

Body Beautiful Unit 2
Unit 2K, Body, Nail, Hand, Foot
& Mouth Care



Body, Nail, Hand, Foot & Mouth Care(2J)

Transformations:

Make natural products for your body!

1. Learn more bath recipes
2. Create a shower gel from the recipes provided.
3. Create a hand cream.
4. Create a deodorant.
3. Create a toothpaste and or mouthwash.
4. Make a treatment for your nails and cuticles.
7. Read about body wraps and waxes.
8. Make hand cleaners and wipes.
9. Learn to work with a client by

completing the hair and skin diagnostic labs at the end of this lesson, on a partner and have a partner, do the exercise on you.

Provide them with 2 recipes- one for a shampoo and one for a hair conditioning treatment for their specific conditions.

Submit the paper to selfheal@telusplanet.net



Baths-

Dry Mix Milk Bath

1 cup magnesium sulphate- i.e. Epsom salts (fine textured)
1 cup powdered milk
2 mls essential oil.

Combine ingredients.
Stir very well.
Store in a glass container
Add about 1/3 cup to bath water.



You may also add cleaned, dried flower petals, or herbs to enhance the beauty of the mix.

Note*

If you don't like a messy tub afterwards – (I don't), scoop the mixture into a cotton muslin bag, before placing into the tub. Either empty the muslin bag and re-use it after the bath, or discard it. The muslin bag allows the soluble ingredients to dissolve and keeps the messy, but pretty, dried herbs and flowers from clinging to your tub.

Homemade Shower Gel Natural Recipe

Ingredients

Tailor your homemade shower gel recipe to your skin type with essential oils.

Dry and sensitive skins usually respond well to lavender, geranium and chamomile.

Use peppermint or citrus oils such as lemon or grapefruit for oily skin types.



Relaxing- Lavender Water Shower Gel-

Simple Recipe- for an evening shower

Mix 1 cup of lavender water,
(distilled water will also work),
with 2 cups of liquid Castile
soap in a bowl until combined.

Add 40 drops of lavender
essential oil into the bowl and
stir.



Pour one third of the mixture into a small bottle and store the rest of it in a tightly capped bottle in the refrigerator.

Perky- Lime and Ginger Water Shower Gel-

Simple Recipe- For a wake-up shower

Mix 1 cup of distilled water with 2 cups of liquid Castile soap in a bowl until combined.

Add 20 drops of lime essential oil into the bowl and 10 drops of ginger essential oil and stir.



Pour one third of the mixture into a small bottle and store the rest of it in a tightly capped bottle in the refrigerator.

Always shake well before using.

Bath or Shower Gel Formula

Ingredients

- 33 grams shea butter melted
- 33 grams grapeseed, jojoba or calendula carrier oils
- 15 grams propendiol 1,3 (or glycerine)
- 5 grams xanthan gum
- 80 grams liquid castile soap
- 80 grams warm distilled water.
- 2.5 grams essential oil of your choice
- 2.5 grams euxyl 9010, or preservative of your choice
- 5 grams NatraGem S140 NP Eco cert Solubilizer-Optional.
Will keep the product more integrated.

Instructions

1. Add the melted shea butter, carrier oil, and propendiol to a medium-size bowl or beaker.
2. Sprinkle the xanthan gum over the top. Allow the gum to rest for 1 minute. During this time the powder should sink into the liquid. After 1 minute, use the immersion blender to dissolve the gum into the oil mixture--pulse the immersion blender for 1 minute.
3. Add the castile soap and warm water to the bowl. Add the essential oils and preservative.
4. Place the immersion blender at the bottom of the bowl. Blend the mixture with the immersion blender for 1-2 more minutes, pulsing up and down. The mixture should turn into a creamy lotion-like consistency during this time.
5. Pour the shower gel into a soap dispenser.
6. Give the container a gentle shake before each use, if you have not used the solubilizer.



Tiny Bath Bombs Recipe



½ cup (125 ml) baking soda
¼ cup (50 ml) citric acid
1 tsp. (5 ml) crushed flower or herbs- lavender, rose petals, chamomile flowers (optional), they are pretty, but messy.
Hydrosol, or distilled water in a spray bottle

Essential oil- 10 drops rose geranium, 10 drops lavender, 3 drops roman chamomile.

Molds or Muffin Tins-

Combine the baking soda and citric acid in a glass or metal container.

Add the flower petals and essential oils. Stir well.

Gently spray a small amount of hydrosol or distilled water onto the mixture, until it is the texture of damp sand.

Pack snugly into the molds. Let harden, remove from the molds and store in a dry place.

Use a cover to ensure the essential oils do not all escape into the air.



Body Wrap Recipe (2J)

Ensure you do not have heart problems, reactions to plastic wrap or any other health concern, when doing a body wrap!

Do only if you are over the age of 18.

This is sometimes used to help shed water weight.

Ingredients:

3 liters Water

1 cup of floral water or 20 drops essential oil-

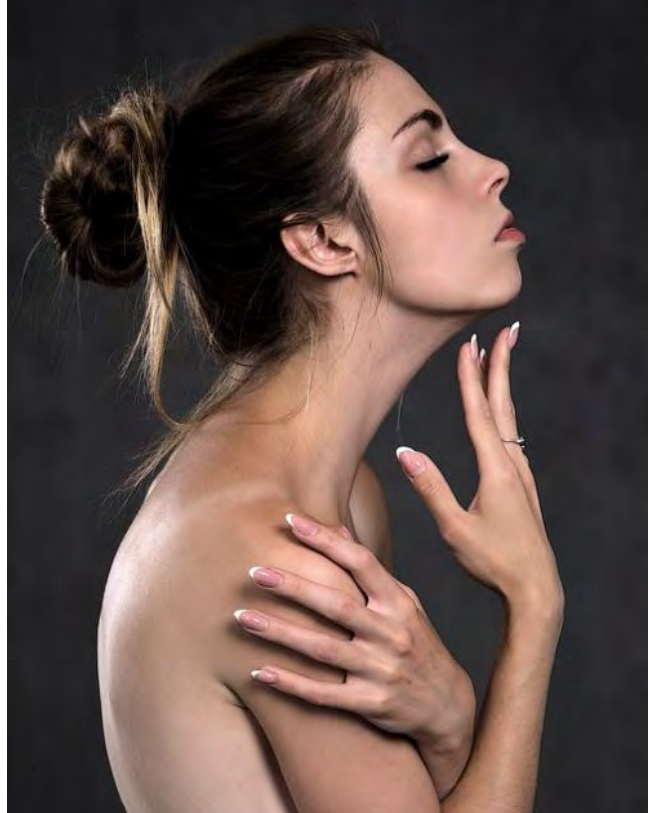
E.o.'s rosemary or peppermint to energize, Roman chamomile and lavender to relax.

Cotton gauze,

Towels or Tensor Bandages

Plastic food wrap or plastic sheeting

Large Container



Procedure:

1. Boil Water- let cool, so it can be safely handled.
2. Add essential oils or floral water and stir very well- add a few drops of good quality emulsifier if desired.
3. Bring out a plastic sheet
4. Dip cloths into the water and wring out. Water should be hot, but not burning hot.
5. Wrap around the body.



- Avoid wrapping the head, feet and lower arms, as heat needs to escape.
6. Wrap the bandaged areas with the plastic wrap.
 7. Lie down and cover with blankets to intensify the heat.
 8. Apply a cool compress to the head.
 9. Leave the wrap on for 15-20 minutes
 10. Unwrap and cool the body before showering.

Facial and Body Wax Recipe (2J)



I'm not a fan of this procedure as it hurts to wax-but this is a recipe for those who wish to have less body hair. **Be very careful doing this, as it hurts and it is easy to burn yourself! Use only if you are over 18. Test a bit before you commit to this idea. Ensure your date is worth it 😊**

1 cup sugar

1/8 cup floral water or distilled water.

1/8 cup lemon juice

2 Tbsp. Honey

Essential Oil- Roman Chamomile, Lavender, or Helichrysum.

Boil ingredients until they become a caramel brown color.

Remove from heat and allow to slightly cool.

Add essential oil.

Pour into glass jars.

To use, heat the uncovered container for 30 to 40 seconds. Ensure the consistency is thin.



Must be warm, not hot when applied. Test the sugar on your hand first - do not burn yourself.

To partake in the ancient, barbaric hair removing ceremony- lightly powder the area to be treated.

Work in small sections- spread a thin layer of wax using a small spatula in the direction of hair growth.

Apply a strip of cloth over the warm wax and rub about 3 times to get the wax to stick to the cloth.

While keeping skin taut, pull fabric strip off against the direction of hair growth, fourth stroke.

Place opposite hand onto the treated area to comfort the effected skin.

Wash any powder or wax off and apply a gentle roman chamomile oil or floral water onto skin.

To keep wax supple, you may need to periodically reheat it- always ensure the wax is not too hot.

For waxing strips cut muslin fabric into 3"X10" pieces.

To clean the strips after us, soak in hot water to dissolve the sugar, then wash with soap.

Nourishing Hand Cream

Formula For Calendula Hand Cream

Batch Size: 100g

WATER PHASE INGREDIENTS – PHASE A

1. Xanthan Gum – 0.3%
2. Glycerine – 5%
3. Distilled water – 40%
4. Aloe Juice 20%

OIL PHASE INGREDIENTS – PHASE B

1. Calendula Oil, – 12%
2. Emulsifying Wax (Olive M 1000) – 10g
3. Cetyl Alcohol- 4 gram
3. Shea Butter – 7%

COOL DOWN PHASE INGREDIENTS – PHASE C

1. Essential Oil – 1% (Roman Chamomile or Lavender)
2. Vitamin E (Antioxidant) – 1%
3. Preservative) –Euxyl 9010 or geogard ultra 1.0%

The oil phase is added to the water phase.

So put your water in a bigger beaker, as the oil will be poured into it.

Phase A) Add Xanthan gum to the glycerine. Mix well.

Measure distilled water and add it in. Mix well.

Set it aside.

Phase B- Add carrier oils oil, butter & emulsifiers.

Put both phase A and phase B into the water bath and wait until the



temperature reaches at least 75C.

Add the oil to the water and mix well.

Blend with an emulsion blender.

Blend, wait, cool, mix and blend.

When the texture thickens, stop blending.

It thickens as it cools. You may keep cooling it and blending to add to the stability.

Let it cool to under 40 degrees.

Then add the cool down phase ingredients, essential oil, vitamin e, Euxyl PE 9010 the preservative.

Mix well with a stirstick.

Measure the preservative before putting it in, as it can break your emulsion and make it unstable.

Depending on the thickness, package either into a cream or lotion jar, or a pump bottle. Keep in a cool place.

Use the formula above as a cream template, if you like it.

Substitute different hydrosols, carrier oils, and essential oils to meet the purpose of your cream.



Disposable Body Wet Wipes-

Use paper towels or blue micro paper towels.



Get a glass or BPA free plastic container with a good lid. Carefully, cut the paper towel roll into a length slightly shorter than your container.

Stick the new, smaller sized cylinder into the glass container. Saturate with a mixture of 96 % purified water, 3% vinegar or apple cider vinegar, and 1% essential oil. The cardboard interior should start to soften, when saturated. Pull it out. Then tug on a towel from the center, to start bringing up the towels.

Choose an essential oil suitable for your body- i.e. monarda, tea tree, lavender etc.

Pull one sheet of paper towel up, to allow for the roll to unroll easily with each tug. If it ever dries out, add more water to the mix. You now have your own facial wet wipes for home, work or travel.

If you make these for **cleaning hands** strengthen the mix to 4% essential oil. Substitute some of the water with 30% white or apple cider vinegar or vodka to strengthen the antiseptic effect.

These are great towels to have in the car or your purse for quick wipe-ups.

Nail Care(2J) Nail Strengthener



3 drops jojoba
7 drops calendula infused oil
1 drop patchouli
1 drop frankincense
1 drop sandalwood.

Warm the calendula and jojoba and place in a small bowl.
Submerge fingernails into this.
Another fun way to use this recipe is to place this mix in a recycled
fingernail paint bottle.
Brush onto both finger and toe nails.
Leave on for at least 15 minutes.
Keep the mixture in the fridge and use within 2 months.

Brittle Fingernail Helper



10 mls rosehip seed oil
5 drops jojoba
15 drops Lemon essential oil
5 drops myrrh essential oil

Pour into a small amber bottle with a glass dropper, or reducer.

Put onto nails every couple of days, or whenever you remember.

Keep the mix in your refrigerator.
Do not use if pregnant, nor breastfeeding.

Baking Soda Deodorant Recipe

Adapted from Traditional Living Oct 31/2014

Ingredients:

1/2 cup baking soda
1/2 cup arrowroot powder
10--12 Tbsp. Coconut oil
10 drops of lavender essential oil

Combine baking soda, coconut oil, and arrowroot powder and either use a spoon and work the mixture until it gets into a firm texture.

Or put the mix through a food processor (to make it easier).

Transfer to a container (with lid) and store in the fridge.

Bring up a small bowl full at a time to use.

The texture of it should be about the same as store bought.

This recipe portion should last you for number of months.

*Note- baking powder is very alkaline and can be irritating to skin.



Magnesium Hydroxide, Deodorant Stick Formula

Ingredients:

| | |
|----------------------------|----------|
| Shea butter | 33 grams |
| Beeswax | 20 grams |
| Cocoa butter | 15 grams |
| Magnesium hydroxide powder | 20 grams |
| Kaolin clay | 10 grams |
| Vitamin E | .05 gram |
| Lavender essential oil | 1 gram |

INSTRUCTIONS

1. Weigh phase A ingredients and melt them in a water bath.
2. While phase A is melting, combine phase B and sift it through a fine sieve to ensure there are no lumps. Wear a Mask.
If you cannot find powdered magnesium hydroxide, you can grind the flakes in a coffee grinder or using a mortar and pestle.
3. When phase A is melted, remove from water bath and let it cool to about 60°C (140°F) while stirring occasionally.
4. Add phase B to phase A and stir thoroughly.
5. While stirring the mixture, cool it down until it begins to thicken.
6. Add phase C ingredients, mix well.
7. Pour into a deodorant stick container.

Oil Pulling Chews-

Adapted from mommy hypopotamus

INGREDIENTS- DO NOT USE WITH CHILDREN

1/3 cup melted virgin coconut oil

1/4 - 1 teaspoon ground turmeric (if desired)

Essential oils - 10 drops of myrrh, orange or spearmint. Do not use myrrh or spearmint if pregnant.



Melt coconut oil and stir in turmeric and essential oils. Pour mixture into individual ice cube or silicone candy trays. Each piece should be 1 teaspoon to 1 tablespoon in volume.

How to Use

1. When you wake up - before drinking, eating, or brushing your teeth - place one or two chews in your mouth and swish for 5-20 minutes. Longer is typically considered better, but do what works best with your schedule.
2. When you're done, spit the oil into the garbage. Don't swallow it or spit it into the sink/toilet, as it may clog the drain over time.

Rinse with warm water, either plain or mixed with unrefined, mineral-rich sea salt. Mineral-rich saliva contributes to tooth remineralization, which is a normal biological response to ongoing demineralization from acidic foods, etc.

Brush and floss as normal If any turmeric powder is left on your teeth or gums it will cause a slight yellow tint, but when the turmeric is fully rinsed away you should notice a brighter, whiter smile. If the turmeric is annoying to you make the chews without it. 😊

This is an adult-only treat.

Simple Toothpaste to help Re-mineralize Your Teeth

(Remember you have your professional toothpaste formula in Practical Potions 1
Lamiaceae Family)

Make a separate jar for everyone in the family



Ingredients:

1/2 cup of coconut oil

2 tablespoons of baking soda

4-5 tablespoons of calcium & magnesium citrate

15 drops essential oil of lemon.

Put in a bowl and mix using a mortar and pestle or food processor.
Distribute into 50 ml glass jars. Keep any unused jars in the refrigerator
until needed.

Mouthwash and Gargle Simple Recipe-

Chrissie Wildwood pg. 31

Gargles that contain sandalwood and lemon are helpful for sore throats and laryngitis.

A mouthwash with peppermint, coriander and fennel will sweeten breath by killing off bacteria.

Add one drop of essential oil to a small glass containing two tsp's of cider vinegar.



Shake, fill with warm water and gargle twice daily.
Essential oils dissolved better in vinegar than water.
Cider vinegar is in itself a remedy for sore throats and laryngitis.

Foot Treatments-(2J)



Hot, Sweaty Tootsies

Fill a beautiful, large basin with warm water.

Add 3 drops lavender
3 drops sage
or 6 drops pine

Stir well into the water.

Find a fluffy towel and put on some uplifting music.

Soak your feet for 5-15 minutes.

Do not use on children under 3, nor if you are pregnant or sensitive or allergic to any of the essential oils.

Tired and Achy Foot Blend-

Fill a beautiful, large basin with warm water.

3 drops rosemary
2 drops lavender
5 drops juniper

Stir well into the water.

Find a fluffy towel and put on some uplifting music.

Soak your feet for 5-15 minutes.

Do not use on children under 3, nor if you are pregnant or sensitive or allergic to any of the essential oils.



Peppermint Foot Balm- Deluxe Formula

X 2.5 = 250 gram batch

WATER (PHASE A)

| | |
|---------------------|------|
| distilled water 30% | 75 g |
| aloe vera juice 30% | 75 g |
| glycerin 2% | 5 g |
| xanthan gum 1% | 2.5% |

OIL PHASE 35% (B)

| | |
|--------------------------------|-------|
| calendula oil 15% | 40 g |
| avocado oil 3% | 7.5 g |
| pomegranate oil 2% | 5 g |
| shea butter 5 % | 12.5 |
| polawax or cetearyl alcohol 8% | 20 g |
| cetyl alcohol 3% | 7.5 |

COOL DOWN (PHASE C)

| | |
|---|------------|
| germall plus 0.5% | 1.25 grams |
| peppermint essential oil 1% | 2.5 grams |
| eucalyptus or birch essential oil 0.50% | 1.5 grams |
| myrrh essential Oil | 7 drops |

Stir the xanthan gum into the glycerin and blend in the rest of the water phase. with an immersion blender.

Put the water phase into a water bath for 70 degrees for a minimum of 20 minutes.

In another beaker add oils, butters and emulsifier. Blend all of Phase B ingredients together.

Place in a water bath until melted. Let sit at 70 degrees for at least 20 minutes. Sometimes it takes a final zap in the microwave for a few seconds to melt the wax. Slowly pour the oil phase into the water phase and blend very well. You may cool it off in the fridge.

When it is 40% add phase C ingredients. Stir again with the immersion blender. Be sure it is integrated. Spoon into ointment or cream containers.

Hair and Skin Diagnosis Lab-(2J)



To be completed and e-mailed to Laurie
laurie@northernstarcollege.com

Choose a friend, partner, or someone in the
class to work on.

Use your Aromatic Intake Template- from last term, to help you add
relevant client data, if you wish.

Student Name

Date and

Email Address-

Client Information-

Name-

Date-

Reason for Consultation?

Skin Type:

Oily Normal Mature Sensitive Combo. Rosacea Other



How did you determine his/her skin type?

Recommended Essential Oils? Pick 3-5

Recommended Carrier Oils? Pick 3-5

What type of mixture will you create or suggest is created for your client?

Recommended Hydrosol?

Recommended Food, Treatments, Etc.

Hair Type:



Oily, Normal, Dry, Damaged, Dandruff, Other

How did you determine their hair type?

Recommended essential oil blend for shampoo?

How many drops of e.o. in the shampoo?

How often should they shampoo?

Recommended carrier and essential blend as a deep conditioner?

Follow Up?