



Custom Spa and Cosmetics

DIY- Soaks, Salts & Scrubs

BATH SALTS

Basic Bath Salts

- 1 Cup Dead Sea Salt
- 1/2 Teaspoon Liquid Glycerin
- 1/2 Cup Epsom Salt

Directions: Mix ingredients well. Sprinkle into bath water.

Calming Bath Salt

- 2 Cups Dead Sea Salt
- 2 Teaspoons Baking Soda
- 10-20 drops Lavender Essential Oil

Directions: Mix ingredients well. Sprinkle into bath water.

Fragranced Bath Salt

- 1/2 Cup Dead Sea Salt
- 1/2 Cup Epsom Salt
- 20 Drops Fragrance Oil or Essential oil with desired fragrance or other properties (optional)
- 10 Drops food coloring (optional)

Directions: Mix ingredients well. Sprinkle into bath water

FOAMING BATH

Bubbling Honey Bath

- 1 Cup Sesame oil
- 1/2 Cup Honey
- 1/2 Cup Liquid soap
- 1 Tablespoon Vanilla Extract

Directions: Measure the oil into a medium bowl, then carefully stir in remaining ingredients until mixture is fully blended. Pour into a clean plastic bottle with a tight-fitting stopper or lid. Shake gently before using. Enough for four large luxurious baths. Swirl desired amount into the bathtub under running water.

Vanilla Scented Moisturizing Bubble Bath with Honey

- 1 Cup Olive Oil
- 1/2 Cup Liquid Soap (unscented)
- 1/4 Cup Honey
- 1 Tablespoon Vanilla Extract

Directions: Combine ingredients thoroughly. For bath, pour approx. 1/4 cup into running bath water. Shake well before use.

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Nourishing Moisturizing Bubble Bath with Honey

- 1 Cup Macadamia Oil
- ½ Cup Liquid Soap (unscented)
- ½ Cup Honey
- 1 Tablespoon Almond Extract
- 1 Tablespoon Glycerin

Directions: Combine ingredients thoroughly. For bath, pour approx. ¼ cup into running bath water. Shake well before use.

SCRUBS

Sugar Scrub

- 1 cup Demerara Sugar
- 10 Drops favorite essential oil
- Crushed dried mint or lavender (optional)
- Macadamia Oil

Directions: Mix essential oil with sugar. Add herbs. Apply oil to skin then add scrub. Gently massage and wash off.

Apple & Sugar Scrub

- ½ an Apple
- Demerara Sugar
- Olive Oil

Directions: Dip apple (inside) into shallow plate of olive oil. Then, dip apple in shallow plate of sugar. Gently massage over shoulders, legs, elbows, etc. Rinse off in the shower.

Wheat Germ Soap

- 1 Pound "Melt and Pour" Soap Base, Melted
- 1 Tablespoons Finely Ground Wheat Germ
- 2 Teaspoon Wheat Germ Oil
- ¾ Teaspoon Sandlewood Oil or Essential oil with desired fragrance or other properties (optional)

Directions: Melt soap base and add wheat germ, oil, and fragrance-pour into molds.

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Orange Creamsicle Soap Bar

- 1 Pound White Glycerin Soap Base
- 1 Teaspoon Sugar
- 2 Tablespoons Sweet Almond Oil
- 2 Drops Orange Food Coloring
- 5 Drops Orange Fragrance Oil
- 10 Drops Vanilla Fragrance Oil

Directions: Melt glycerin in microwave. Add almond oil, sugar, color and fragrance oil. Stir until mixed. Pour into molds.

Honey-Lemon Sugar Scrub

- 2 ½ Cups Demerara Sugar
- ½ Cup Sweet Almond Oil
- 4 Teaspoons Fresh Squeezed Lemon Juice
- 4 Tablespoons Honey
- 4 Drops Lemon Essential Oil

Directions: Combine the sugar and sweet almond oil in a large bowl. Add lemon juice and mix well. Add the honey and lemon essential oil. Continue mixing until uniform.

Gentle Hand Scrub

- 2 Tablespoons Oatmeal (Minute Oats)
- ¼ Cup Water
- 1 ½ Teaspoons Fresh Squeezed Lemon Juice
- 1 Teaspoon Olive Oil

Directions: Add the oatmeal to water and let stand 10 minutes until oatmeal is softened. Add lemon juice and Olive oil to oatmeal and mix well. Rub mixture into your hands and let stand 1-2 minutes. Rinse with cool water and pat dry. Apply moisturizer to your hands and let it soak in 10-15 minutes.

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