

TABLE OF CONTENTS
AROMATHERAPY BATH & BODY PRODUCTS

HEALING WITH WATER.....	12
Herbal Bath Tea.....	12
Bath Herbs	13
Herbal Bath Tea.....	14
Directions to Make and Use.....	14
Herbal Bath Tea Recipes	15
Just Be	15
Invigorating.....	15
Skin Softening.....	15
Calming	15
Skin Soothing.....	15
Sleep Well.....	15
Colds	15
Menstruating.....	15
Detoxification	15
Muscle Relaxing.....	15
Recipes for the Bath and Footbath	15
Fresh from the Garden.....	15
Headache Be Gone Footbath.....	15
 BATH FIZZY BALLS aka FIZZY BATH BOMBS.....	 16
Molds.....	16
Ingredients	17
Directions with Photos.....	19
Tips	24
Recipes	24
Basic Fizzy Balls Recipe	24
Rose Geranium & Grapefruit Fizzy	25
Vanilla Bean & Ylang Ylang Fizzy	25
Soothing Oats Fizzy.....	26
Psoriasis Fizzy.....	26
Green Tea Fizzy.....	27
Milk & Honey Fizzy	27
Coconut Fizzy	27
Raspberry Fizzy	27
Deluxe Sweet Orange & Calendula Fizzy	28
Deluxe Rose Fizzy	28
 FIZZING BATH SPRINKLES	 29
AROMA SHOWER FIZZERS	29

BATH MELTS	30
Recipes	31
Skin Softening Bath Melts	31
Bath Melt Fizzers	32
MILK BATHS	33
Milk Powders	33
Non-Dairy Vegan Milk Powders	33
Directions	34
Recipes	34
Rose Milk Bath	34
Jasmine & Coconut Cream Non-Dairy Milk Bath	34
Milk & Honey Bath	35
Colloidal Oatmeal Milk Bath	35
Fresh Milk Bath	35
Seaweed Bath Soak	35
SALTS	35
Salts – Descriptions and Properties	35
Other Ingredients	37
BATH SALTS	39
Directions for Use	39
Directions to Make	39
Bath Salt Containers	40
Recipes	40
French Lavender & Chamomile	40
Hibiscus Rose	41
Sea Lettuce & Minerals	41
Lotus Petals & Vanilla Bean	42
Lavender & Rose Petals	42
Uplifting Calendula-Orange	42
Moroccan Rose I	43
Moroccan Rose 2	43
Basic Bath Salts	43
Revitalizing – Lavender & Rosemary	43
Relaxing – Chamomile & Lavender	43
Psoriasis	44
Sore Muscle	44
Pink Clay Salts	44
Orange Color	44
Light Apricot Color	44
Coconut Salts	44

SALT SCRUBS	45
Salt Scrub Containers.....	45
Recipes	45
Basic Salt Scrub Recipe.....	45
Mango-Lime Salt Scrub.....	45
Coconut Salt Scrub	46
Deluxe Pineapple Salt Scrub.....	46
Lavender Honey Salt Scrub	47
Lavender & Rosemary Salt Scrub.....	47
Dead Sea Salt Scrub.....	47
Mandarin & Calendula Salt Scrub.....	47
 SOLID BODY SCRUBS.....	 48
Directions.....	48
Recipes	48
Basic Solid Scrub	48
Fresh Lemon Solid Scrub	49
Berries & Cream Solid Scrub	49
Seaweed Solid Scrub	49
Solid Scrub in a Jar.....	49
 SUGAR SCRUBS.....	 50
Containers.....	50
Sugars.....	50
Recipes	51
Basic Sugar Scrub	51
Honeydew Melon Sugar Scrub.....	51
Pineapple Brown Sugar Scrub.....	51
Pomegranate Sugar Scrub.....	52
Ylang-Ylang and Orange	52
Cocoa Bean.....	52
Combo Sugar and Salt Scrub	53
Organic Pineapple and Coconut Scrub.....	53
Whipped Berry Sugar Scrub.....	54
Whipped Coconut Sugar Scrub.....	55
 FEET RETREAT FOR MY SOLE.....	 56
Our Feet	56
Foot Baths	56
The Container.....	56
How to do a Foot Bath.....	57
Aromatherapy.....	57
Herbal Foot Tea	57

Herbs.....	58
Cool Water Bath.....	58
Steps to Care for the Feet.....	59
Tips to Keep Our Feet Happy	59
Reflexology Massage for the Feet	59
Products for Feet.....	60
Exercise Your Feet.....	60
Peppermint Foot Scrub.....	61

RESOURCES.....	62
----------------	----

PRODUCT MAKING WORKSHEET.....	64
-------------------------------	----

LOTIONS, CREAMS, BUTTERS, BALMS & SALVES

Distinguishing Salves, Balms, Butters, Creams & Lotions.....	67
Lotions & Creams	67
Ingredients.....	67
Natural Waxes.....	69
Emulsifiers.....	69
Preservatives	70
Antioxidants.....	71
Supplies Needed.....	72
Containers	72
Formulating Your Recipe.....	73
Percentage to Decimal Conversion Chart.....	74
Selling Lotions and Creams	76
Making Lotions and Creams.....	77
Directions for Making Lotions and Creams.....	78
Helpful Tips	79
Formulas.....	80
Moisturizing Body Lotion.....	80
Moisturizing Body Lotion Large Batch.....	81
Simple Body Lotion.....	82
Vitamin Rich Face Cream	83
Vitamin Rich Face Cream Large Batch	84
Vitamin Rich Face Cream #2.....	85
Vitamin Rich Face Cream #2 Large Batch	86
Simple Face Cream.....	87
Lotion/Cream Formulating Worksheet	88
Lotion/Cream Making Worksheet	90

BODY BUTTERS.....	92
Formulating.....	92

Supplies Needed	93
Lotion Bars	93
Formulas.....	94
Moisturizing Mango Lotion Bar.....	94
Triple Butter Bar.....	95
Pure Butter Stick #1 & #2	96
Whipped Body Butters	97
Formulas	98
Whipped Body Butter Customize Your Own	98
Apricot & Vanilla.....	99
Apricot & Vanilla Large Batch.....	100
Coconut & Aloe Butter.....	101
Coconut & Aloe Vera Oil	102
Coconut & Shea Butter.....	103
Avocado & Pineapple	104
Body Butter Making Worksheet	105
Suppliers.....	107
BALMS	108
LIP BALM.....	108
Essential Oils in Lip Balms.....	108
Adding Flavor, Color, Sweetener and Scent.....	108
Formulas.....	108
Basic Lip Balm.....	108
Shea & Cocoa Lip Balm.....	109
Sal Butter Lip Balm.....	109
Directions	110
How to Shrink Wrap.....	110
Supplies for Lip Balm	111
BODY BALM.....	112
Formulas	
Shea & Cocoa	112
Coconut & Cocoa.....	112
Directions to Make Body Balm	113
Supplies for Body Balm.....	113
ANTI-WRINKLE EYE BALM.....	114
Supplies for Anti-Wrinkle Eye Balm	115
ALL PURPOSE HEALING SALVE	116
How to Make.....	116
BALM MAKING WORKSHEET	117

FACIAL SKIN CARE PRODUCTS

OUR SKIN.....	120
Skin Types & Conditions.....	121
FACIAL SKIN CARE INGREDIENTS.....	123
Facial Herbs.....	123
Extracts.....	123
Facial Essential Oils.....	123
Facial Liquid Carrier Oils.....	124
Facial Floral Waters & Hydrosols.....	125
Facial Grains, Nuts.....	125
Other Facial Ingredients.....	125
Natural Sunscreens.....	126
FACIAL CLEANSERS.....	127
Formulas.....	127
Aloe & Honey Milk Cleanser.....	127
Aloe & Honey Milk Cleanser Large Batch.....	128
Honey & Orange Blossom Face Cleanser.....	129
Basic Beeswax Face Cleanser.....	130
Cleansing Gel.....	131
Cleansing Gel Large Batch.....	132
Cleansing Gel Xanthan Gum.....	133
FACIAL SCRUBS.....	134
How to Make.....	134
Recipes – Cleansing & Exfoliation.....	134
3-Grain Cleanser & Exfoliant.....	134
Oats & Almonds.....	134
Oats & Sunflower Seeds.....	134
Peach & Pineapple Sugar Scrub.....	135
FACIAL STEAM HERBS.....	135
Herbs for Skin Type.....	135
Container.....	135
Recipes.....	135
All Skin Types.....	135
Green Tea.....	135
Refreshing Mint.....	135
Essential Oil.....	136
How to do a Facial Steam.....	136

FACIAL MASKS.....	137
Clays.....	137
Recipes	137
Healing Mask.....	137
Soothing & Tightening Mask.....	137
Beauty Mask.....	138
Rose Clay Mask Refining	138
Vitamin Rich Pumpkin Mask	138
Replenishing & Moisturizing Masks.....	138
Basic Mask.....	138
Milk and Oats Mask	138
Yogurt & Honey Mask	139
Fruit & Oats Vegan Mask.....	139
How to Use a Facial Mask.....	139
EYES	139
FACIAL TONER.....	140
Ingredients.....	140
Recipes	140
Aloe & Seaweed Skin Toner	140
Normal to Dry Skin Toner	141
Oily Skin Toner.....	141
Sensitive Skin Toner	141
Acne Skin Toner	141
Anti-Oxidant & Balancing Toner	142
Simple Toner Recipes.....	142
Normal Skin Toner	142
Dry Skin Toner.....	142
Oily Skin Toner.....	142
Aromatherapy Skin Toner	143
FACIAL SERUMS.....	143
Recipes Oil Serums.....	143
Simple Oil Serum.....	143
Normal to Oily Serum.....	143
Normal to Dry Serum.....	143
Sensitive Skin Serum	144
Acne Serum.....	144
Age-Defying & Regenerating Serum	144
Regenerating Gel Serum.....	145
Regenerating Gel Serum Large Batch.....	146

HOW TO DO A FACIAL	147
TIPS FOR BEAUTIFUL SKIN	148
SPA SMOOTHIE AND SPRITZER.....	148
SKIN CARE HERBS, FRUITS, VEGETABLES, CLAYS CHART	149
FACIAL SKIN CARE OILS CHART	151
INGREDIENTS TO AVOID	152
SUPPLIES FOR FACIAL SKIN CARE	155
PRODUCT MAKING WORKSHEET.....	157
FORMULATING, TESTING PRODUCTS, PATCH TEST, TERMS TO KNOW	159
HOW TO MEASURE.....	161
APPROXIMATE MEASUREMENT CONVERSION	161
WEIGHT AND MEASUREMENT COVERSION CHART	162
NATURAL INGREDIENTS GLOSSARY.....	163
Antioxidants Rosemary Extract, Vitamin E.....	163
Liquid Carrier Oils.....	164
How to Make Herbal Infused Oil.....	165
Fresh Herbs.....	168
Dried Herbs	168
Natural Colorants	169
Directions for making Alkanet Oil.....	170
Butters.....	170
Solid Oils	171
Herbs.....	172
Extracts.....	174
Botanical Flavor Oils & Alcohols.....	175
RESOURCES FOR SELLING PRODUCTS	176
SUPPLIERS	180
ESSENTIAL OILS FOR SKIN CARE MANUAL pgs 1-30.....	after page 183