

# OBH

## MAKE-YOUR-OWN

**Below you'll find 10 of my favourite easy-peasy, tried & tested recipes that I love to use to support my health and avoid buying toxic alternatives. I hope you love them!**

**If you do successfully make anything, I'd love to see a picture @orangeblossomhealing and if you can't be bothered, you can find all of these products and more on my website:**  
[www.orangeblossomhealing.com/products](http://www.orangeblossomhealing.com/products)

**With love & gratitude,**

**Laura x**

**SAFETY FIRST: dilutions of essential oils are all kept to 2% or lower so they are generally safe for use, but please take precautions if you have any allergies or sensitivities to specific plants.**

**DISCLOSURE: the information provided in this document is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare professional before making any medical decisions.**



## RECIPE 1 – LIP BALM

### Ingredients:

- 1xcup calendula oil
- 2x tbsp beeswax
- Lavender essential oil (12x drops)
- Eucalyptus essential oil (12x drops)

### Directions:

1. Melt the beeswax into the calendula oil in a double boiler (or a metal bowl over a saucepan with a little water in the bottom). Do not boil the mixture, just heat until the beeswax has melted
2. Allow to cool for 3-5 minutes and then add essential oils and stir in. Make sure it is still liquid when you do this!
3. Pour the mixture into 6x individual pots and use as needed.



## RECIPE 2 – BATH SALTS

### Ingredients:

- 2x cup Epsom salt
- 2x tbsp sweet almond oil
- Rosemary essential oil (3x drops)
- Juniper berry essential oil (4x drops)
- Tea tree essential oil (3x drops)
- Lemon essential oil (5x drops)
- Lavender essential oil (7x drops)
- Roman chamomile essential oil (1x drop)

### Directions:

1. Mix the essential oils with the sweet almond oil in a bowl
2. Add the Epsom salts and mix thoroughly
3. Add dried flowers or dried fruit if you like for decoration
4. Use 1 or 2 heaped tbsp at a time.

### Alternative flavour:

- 2x cup Epsom salt
- 2x tbsp sweet almond oil
- Green mandarin essential oil (3x drops)
- Black pepper essential oil (5x drops)
- Sweet marjoram essential oil (3x drops)
- Lemon essential oil (4x drops)
- Roman chamomile essential oil (1x drop)



### RECIPE 3 – HIMALAYAN SALT SCRUB

#### Ingredients:

- 1x cup fine Himalayan pink salt
- ¼ cup calendula oil
- Rosemary essential oil (10x drops)
- Juniper berry essential oil (8x drops)
- Grapefruit essential oil (18 drops)

#### Directions:

1. Mix the essential oils with the calendula oil in a bowl
2. Add the Himalayan pink salt and mix thoroughly
3. Wet skin and apply in a circular motion using hands or loofah, then rinse and moisturise.



## RECIPE 4 – TONER FOR DRY SKIN

### Ingredients:

- 30ml witch hazel hydrosol
- 30ml lavender hydrosol
- 30ml rose hydrosol

### Directions:

1. Add all ingredients to bottle and shake before use
2. Spray onto a clean face and allow to dry naturally before moisturising

### Alternative (for oily/acne-prone skin):

- 30ml witch hazel hydrosol
- 30ml orange hydrosol
- 30ml yarrow hydrosol (this hydrosol is ideal for small wounds and nicks in the skin so you can use it on its own as a kind, natural aftershave)





## RECIPE 5 – HEADACHE RELIEF BALM

### Ingredients:

- ¼ cup coconut oil
- ¼ cup calendula oil
- 2x tbsp beeswax
- Lavender essential oil (10x drops)
- Spearmint essential oil (10x drops)
- Copaiba essential oil (10x drops)
- Frankincense essential oil (15x drops)
- Peppermint essential oil (15x drops)
- Basil essential oil (10x drops)

### Directions:

1. Melt the beeswax into the oils in a double boiler (or a metal bowl over a saucepan with a little water in the bottom). Do not boil the mixture, just heat until the beeswax has melted
2. Allow to cool for 5-10 minutes and then add the essential oils and stir in.
3. Pour mixture into small pots and apply to temples, forehead and neck as needed.



## RECIPE 6 – BODY BUTTER

### Ingredients:

- ½ cup shea butter
- 1x cup coconut oil
- 2x tbsp sweet almond oil
- Ylang Ylang essential oil (30x drops)
- Eucalyptus essential oil (20x drops)
- Petitgran Mandarin essential oil (20x drops)

### Directions:

1. Melt the shea butter, coconut oil and almond oil slowly (do not boil)
2. Leave to cool for 5 mins before adding essential oils and stirring in
3. Place in fridge until solid and then remove and rest until room temperature
4. Whip with electric whisk or blend to desired creaminess



## RECIPE 7 – EASY, REJUVENATING FACE MASK

### Ingredients:

- 1x tbsp bentonite clay
- 1x tbsp organic apple cider vinegar

### Directions:

1. Combine to yogurt-like consistency and apply to your face and neck
2. Leave for 20 minutes and then rinse off with water and pat face dry

TIP! The scent of the apple cider vinegar can make your eyes water/sting so avoid putting the mask on the skin between your upper lip and your nose and if it's possible for you to spend the 20 minutes with your eyes closed, even better





## RECIPE 8 – BLEMISH CONTROL ROLLER

### Ingredients:

- 10ml roll-on (ideally amber glass)
- Jojoba oil
- Tea tree essential oil (10x drops)
- Copaiba essential oil (5x drops)
- Lavender essential oil (5x drops)

### Directions:

1. Add essential oils first and then top up the remaining space with jojoba oil
2. Add roll-top and shake before use. Use for spots, red marks and other blemishes

### Alternative (for stuffy noses and colds – apply to pulse points, neck & chest):

- 10ml roll-on (ideally amber glass)
- Coconut oil
- Peppermint essential oil (10x drops)
- Rosemary essential oil (5x drops)
- Eucalyptus essential oil (5x drops)



## RECIPE 9 – FACIAL OIL/SERUM

### Ingredients:

- 10ml dropper bottle (ideally amber glass)
- Jojoba oil
- Tea tree essential oil (3x drops)
- Copaiba essential oil (1x drops)
- Lavender essential oil (2x drops)

### Directions:

1. Add essential oils first and then top up the remaining space with jojoba oil
2. Shake before use and use a few drops as moisturiser after toning

### Alternative (for normal/dry skin):

- 10ml dropper bottle (ideally amber glass)
- Rosehip seed oil
- Frankincense essential oil (3x drops)
- Lavender essential oil (2x drops)
- Sandalwood essential oil (1x drop)\*

\*the recipe works well without this if you don't have sandalwood



## RECIPE 10 – EYELASH SERUM

### Ingredients:

- 10ml empty mascara tube
- Castor oil
- Rosemary essential oil (4x drops)

### Directions:

1. Add essential oils first and then top up the remaining space with castor oil
2. Apply to clean lashes and watch them grow!

