Chapter 1

## Why Produce Your Own Lotion?

Your skin is the largest organ in your body, amounting to a total area of around 20 square feet. Yet clearly skin is not an important organ, not in comparison to the liver, heart, lungs, *etc.* Think again!

While the other organs are vital to our existence, they are nicely protected within the body. Every inch of your skin is exposed to the elements. It protects us from infection, helps us to regulate body temperature, and enables us to sense the outside world in terms of touch and temperature. Also, for many, the most important factor when it comes to skin is as its indicator of advancing years.

Being the barrier between the internal organs and the outside world it is subjected to more damage than any other, yet it repairs and renews itself every moment of every day of your life. Having such an important role perhaps we should take more care of it?

## **Advantages and Individuality**

There are proprietary solutions out there in which help to nurture and take care of us. But how often have you wished for more? Do you buy two, three or more products to address your particular needs? Maybe one product does what you want but the aroma is not to your liking. I spent bucket loads of money on all these products before I decided enough was enough and began to make my own. I know you work really hard for your money so let's save some of your blood and sweat.

You already take great pride in the individuality of the dishes produced in your kitchen, the clothes you buy, make, or the décor and furnishings of your home, all designed to reflect your particular style and personality. But why stop there? All the ingredients are readily available to produce your own lotions and at a fraction of the price. Furthermore, anyone can produce their own lotions with little effort or skill.

Within the next few minutes you will already be planning your own individualized recipes. You would never want to wear the same outfit as your friends and colleagues, so why the same lotions?

## **Preparation and Protection**

We're all human and can hardly wait to see or try whatever we are making for ourselves. Every "How To" book worthwhile reading will stress preparation is key. No house can stand without good foundations any more than tossing the ingredients into the mix will produce the culinary delight or a lotion to prevent aging.

If you have always been unwilling to part with that jar which you "will soon find a use for" then you already have most of the equipment required. Firstly a large glass jar to blend the ingredients, this should hold at least a pint of liquid but should fit within a pan of water. Smaller jars will be for storage of the finished product. Measuring containers are purchased for pennies, while those ubiquitous odd spoons for mixing and blending can be basically found in any home.

All these should be sterilized thoroughly before use, ensuring they are also well rinsed and dried.

We shall start with the basic recipe to produce a lotion and from there offer a selection of recipes with different uses and aromas.

## **Main Plain Lotion**

**Ingredients:** Half a cup of almond oil or olive oil Quarter cup of coconut oil (shea butter or cocoa butter for a thicker consistency) Quarter cup of beeswax 1 teaspoon of vitamin E oil **Directions:**

- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well. When completely liquid and thoroughly mixed pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months.

## **Cherish Calendula and Chamomile Lotion**

**Ingredients:** Half a cup of almond oil or olive oil infused with calendula and chamomile Quarter cup of coconut oil Quarter cup of beeswax 1 teaspoon of vitamin E oil **Directions:**

- Allow the calendula and chamomile to lie in the almond or olive oil for a couple of days.
- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well. When completely liquid and thoroughly mixed pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months and is particularly good for diaper rash.

## **Rich Rosewater Recipe**

**Ingredients:** Half a cup of almond oil Quarter cup of coconut oil Quarter cup of beeswax 1 teaspoon of vitamin E oil Rosewater

### **Directions:**

- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well. When completely liquid and thoroughly mixed pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months and is particularly good for diaper rash.

## **Peppermint, Wintergreen and Ginger (for sore muscles)**

**Ingredients:** Half a cup of almond oil or olive oil Quarter cup of coconut oil  
Quarter cup of beeswax 1 teaspoon of vitamin E oil A few drops of peppermint,  
wintergreen and ginger oils.

### **Directions:**

- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well. When completely liquid and thoroughly mixed pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months and is particularly good for massaging into sore muscles.

## Facial Freshener

**Ingredients:** Half a cup of olive oil Quarter cup of coconut oil Quarter cup of beeswax 1 teaspoon of vitamin E oil A few drops of calendula essential oil

### **Directions:**

- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well. When completely liquid and thoroughly mixed pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months and is particularly good as a face moisturizer.

## Peppermint and Tea Lotion

**Ingredients:** Half a cup of olive oil Quarter cup of coconut oil Quarter cup of beeswax 1 teaspoon of vitamin E oil 1 teaspoon of green tea powder A few drops of peppermint essential oil.

### Directions:

- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well. When completely liquid and thoroughly mixed pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months.

## **Lovingly Aromatic Lotion**

**Ingredients:** Half a cup of almond oil or of olive oil.

Quarter cup of coconut oil Quarter cup of beeswax 1 teaspoon of vitamin E oil A few drops of lavender essential oil.

A few drops of vanilla essence.

### **Directions:**

- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well. When completely liquid and thoroughly mixed pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months.

## **Nurturing and Nourishing Cream**

**Ingredients:** Quarter cup of coconut oil One-eighth of a cup of shea butter One-eighth of a cup of cocoa butter (coconut oil is an alternative) 1 tablespoon of aloe vera gel.

1 tablespoon of oil of choice (almond, jojoba, olive, etc) 5-10 drops essential oil (optional – you can personalize your own favorite aroma) **Directions:**

- Combine and heat the shea butter, coconut oil, and cocoa butter on a low heat until fully melted.
- Remove from the heat and add the aloe vera, oil, and essential oils and stir together well.
- Store in the small containers. Some options may not mix quite as well and solidify. Yet these are still usable from a pump action container.

## Avocado Hand Lotion

**Ingredients:** 2 ounces of shea butter 4 ounces of avocado oil Half a teaspoon of vitamin E oil Half a teaspoon of sea buckthorn oil **Directions:**

- Place the shea butter and avocado oil in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- As the temperature rises the ingredients will begin to melt. Shake or stir occasionally to blend well.
- When completely liquid remove from the heat and mix the oils in thoroughly.
- Pour into smaller jars and allow to cool at room temperature.
- Store in a cool, dark place and use as required. It will last for 6 months and has proven to be of use for eczema sufferers.

## Lavender Lotion

**Ingredients:** One and a quarter cups of hot water Quarter cup of emulsifying wax Quarter cup of olive oil 24 drops of lavender essential oil **Directions:**

- Place the olive oil and wax in a microwaveable bowl and microwave for one minute on a medium power setting or the ingredients have melted completely.
- Now heat the one-and-a-quarter cups of water in the microwave, again for about one minute will suffice.
- Meanwhile add the essential oil to the wax and oil mixture.
- Now pour in the heated water and blend thoroughly.
- Pour this mixture into the storage jars of your choice and allow to cool overnight.

## Tropical Body Butter

**Ingredients:** Three-quarters of a cup of mango butter Quarter cup of apricot kernel oil, (coconut oil or jojoba oil can be substituted here) One teaspoon of a fragrance oil of your choice **Directions:**

- Place all the ingredients in a microwaveable bowl and heat on a low setting for a few seconds simply to soften – do not melt.
- Blend the butter with a mixer and do so for 5 minutes or so. (If necessary pop into the microwave again for a couple of seconds.)
- By now it will be mixed and more liquid than required so place the bowl in the freezer for up to ten minutes.
- Blend the mixture a second time, again for 5 minutes, and then return to the freezer for up to ten minutes.
- Repeat the five-minute mix and ten-minute freeze several times until you find the mixture to be the consistency of whipped cream. Take care not to overly melt or freeze the mixture. Tip: Until you are confident with the freeze / heat process, perhaps alternating three minutes of each is the best solution.

## Handy Oil Lotion

**Ingredients:** Half a cup of grape seed oil.

Three-quarters of an ounce of shredded beeswax One cup of aloe vera gel Ten drops of an essential oil (of your choice) One teaspoon of vitamin E oil

**Directions:**

- Place the oil and shredded beeswax in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- Meanwhile mix the aloe vera, the essential oil and vitamin E oil in a bowl.
- Pour the melted ingredients in the blender, allowing these to cool before blending on a low speed.
- When cool continue to blend (on a slow speed) while slowly and pouring the remaining mixture in. Keep going until all is thoroughly mixed.
- Now put into storage containers ready for use.

## Perfect Peppermint Lotion

**Ingredients:** Three-quarters of a cup of oil (olive, coconut, etc) 3 tablespoons of beeswax Peppermint leaves

Distilled water or rosewater A few drops of essential oil of your choice (optional) **Directions:**

- Allow the peppermint leaves to steep overnight in the water
- Now melt your beeswax in with your oil in a jar of at least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- Whilst this is melting put a
- double boiler or microwave and allow to cool
- Meanwhile blend together the water, peppermint leaves, and essential oil on a medium speed.
- Pour the now melted oil and beeswax in to the blend and keep mixing until all traces of water have disappeared.
- When nicely thickened and creamy the lotion will be ready and can be stored for up to three months.

## Wholesome Oils Lotion

**Ingredients:** Quarter cup of jojoba oil 2 tablespoons of coconut oil 1 ounce of beeswax

2 tablespoons of shea butter 1 teaspoon of vanilla extract **Directions:**

- Place all but the vanilla essence in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- When well melted and combined remove from the heat and add the vanilla extract.
- Place in containers of your choice and allow to cool to room temperature.

## **Beeswax Body Butter**

**Ingredients:** One cup extra virgin olive oil Half a cup of coconut oil Half a cup of beeswax 20 drops of your favorite essential oil (rose, lavender, lemon)

**Directions:**

- Place all but the essential oil in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- When thoroughly melted and mixed allow to cool.
- When at room temperature add your choice of essential oil. Stir every ten to twenty minutes to prevent separation before it solidifies.

## Dry Skin Salve

**Ingredients:** One-eighth of a cup of grated beeswax One-third of a cup of organic coconut oil Quarter cup of organic sweet almond oil One cup of shea butter or organic cocoa butter A few drops of essential oil of your choice A few drops of lavender essential oil 1 tablespoon of honey 1 tablespoon aloe vera gel

**Directions:**

- Place all the ingredients, with the exception of the essential oils, in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- When thoroughly melted add the essential oils and honey and heat until thoroughly mixed.
- Allow to cool to room temperature and then place in the fridge until it hardens – should be around three hours.
- The now solidified mixture can be placed in the blender for five minutes until it resembles whipped cream.
- Place in your chosen storage jars until it re-solidifies and then store in the fridge.

## Shea Butter Balm

**Ingredients:** Three-quarters of a cup of refined shea butter.

Four tablespoons of oil – try coconut, jojoba, etc(even a mixture) 5-10 drops of an essential oil of your choice **Directions:**

- Place the butter and oil(s) in a mixing bowl.
- Whip up until it is the consistency of whipped cream. No extra heat is required as there is enough produced during the whipping process.
- Now add the essential oils and mix thoroughly before transferring to the storage containers.

## Tea Bar

**Ingredients:** Two-and-a-half ounces of beeswax Two ounces of mango butter  
Two ounces of shea butter One ounce of almond butter One tablespoon of green  
tea powder One tablespoon of coconut oil **Directions:**

- Place all the ingredients in a jar of a least one pint. Either buy a new jar or recycle an old glass one.
- A couple of inches of water in a saucepan large enough to contain the jar is now placed on a medium heat.
- Cover the top of the jar (loosely) and pop into the pan of water.
- When completely melted, pour the mixture into molds. Those used for cookies, cup cakes, or soap will suffice.
- When cool, and now solid, use just as you would cream. Note these are much easier to transport but should be adequately protected when travelling to warmer climes.

## Pretty Pink Body Butter

**Ingredients:** Quarter cup of coconut oil 1 tablespoon of shea butter 1 tablespoon frozen cranberries 1 drop orange essential oil **Directions:**

- Place the coconut oil and shea butter in a large mixing bowl and mix well for six or seven minutes.
- Place the frozen cranberries blend and pulse blend into small pieces.
- Add the cranberries to the oil and butter mixture and sieve through a fine mesh using a spatula.
- Add the oil and mix with a spoon.
- Transfer to container and keep the in the fridge.
- Note the amount is much smaller than other recipes as it should be used within a week.

## Nutty Butter Balm

**Ingredients:** 2 ounces of shea butter 2 ounces of cocoa butter 2 ounces of monoi butter One teaspoon of argan oil Three teaspoons of sweet almond oil Three teaspoons of aloe vera gel Quarter teaspoon of vitamin E oil 9.5 mls of exotic coconut fragrance oil **Directions:**

- Place the shea, cocoa, and monoi butters in a pan and melt on a low heat until liquid.
- Simmer for 20 minutes but ensure it does not boil.
- Now add all the remaining ingredients and stir thoroughly.
- Pour into a large bowl and cover before allowing to stand overnight.
- Whip with a hand mixer until fluffy.
- Place in storage jars and keep in a cool, dark place.

## **Bars of Lavender**

**Ingredients:** 2 ounces of beeswax

2 ounces of coconut oil 2 ounces of shea butter or cocoa butter 10-20 drops

lavender essential oil **Directions:**

- Melt the beeswax, coconut oil and shea butter in a pan on a low heat until liquid.
- Remove from the heat and stir in the essential oil.
- Pour into molds and set aside to cool.
- When set pop out and keep in a cool, dry place.
- Much easier to use when traveling as they are easier to store.

## Citrus Body Butter

**Ingredients:** Six tablespoons of coconut oil Quarter cup of cacao butter 1  
tablespoon vitamin E oil 1 teaspoon lemon essential oil **Directions:**

- Put the coconut oil and butter in a saucepan and warm over a low heat until liquid.
- Remove from the heat and thoroughly stir in the vitamin E oil and essential oil.
- Allow to cool at room temperature until solidified.
- Store in a cool, dark place.

## Pretty in Pink Body Butter

**Ingredients:** One cup coconut oil

Half a cup of vegetable shortening 1-3 drops pink food dye 5-10 drops essential oils (optional) **Directions:**

- Place the coconut, vegetable shortening and a single drop of food dye in a bowl.
- Whisk all the ingredients to a pink whip.
- Add the remaining food coloring and your chosen essential oils.
- Mix in the well and then transfer to your storage containers.

## Cool Peppermint Body Butter

**Ingredients:** Quarter cup of cocoa butter Quarter cup of shea butter Quarter cup of coconut oil 2 tablespoons vitamin E oil Quarter teaspoon of peppermint extract

**Directions:**

- Place all but the peppermint in a microwaveable bowl and heat for three minutes.
- Stir to ensure any remaining solid pieces have melted.
- Stir in the peppermint extract.
- Place in the freezer for 15 minutes, when the mixture will be mostly solid yet still soft.
- Transfer to a mixing bowl and whip for six or seven minutes until light and fluffy. You will need to scrape the sides of the bowl occasionally to ensure all is mixed evenly.
- Transfer to storage jars and keep in a cool, dark place.

## Cool Creamy Coconut

**Ingredients:** Half a cup of coconut oil 1 tablespoon of aloe vera gel Few drops of essential oil (peppermint, lavender, orange) **Directions:**

- Put the coconut oil in a mixing bowl and chill in the fridge for half an hour.
- An electric whisk for six or seven minutes will bring it to a fluffy consistency.
- Mix in the remaining ingredients and apply this cooling moisturizer as required.