

[DIY]

Bath & Body Products



Scented Wellness Bath Salts

Epsom salt is not actually salt but a naturally occurring pure mineral compound of magnesium and sulfate. Combined with sea salt and NOW essential oils, this bath salt is the perfect solution to our busy lives.

Ingredients:

Glass jar with lid
2 cups Epsom salts
1/2 cup baking soda
1/4 cup sea salt
20-30 drops of lavender essential oils
5-10 drops of vanilla essential oil

Instructions:

Mix it up! In a large mixing bowl, combine the Epsom salt with the sea salt; mix well. Scent it sweet! Add the lavender and vanilla essential oil, mixing well to incorporate. Slowly add more lavender oil until it smells as fragrant as you like. Carefully pour the salt into your glass jar and enjoy 1/4 cup per bath.

Whipped Body Butter

This Body Butter is extremely nourishing and great for babies or sensitive skin. Add your NOW essential oils to create your own perfect scent.

Ingredients:

Glass jar with lid
1/4 cup almond, jojoba or olive oil
1/4 cup shea butter
1/4 cup coconut oil
1/4 cup cocoa butter
10 - 20 drops of essential oil of your choice

Instructions:

In a double boiler or glass bowl, combine all ingredients except essential oils. Bring to low/medium heat and stir constantly until all ingredients are melted. Remove from heat and let cool slightly. Move to fridge and let cool another 30 minutes or until starting to harden but still somewhat soft. Add your essential oils. Use a hand mixer to whip for a minimum of 5 minutes until fluffy. Return to fridge for 10-15 minutes to set. Store in a glass jar with a lid and use as you would regular lotion or body butter.

Coffee Cellulite Scrub

Coffee is a known stimulant and can actually assist the body in breaking up fat deposits close the skin's surface. NOW Grapefruit and Cypress oils are also excellent supporters of the lymph system.

Ingredients:

Glass jar with lid
10 drops of Grapefruit essential oil
5 drops of Cypress essential oil
1 cup organic ground coffee
1/2 cup of jojoba, almond or olive oil

Instructions:

Measure your coffee and pour into a large glass bowl. Add your jojoba, almond or olive oil and mix well with a metal spoon. Add your essential oils and continue to stir your mixture. Slowly scoop into your glass jar. Close tightly with lid and label. Store in a cool, dark place. Scoop out a tablespoon of scrub and apply to body.

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