

FARMHOUSE ON BOONE

natural body

10 ALL NATURAL
RECIPES FOR PERSONAL
CARE PRODUCTS THAT
KEEP THE TOXINS OUT!

LISA BASS

Almost 10 years ago when I first became a new mom, I started looking long and hard at the products I was going to be putting on my precious newborn.

It didn't take a whole lot of research to come to the conclusion that the big companies making the products, we slather all over our bodies, didn't exactly have wellness in mind when they developed them.

Turns out the stuff that we put on our skin actually goes right into the bloodstream. Its the same reason progesterone cream, nicotine patches and essential oils work.

So, this means that all the toxins and chemicals in conventional, sunscreen, lip balm, lotion etc. etc. aren't just staying on top of the skin. Instead, they are going into our bodies and making us sick.

The good news is making these products at home is super simple!

You will notice the same ingredients being used over and over in each recipe.

Once you get a little arsenal of these things, beeswax, shea butter, essential oils, etc. you are well on your way to replacing all the chemical laden body products with homemade versions.

Visit some of the full tutorials and ingredient source lists in these posts on the blog Farmhouse on Boone:

LAVENDER COCOA SUNSCREEN

ORGANIC COCOA LIP BALM

WHIPPED BODY BUTTER

SUGAR SCRUB

FOAMING HAND SOAP

My source for wholesale essential oils can be found [HERE](#). (This is where you can get a wholesale account.)

Enjoy the 10 recipes in this ebook, and get the toxins out!

TOOTHPASTE

1/2 cup coconut oil
4 tablespoons baking soda
1 tablespoon xylitol
15 drops peppermint essential oil



Store bought toothpastes are filled with artificial sweeteners, fluoride, surfactants and a whole bunch of other stuff you don't want to be putting in your body. But don't worry, the home kind is simple and inexpensive to make!

Melt the coconut oil in a small sauce pan over low heat. Remove from the heat, and stir in the rest of the ingredients.

Store your homemade toothpaste in a small glass jar with a lid.

DIAPER CREAM

1/2 cup shea butter
4 tablespoons coconut oil
4 tablespoons non-nano zinc oxide
4 tablespoons bentonite clay
5 drops lavender or
chamomile essential oil (optional) *Do
your own research before using EO's on
your baby. I am not a doctor.)



Melt the shea butter and coconut oil in a double boiler. Stir in the zinc oxide, clay and lavender essential oil (if using). Store in a glass container. This diaper rash cream should last for up to one year.

*To make this cloth diaper safe, omit the zinc oxide. It is an excellent moisture barrier to baby's skin, and speeds up healing time immensely, but it can also add a (unpleasant and un-washable) moisture barrier to cloth diapers.

LIP BALM

2 tablespoons beeswax
2 tablespoons cocoa butter
2 tablespoons coconut oil
25 drops essential oils (I like lavender,
peppermint or lemon)



Melt the beeswax, cocoa butter and coconut oil in a double boiler. Add essential oils.

Use a small funnel, or dropper, to add the liquid to 5.5 mL lip balm tubes.

This recipe makes about 15 tubes. They should keep for about a year.

DEODORANT

3 tablespoons coconut oil
2 tablespoons shea butter
2 tablespoons beeswax
3 tablespoons baking soda
3 tablespoons arrowroot powder
25 drops essential oils (I like a combination of lavender and tea tree oil, or a odor eliminating blend called "purify")



Melt the coconut oil, shea butter and beeswax in a double boiler. Remove from the heat and add in the baking soda, arrowroot powder and essential oils.

Use a small funnel, to pour the liquid into a deodorant stick. It will harden as it cools. Keep for one year.

SUNSCREEN

1/4 cup shea butter
1/4 cup beeswax
1/4 cup coconut oil
1/4 cup non-nano zinc oxide
1/4 cup cocoa butter
10 drops lavender essential oil
(optional)



Melt the shea butter, beeswax, coconut oil and cocoa butter in a double boiler. Remove from the heat and add in the zinc oxide and lavender essential oil.

Store your homemade sunscreen in a small glass jar with a lid. It will keep for one year.

WHIPPED BODY BUTTER

1/2 cup coconut oil
1/2 cup olive oil
1/2 cup cocoa butter
1/2 cup shea butter
40 drops of lavender essential oil
(optional)



Melt the coconut oil, olive oil, cocoa butter and shea butter in a double boiler. Put the liquid in the freezer until it is firm. You don't want it to be completely hard. Add in your favorite essential oil. Whip the butter using a stand mixer or hand held mixer. Store in a glass mason jar with a lid.

HAND SANITIZER SPRAY

1 tablespoon fractionated coconut oil
20 drops Onguard protective blend (or
any combination of tea tree oil, lemon
and eucalyptus.)
Witch hazel



Add the fractionated coconut oil to a 2 ounce glass spray bottle. Add the essential oils. Mix. Top off with witch hazel.

Keep this in your diaper bag to use instead of Germ-x.

SUGAR SCRUB

1/2 cup white sugar
1/2 cup brown sugar
1/2 cup melted coconut oil
10 drops of lavender essential oil
(optional)



Stir the sugars and coconut oil all together.

Add in 10 drop of essential oil.

I used lavender to make a relaxing sugar scrub. Use peppermint for an exfoliating homemade sugar scrub that is more invigorating. Other great choices are blends, like citrus bliss or onguard.

FOAMING HAND SOAP



Fill a foaming hand soap container 1/4 of the way with Castile soap. Add 10-20 drops lemon essential oil. Fill the rest of the way with water.

That's really all there is to it!

I also love to use this foaming soap for dishes. Lemon is excellent at cutting grease!

BUG SPRAY

1/4 cup witch hazel

1/4 cup water

30 drops of essential oils (Any combination of the following will work: eucalyptus, lavender, lemon, geranium, lemongrass tea tree oil, rosemary or citronella.)

The Terra shield outdoor blend is also great.



Combine all the ingredients in a glass spray bottle. Spray on clothing and shoes to repel nearby bugs.

Use caution around eyes and skin, especially on the kiddos.

Some of my favorite sources for the items in these homemade body products can be found on the posts linked on page two of this ebook.

Wholesale essential oils can be found here:

Doterra Essential Oils

(In full disclosure, I am a Doterra wellness advocate.

Why do I use Doterra oils?

When I first got into oils I researched all the brands and settled on dōTERRA for a few reasons.

- 1) They are certified pure therapeutic grade, which means they are pure, no fillers and no contaminants. They are beyond organic and go through rigorous testing to make sure each bottle is 100% pure! 11 different tests are done on every single bottle of oil. On the bottom of every oil is a number that you can track to see when it was sourced, the testing it went through, and where it was sourced from.

2) The plant that the oil comes from is grown in its native environment. DōTERRA partners with farmers across the world, so we don't have to grow frankincense in a green house in Utah. This makes the oils much more effective and gives A LOT of opportunity/jobs to others around the world!

3) DōTERRA oils are being used for medical testing because scientists found them to be the most pure and free of fillers.

I wanted to invest my money into a good product and company and I found dōTERRA to be both. That's why I chose dōTERRA and I haven't been disappointed since starting my oil journey 5 years ago!

Learn more on my essential oils webinar [HERE](#).