

DIY Natural Body Care Gifts in 30 Minutes or Less

Stacy Karen - NoFussNatural.com

With a few exceptions, most of these recipes can be made in much less than 30 minutes. 15 minutes is all you need for most of them!

I've tried to create recipes using common ingredients that are easy to find (and many you may already have in your kitchen pantry).

For links to my favorite brands and the best places to find ingredients, visit nofussnatural.com/diy-resources

You might also enjoy my free Natural Body Care Quick Start email Course. Sign up for that here: <http://bodycarequickstart.com/>

Oatmeal Cookie Bath

This recipe is adapted from Eco Beauty by Lauren Cox and Janice Cox. Pair with freshly baked Oatmeal cookies for a unique gift.

Ingredients

1 cup rolled oats
1/2 cup baking soda
1/2 teaspoon ground cinnamon
1 tablespoon vanilla extract

Method

Blend all ingredients in a food processor or blender until they become powdery. You are looking for the mixture to become smooth, with no big pieces left (as in, no whole oats floating around).

Pour into a jar with a tight fitting lid.

To use: pour all the mixture into a warm bath while the water is running. Soak and relax.

Lavender Rose Bath Soak

The colors in this look beautiful. Because of the size of the rose petals and lavender buds, I recommend gifting this with muslin bags. It looks so lovely in a glass jar, so gift with instructions for filling the bags.

You will need:

2 tablespoons dried lavender buds
2 tablespoons dried rose petals
2 cups epsom salts
1 tablespoon coconut oil
5 drops lavender essential oil

Method:

Place the coconut oil in a small bowl and drop the lavender essential oil over the top. Mix into until well combined.

Place the epsom salt and coconut oil/essential oil blend in a large bowl. Stir until the coconut oil is distributed throughout the salts and no clumps remain.

Place in jar.

Use ½-1 cup per bath. Place in muslin bag so as not to clog the drain.

Lip Balm

Ingredients

1 oz beeswax
1 oz cocoa butter
1 oz coconut oil
½ teaspoon Peppermint essential oil, optional

Method

Place all ingredients in the top of a double boiler. If you don't have a double boiler, create the same effect by placing in a heatproof glass measuring cup or canning jar and setting in a pot. Pour water into the pot (being careful to avoid getting water into the ingredients) so it comes up the side of the jar an inch or two.

Warm over medium-low heat until ingredients have melted.

Once melted, carefully remove from heat. Use a potholder or suitable oven mitt to avoid burns.

Let cool briefly before adding essential oils. Add 6-8 drops of peppermint essential oil and stir to distribute evenly.

Pour into lip balm tubes.

If you don't have a lip balm tube holder/tray, wrap a rubber band around a 5-6 tubes to make a tight grouping. This will help them stay steady as you pour.

Leave to cool before removing from tray and closing with lid.

Lemon-Lime Sugar Scrub

One of my all-time favorite recipes. This is a great one to keep in the kitchen for refreshing tired hands.

Ingredients

1/3 cup virgin coconut oil, melted over low heat.

2 cups sugar

20 drops lime essential oil

3-5 drops lemon essential oil

3 drops orange essential oil

3 drops bergamot essential oil

1/2 cup extra virgin olive oil

(may substitute safflower, jojoba or avocado oil. Or make a mix of a few of these to add up to 1/2 cup)

Method

Mix all ingredients, except for olive oil, in a large bowl. Gradually add olive until you reach the desired consistency.

Put in a pretty jar! And add a label.

Enjoy the refreshing fragrance of lemon and lime.

See my body scrub ebook, The Body Scrub Bible, here: nofussnatural.com/body-scrub-bible

Brown Sugar-Vanilla Body Scrub

Makes 1 cup of scrub (approximately 8 ounces).

This is one of the simplest body scrubs you'll ever make. The best part is, you likely have all the ingredients in your kitchen right now.

Body scrubs are great for exfoliating the skin. They leave skin feeling soft and smooth. Removing the dead skin cells via exfoliation also gives your skin a healthy glow.

Ingredients

1 cup brown sugar

½ cup sweet almond oil (grapeseed, sunflower, or shea nut oil would also work)

1 teaspoon vanilla

2 teaspoons grated cocoa butter, optional

Method

Mix the sugar and oil. Add the vanilla and stir to combine.

Check consistency to see if it is to your liking. Body scrub should be thick and not too runny. It should hold together and not slide right off your hand. If it's too thin, add more sugar, if too thick, add more oil.

Once you are happy with the consistency, add grated cocoa butter and stir to distribute evenly.

Package in a jar and add a label.

Cautions: do not remove scrub from jar with wet fingers as this could introduce bacteria to the scrub. This scrub is intended for the body and not the face. Do not use body scrubs on skin that is wind-burned, sunburned, chapped, or irritated.

[Go here](#) for a fun Candy Cane Body Scrub tutorial:

<https://nofusnatural.com/cane-cane-scrub>

Lavender Body Oil

Super simple body oil. Great for all over moisturizing. Perfect as a stand alone gift or pair with a body scrub or bath soak.

Ingredients

1 cup oil I prefer Jojoba oil because it works so well for most skin types. [Grapeseed](#), [safflower](#), or [sweet almond oil](#) are also options.

6 drops [lavender essential oil](#)

Note: It is nice to use a variety of oils to make up the 1 cup. Such as 2/3 cup grapeseed and 1/3 cup safflower. If you have [wheat germ oil](#) on hand it is a lovely addition, too. But it does go rancid faster than other oils, so be aware that the shelf life will be shorter. 2/3 cup [Grapeseed](#) and 1/3 cup [wheat germ oil](#) makes a lovely combination.

Method

Pour all ingredients into a bottle, cap and shake to blend.

Makes about 8 ounces.

If making a larger batch or dividing between smaller bottles, figure the amount needed for each bottle before beginning. It is easier to blend the ingredients in the bottle rather than in a cup and then pouring in. This is because the oils may not stay evenly mixed and one bottle would end up with lots of lavender while the other has almost none.

Essential Oil Dilution guidelines

1% dilution = approx. 6 drops of essential oil per ounce of finished product

2 % dilution = approx. 12-14 drops of essential oil per ounce of finished product

3% dilution = approx. 16-20 drops per ounce of finished product

4% dilution = approx. 24-26 drops per ounce of finished product

1-2% dilutions are generally suitable for natural body care products.

3-4% dilutions are generally reserved for products created for a small and specific area of the body, and are not used on a daily basis, such as a foot butter or muscle rub.

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Beware of phototoxic essential oils:

Phototoxic essential oils react to UV light and may cause an inflammatory reaction in this skin. This reaction may be a sunburn, swelling, darkening of the skin, or in some instances, blistering.

This is an important consideration when using essential oils in homemade body care products. I advise avoiding these oils when creating lotions or balms for use on skin that will see the sun within 24 hours of application.

Phototoxic essential oils include:

Bergamot, bitter orange, grapefruit, angelica root, mandarin petitgrain (made from the leaves of the mandarin tree), lemon (cold-pressed), and lime (cold-pressed). Lemon and lime essential oils that have been steam distilled are not phototoxic.

If using phototoxic essential oils in body care products, use them in wash-off products (like sugar scrubs). If using in leave-on products, like lotions, they must be well-diluted and only a small amount of the recipe (unless they are being applied to an area of the body that won't see the sun for 24 hours!).

Even if an essential oil is considered safe, it is a good idea to perform a patch test before using. Everyone is unique and oils will affect each of us differently.

Happy gift making!

Stacy
NoFussNatural.com

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