



**MUST-HAVES**  
*for* **DIY**

*Natural  
Body Care*



*Stacy Karen*



*DIY natural body care* is much easier than you might think. Especially when you have the right ingredients.

If you've already dabbled in the art of creating natural body care products, you've likely experienced the satisfaction that comes along with it. Making something useful with your own hands is a true joy!

If you are new to creating natural body care, I hope this guide will enable to you to proceed with confidence.

In order to get started quickly and easily, the ingredients in this guide are the most essential.

Having them on hand will enable you to create all manner of body care products and home remedies.

If one of these essential is something you are allergic to or don't feel comfortable using, there are some alternatives (which I will list). But, generally, these are my go-to ingredients. You will find one or more of them in almost every product I create.

*Here we go . . .*

## *The 5 Must-Haves:*

①

*Cocoa butter*

②

*Beeswax*

③

*Coconut oil*

④

*Carrier oils*

⑤

*Essential Oils*



ONE:

# Cocoa Butter

Unrefined cocoa butter has a delicious, chocolate scent.

It can be purchased with the odor removed, if desired.

One of the hardest butters available, cocoa butter is often used to add a thick consistency to lotions, butters, balms, and salves.



While cocoa butter is very hard, it softens quickly when applied to the skin.

Cocoa butter is an excellent moisturizer and is suitable for many people with sensitive skin. It works especially well on dry skin because of its emollient nature.

Cocoa butter has a long shelf life of about 3 or 4 years. It is an excellent addition to lip balm, lotion bars, and whipped body scrubs.

Cocoa butter pairs well with vanilla or peppermint scents.

Other butters (such as shea butter) can be used in place of cocoa butter, but extra beeswax may need to be added to achieve the right consistency.



# TWO:

## *Beeswax*

Many natural body care recipes contain beeswax.

If you want to make natural body care products, you'll need beeswax on hand.

Beeswax helps to bind and emulsify ingredients.

It is useful in moisturizing the skin as well as providing some antibacterial benefits.

Beeswax is somewhat flammable, so take care to keep away from flame when melting.

Beeswax comes in blocks or pastilles. Pastilles are the easiest to measure and use. The block is surprising hard to cut or grate! (I've tried both!)

Those who are allergic to bees should not use beeswax. Try Candelilla or Carnauba Wax instead.





# THREE:

## Coconut Oil

Coconut oil is the perfect addition to natural body care products such as lotion, body butter, hair masks, and massage oil.



It works wonderfully in body scrubs and is frequently used in soap-making (it helps create a hard soap that lathers well).

Coconut oil is extremely nourishing to the skin. It absorbs easily and is an effective moisturizer.

Solid at room temperature, coconut oil melts at 76 degrees F.

Coconut oil adds a thick, creamy texture to body care products. However, it is important to remember that it softens in warmer months and hardens in cooler months. So, if creating a product that will be used in the summer, you may need to add a little extra beeswax in order to keep the product firm. If using in the winter months, dilute with a light carrier oil to keep product soft enough to use.



# FOUR:

## Carrier Oils

A number of vegetable oils, are suitable for use in natural body care.

They can be used as carrier oils, to dilute essential oils, and create products such as massage oil, body oil, and the like.



Vegetable oils are also useful in making firmer products such as lip balm, body butter, lotion, and more.

Vegetable oils make a frequent appearance in body scrub recipes and many herbal remedies.

***My favorite (and most used) vegetable oils include:***

### **OLIVE OIL**

Olive oil is quickly absorbed by the skin. It is frequently used in soap making and helpful in creating infused oils. Olive oil has a stronger scent than other vegetable oils, so is often diluted with other oils.



# *Carrier Oils continued . . .*

## **GRAPESEED OIL**

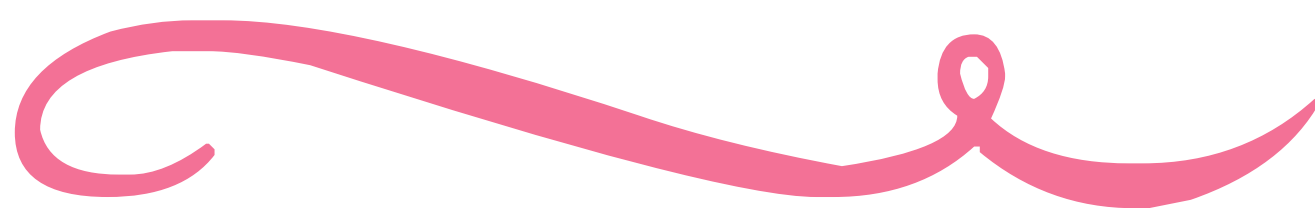
Grapeseed oil has no odor, making it useful in creating scented products where essential oils are used (as it doesn't mask their smell). It is a light oil which is often used to dilute heavier/thicker oils.

## **SAFFLOWER OIL**

Safflower oil is a light oil with very little odor. Has a long shelf-life (at least two years) and is well-suited to most natural body care creations.

## **SWEET ALMOND OIL**

Sweet Almond Oil is absorbed quickly by the skin. It is perfect for use in body care products as it is light enough for daily use, yet extremely moisturizing.





# FIVE:

## *Essential Oils*

Essential oils provide fragrance to many natural body care recipes.

They also infuse the finished product with additional therapeutic benefits.



For example, a lotion made with lavender essential oil, not only smells good, it also promotes feelings of calm and relaxation.

Citrus essential oils, like lemon and sweet orange, can be added to body scrubs to invigorate the senses as well as the body.

It is very important to research any essential oil you wish to use as each has it's own set of beneficial properties, cautions, and dilution level.



# *Essential Oils continued . . .*

Most essential oils should be diluted and never applied “neat” (undiluted) to the skin. In some instances, this could actually burn the skin.

Essential oils frequently used in skin care products include: lavender, helichrysum, geranium, rose, chamomile, rosemary, neroli, mandarin, and frankincense.

Some essential oils are phototoxic, meaning that exposure to the sun after applying these oils could lead to severe sunburn, blistering, or changes in skin color. I limit such oils to only small parts in wash-off products (such as body scrub) or eliminate them entirely from any body care creations.

Phototoxic essential oils include: bergamot, bitter orange, grapefruit, lemon (cold-pressed), and lime (cold pressed). Lemon and lime essential oils that have been steam distilled are not phototoxic.

**[Click here to see all my posts on](#)**

*Essential Oils*





# Resources

I buy most of the products mentioned in this book through **Mountain Rose Herbs**.

I've been buying from them for years and have always been happy!

I love that everything I need is in one place.

**Click to see what's available at**  
*Mountain Rose Herbs*



When shopping on Amazon.com it's awesome to have the option of adding ingredients for making natural body care products to my order!

This is prefect when you need something quickly (can't beat two-day shipping wth Prime!).

You'd be surprised by what's available! (You can even get beeswax!)

**Click to see what's available on**  
*Amazon.com*





# My Books

*Need some recipes?  
My ebooks are packed with them!*



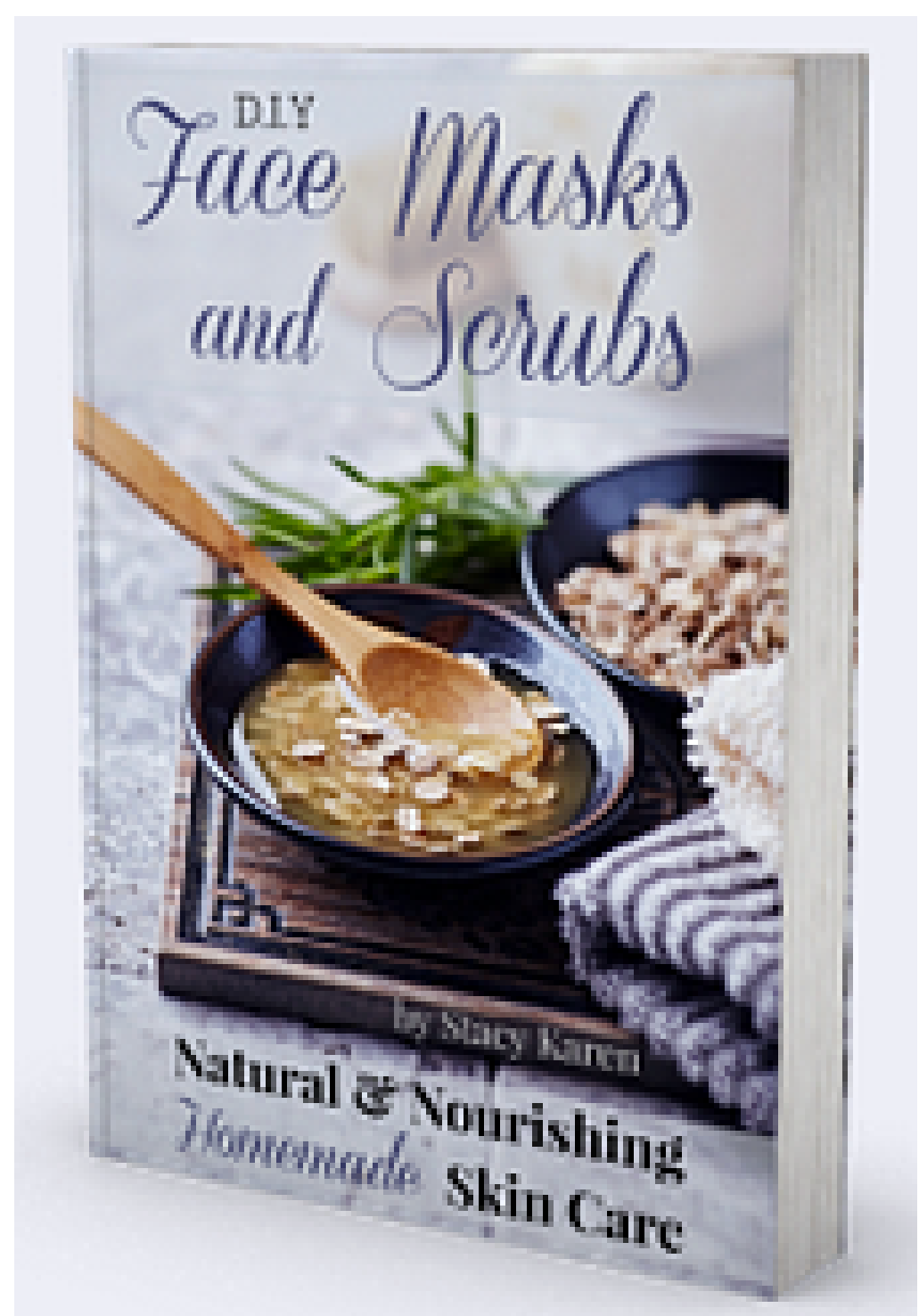
**The Body Scrub Bible** is a comprehensive guide to creating simple, homemade scrubs that nourish and exfoliate your skin.

Click book image to learn more.

**DIY Face Masks and Scrubs** is an in-depth guide to creating your own face masks and scrubs at home.

Includes more than 55 recipes!

Click book cover to learn more.





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