



Custom Spa and Cosmetics

DIY-Massage, Moisture & More

CREAMS, LOTIONS & OILS

Moisturizing Cocoa Butter Balm

- 4 Tablespoons Beeswax
- 4 Tablespoons Cocoa Butter
- 4 Tablespoons Almond Oil

Directions: Melt together beeswax and cocoa butter. Add almond oil. Mix completely until smooth. (May use a blender). Pour into a pot or jar. Let harden.

Beauty Oil

- 3 Tablespoons Jojoba Oil
- 1 Tablespoons Grape Seed Oil
- 5 Drops Lavender Essential Oil
- 3 Drops Chamomile Essential Oil
- 2 Drops Bergamot Essential Oil

Directions: Combine ingredients in a small bottle. Shake gently to completely combine the oils. Apply to clean, damp skin after shower or bath. Best if you store unused portion in refrigerator.

Cleansing & Moisturizing Cream

- 2 Tablespoons Apricot Kernel Oil
- ¼ Cup Walnut Oil
- ¼ Stearic acid powder
- ½ Teaspoon Aloe Vera Gel
- 1 Cup Rosewater
- ½ Teaspoon Baking Soda

Directions: Combine the oils and stearic acid powder in a heat-resistant container. Combine baking soda, aloe vera gel, and water in another heat-resistant container. Heat oil mixture in a water bath until mixture is a clear liquid and all the stearic acid powder is melted. Heat water mixture until just boiling. Slowly add 1/3 of water mixture to the oil mixture and stir. The combination will foam slightly as carbon dioxide is released. Pour into blender and stir. Add rest of water mixture in a slow, steady stream and blend on high. The mixture will be a white fluffy cream. Spoon the cream into a container and allow to cool completely.

Almond Hand and Body Lotion

- 1 oz. Beeswax
- 3 oz. Almond Oil
- Contents of 4 Vitamin E Capsules
- 4 Drops of Rose Essential Oil

Directions: Combine ingredients and melt over low heat until completely melted. Remove from heat and whip with a whisk until cool.

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Honey Hand and Body Cream

- 1 Tablespoon Beeswax
- 1 Tablespoon Cocoa Butter
- 1 Tablespoon Wheat Germ Oil
- 1 Tablespoon Honey
- ½ Teaspoon Rosehip Seed Oil
- 5 Capsules of vitamin E (contents of capsules)
- 2 Drops Lemon Essential Oil
- 2 Drops Sandalwood Essential Oil
- 2 Drops Rose Geranium Essential Oil

Directions: Melt beeswax, Cocoa butter, and wheat germ oil in double boiler. Remove from heat and whisk in honey, rosehip seed oil, and vitamin E. Continue to whisk until cool. When almost set stir in essential oils. Store in widemouthed jar.

Super-Moisturizing Hand Cream

- 1 Teaspoon Coconut Oil
- 1/2 Teaspoon Wheat Germ Oil
- 1 Tablespoon Mango butter
- ½ Teaspoon vegetable Glycerin
- 15 Drops Grapefruit Seed Extract
- 2 Capsules of vitamin E
- 6 Drops Lavender Essential Oil
- 6 Drops Rose Essential oil
- 2 Drops Geranium Essential Oil

Directions: Melt coconut and wheat germ oils with mango butter and remove from the heat. Mix glycerin and grapefruit seed extract and set aside. Whisk vitamin E into glycerin mixture. Whisk all ingredients together until cooled.

Soothing, Cooling Massage Oil for Legs and Feet

- ½ Cup Soy Bean Oil
- 4 Drops Peppermint Essential Oil

Directions: Combine oils and massage onto legs and feet. Store excess in a jar.

Shea Butter Cream

- 1 Cup Shea Butter
- 1 Tablespoon Jojoba Oil
- 1 Tablespoon Hazelnut
- 10 Drops Vitamin E
- 5 Drops Lavender Essential Oil

Directions: Melt shea butter (at about 170 degrees F) and add jojoba and hazelnut oils. Stir until creamy. Add vitamin e and lavender oil. Mix well. Whip until thick but fluffy. Store in an airtight container. Apply to skin as a moisturizer.

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Hand Cream

- 2 Tablespoons Beeswax
- 3 Teaspoons Cocoa Butter
- 2 Teaspoons Coconut Oil
- 2 Tablespoons Liquid Paraffin
- 2 Teaspoons Glycerin
- ½ Teaspoon Borax
- 2 Tablespoons Boiling Water
- Essential oil with desired fragrance or other properties
- 2 tablespoons beeswax

Directions: Put wax, cocoa butter, and coconut oil into the three heatproof containers (glass custard cups would work). Cover bottom of pan with a shallow amount of water and bring to a boil. Put the containers into same and lower heat. Simmer for 5 minutes until melted. Pour these ingredients into the mixing bowl. Simmer in water also. Add the paraffin and glycerin. Stir until creamy. Mix the borax into the two tablespoons of boiling water to dissolve. Add this to the creamy mixture and stir. Remove from heat and stir in 4 drops of essential oil. Push mixture through sieve for smoother texture. Cool. Store in glass containers.

Vitamin E Massage Bar

- 2 Ounces (56.7 grams) Beeswax
- 1 Ounce (28.35 grams) Sweet Almond Oil
- 1 Ounce (28.35 grams) Cocoa Butter
- 10 Drops coconut Fragrance Oil

Directions: Melt the cocoa butter and beeswax in the microwave. Add the almond oil and fragrance. Stir thoroughly and pour into molds to harden. Use instead of massage oil.

Cuticle Treatment

- 2 Tablespoons Almond Oil
- 2 Tablespoons Jojoba Oil
- 2 Tablespoons Olive Oil
- 2 Tablespoons Honey
- 1 Teaspoon Vitamin E Oil (or contents from 4 to 5 capsules)

Directions: Mix all ingredients. Soak nails in warm water for 10 minutes and dry. Massage treatment lotion into hands and feet, concentrating on nails and cuticles

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Coconut Body Butter

- 2 Tablespoons Beeswax
- 2 Teaspoons Distilled Water
- ½ Cup Cocoa Butter
- 3 Tablespoons Sesame oil
- 2 Tablespoons Coconut oil
- 1 Tablespoon Olive Oil

Directions: Melt the beeswax over low heat with the water. Spoon in cocoa butter and blend. Gradually blend in oils. Pour into glass jar. The lotion will thicken as it cools

Lip Balm

- ½ Ounce Beeswax Beads
- 4 Ounces Sweet Almond Oil
- 1 Teaspoon Colored Jojoba Beads
- 2 Teaspoons Essential Oil

Directions: Put the sweet almond oil in glass measuring cup, add beeswax beads and jojoba beads and melt in microwave. Stir with spoon. Let it cool for a few minutes, then add essential oil. Pour into jars.

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