

Makeover Your Body Care Products *with essential oils*



peace love and peppermint



  
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Deodorant

1/4 cup coconut oil

1/2 cup arrowroot powder

1/4 cup baking soda

Melt ingredients and mix together. Remove from heat, add 10 drops essential oil.

OR

15 drops Citrus Bliss

fractionated coconut oil to fill bottle





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Shampoo or Body Wash

1/2 container castille soap
1/2 container filtered
water
5 drops lavender





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Face

Moisturizer

Fill empty baby food jar with coconut oil. Mix in 20 drops Frankincense.



Beach Hair Spray

5 drops of Rosemary
1 tbsp of Epsom salts
1 tsp of fractionated
coconut oil
Fill with hot water



Mouth Spray

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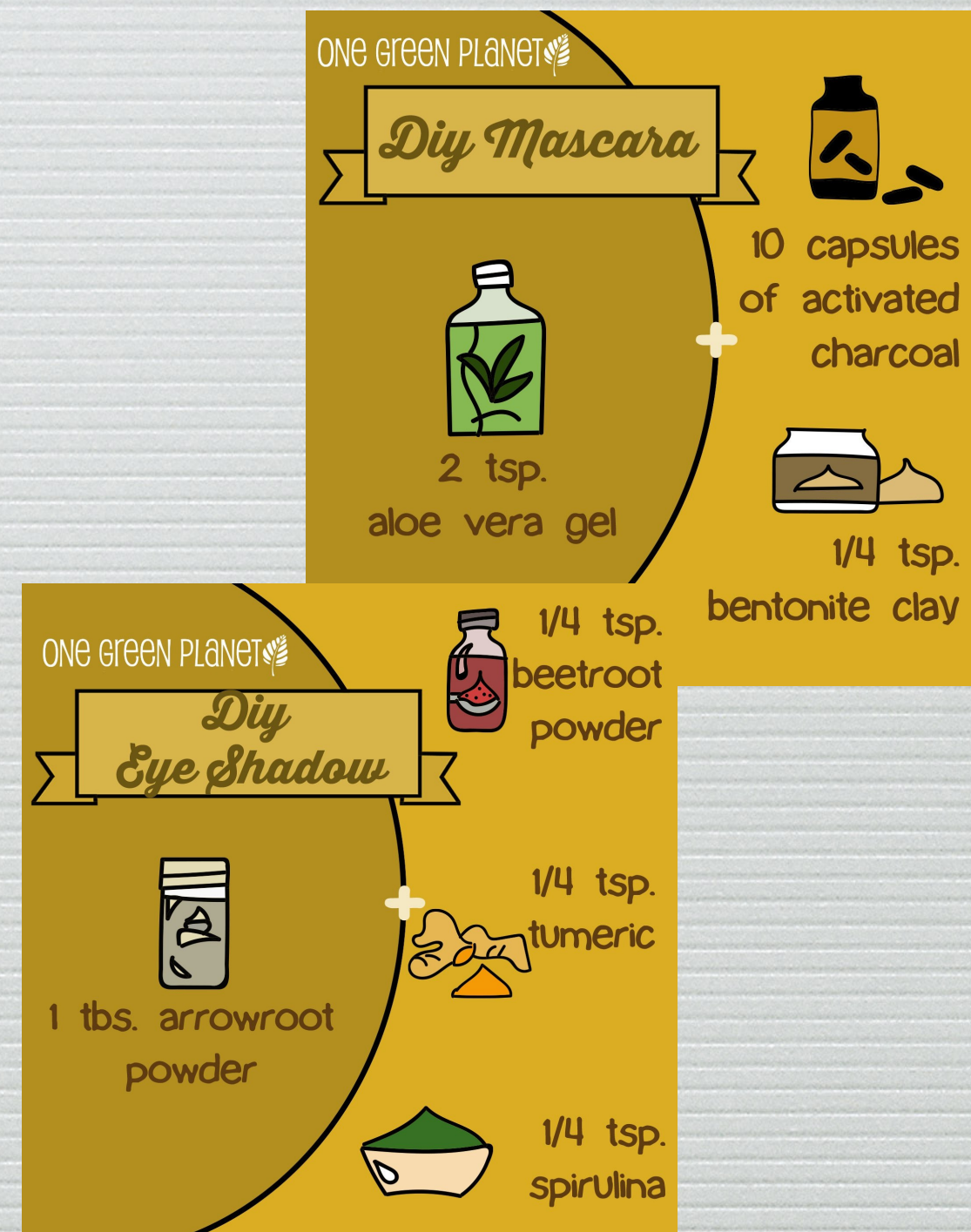
20 drops peppermint
Fill 4oz glass spray
bottle almost to the top
with filtered/distilled
water. Spray in mouth
to support digestive
and oral health.





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MORE IDEAS: One Green Planet



Want to learn more about essential oils?
Looking for a mentor to help you get started?
Visit www.peaceloveandpeppermint.com
or shoot me an email
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- Your oiling friend, Monica

