

Sober Turtle

Recipes for Clean Products

...From A Crunchy Mom

Sober Turtle Anti Itch Spray

Ingredients

- 1 part Witch hazel
- 1 part Aloe vera gel
- 1 part Plantain tea or Chamomile tea
- 2% dilution of essential oils, so about 12 to 15 drops per oz carrier
- Lavender essential oil
- Tea tree essential oil
- Other good anti-itch oils: Basil, chamomile, mint, rosemary
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- In a 4oz amber glass bottle... Combine witch hazel, plantain or chamomile tea, and aloe vera in the spray bottle in a 1:1:1 ratio.
- Next add your essential oils. About 12 drops per oz carrier for a 2% dilution. Here's a rough estimate for a 4 ounce bottle:
- Tea tree essential oil: 15 drops
- Lavender essential oil: 15 drops
- Your desired combo of Chamomile, Basil, Mint, Rosemary essential oil: 20 drops
- Once all of the ingredients have been added to the spray bottle, screw on the cap and shake well.

Use

- The next time you have a bug bite or itchy skin irritation, simply shake well and spray directly onto your skin to soothe!

Sober Turtle Anti-Inflammatory Oil

Ingredients

- Jojoba and Avocado oil mix
- Peppermint oil
- Lavender oil
- Yar pom oil
- Eucalyptus oil
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- Aim for about a 2% dilution, with 12 drops essential oil per oz of carrier.
- I find this to be a good combo for a 1 oz bottle:
- 2 drops peppermint oil
- 2 drops lavender oil
- 5 drops yar pom oil
- 3 drops eucalyptus oil
- Add all oils to an amber glass bottle with dropper, using a funnel

Use

- Shake well before each use
- As needed for irritated areas

Sober Turtle Awesome Sauce Face Wash

Ingredients

- 1 ¾ oz unscented liquid castile soap
- 2 oz brewed organic chamomile tea (for its anti-inflammatory properties). I grow chamomile and steep the fresh chamomile into a tea- store the extra unused in the fridge. Brewed marshmallow root tea is also a good option. See "Essential Oils, Carrier Oils, and Extracts: Notes for Skin and Hair" for details.
- 3/4 tsp Organic avocado oil
- 12-15 drops essential oils
- Lavender (sensitive skin and acne-prone skin), tea tree (acne-prone skin), frankincense (aging skin), geranium (aging skin), or sandalwood (aging skin).
- 3 drops Vitamin E, Baobab, or carrot seed oil
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- Add all ingredients to a 4 oz amber jar with pump.
- About a 1:1 mix of castile soap and chamomile tea.
- This is a very light dilution of only about 0.5% essential oils, so about 3 drops per oz carrier, so about 12 to 15 drops total.

Use

- Shake well before each use.
- Use as your daily face wash

Sober Turtle Bug Slayer

Some essential oils known for being excellent natural insect repellents: Citronella, Clove, Lemongrass, Lemon Eucalyptus, Cedarwood, Rosemary, Tea Tree, Eucalyptus, Cedar, Catnip, Lavender, Peppermint, Basil, Rose Geranium, Cinnamon Oil, Thyme, Lemon, Orange, Pine

Ingredients

- 2 parts filtered water
- 1 part witch hazel or vodka
- Use a higher 5% dilution of essential oils, so 30 drops per oz carrier.
- Optional: 1 teaspoon of neem oil (This has a strong scent)

- Essential oils specific to pests:
    - Chiggers! Essential oils like lavender, peppermint, tea tree, citronella or thyme
    - Mosquitoes – citronella,, peppermint, lemon, eucalyptus, catnip, basil, clove, thyme, lemongrass, geranium, lavender
    - Ticks – rose geranium, juniper, rosewood, thyme, grapefruit, oregano
- Additional effective pest ingredients include: Neem Oil, Vodka, and Vanilla Extract

Directions

- Use a 4 oz clean spray bottle
- Add about 2 ounces of filtered water. Add 1 ounce of witch hazel or vodka, leaving room for add ins and space for a good shake to emulsify the oils before each use.
- Add 90 drops of essential oils, for a 5% dilution. For a stronger mix, you can up it to a 10% dilution, getting up to 180 drops. Keep the total percentage of essential oils under 15% for safety.
- My jam is a stronger mix, around 8%: 70 drops lemongrass or citronella essential oil, 40 drops peppermint essential oil, 30 drops tea tree essential oil

Use

- Shake well before each use. Spray onto exposed skin and/or clothing, avoiding eyes and mucous membranes. Reapply every 2 hours, or as needed.
- Store in a dark bottle, away from heat or sunlight.

Sober Turtle Detox Mask

Ingredients

- 1:1 Powder: Liquid
    - 1 part Activated Charcoal
    - 1 part bentonite clay
    - 2 parts filtered water
- Optional: 0.5% to 1% Dilution of Essential oils (Frankincense is good antibacterial). About 3 to 6 drops per oz of liquid.

Directions

- Mix all ingredients in an 8 oz wide mouth jar with lid.

Use

- Apply to face, pits, any parts you want to detox.
- Let dry completely, then rinse it off
- Repeat every 4 days until fresh and rejuvenated

Sober Turtle Face to Toes Body Oil

Ingredients

- Organic carrier oil, any combo: argan, jojoba, avocado, castor, coconut, Baobab, Carrot seed.
- 1 to 2% dilution of essential oils...48 to 96 drops
- Can add a bit of Vanilla or Almond extract for scent.
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- Pour all ingredients into an 8 oz dark amber glass bottle with pump
- 1 to 2% dilution of essential oils, so 48 to 96 drops
- My latest mix was this: 3 oz jojoba, 2 oz melted coconut oil, 1 oz avocado, 1 oz argan, 6 pumps castor, 1 dropper full of carrot seed oil. 30 drops Lavender, 20 drops Copaiba, 15 drops Frankincense, 10 drops Rosemary. Generous splash of Almond extract.

Use

- Shake before each use. Apply liberally to any and all skin.

Sober Turtle Hair Detangler and Anti-Frizz Spray

When applied to wet hair, the mucilaginous quality of organic marshmallow root mixed with aloe vera gel will coat, soften, and help smooth out those knots, making it much easier to brush through those otherwise difficult to manage manes. This mixture will also help flatten out and tame a bed head, giving you perfect, soft, shiny and ready-to-go hair within just minutes of rolling out of dreamland.

Ingredients

- 8 oz organic marshmallow root tea (see instructions for making in end Notes section)
- 2 Tbsp aloe vera gel
- 20 drops organic lavender essential oil
- 10 drops organic rosemary essential oil
- Optional: 1 Tbsp organic organic argan oil, organic jojoba oil, or organic avocado oil

Directions

- Add all ingredients into 8 oz spray bottle
- Shake well to mix.

Use

- Shake well before each use.
- Use as needed before brushing gnarly hair;).

Sober Turtle Hair Growth Pre-Wash Serum

Ingredients

- 3 parts Carrier oil (Jojoba for moisture and reduced frizz, Avocado for hair moisture and scalp blood flow, Castor for increased growth and reduced hair loss, Coconut for UV and breakage protection, Argan for moisture and reduced frizz)
- 1 part Marshmallow root tea (The mucilage content provides a conditioning effect that softens hair, making it easier to detangle and reducing frizz. Marshmallow root also supports scalp and hair follicle health, which is critical for hair growth. The mucilage in marshmallow root coats the hair shaft to add a protective layer that guards against breakage and split ends. By strengthening hair strands, marshmallow root helps maintain length and improve hair resilience. This makes it especially beneficial if you want to reduce hair damage from styling, heat or environmental exposure. One of the unique properties of marshmallow root is its natural slip. This makes it an ideal detangler as it helps separate hair strands easily thus reducing tugging and breakage. For people with thick or curly hair, marshmallow root also reduces frizz which helps leaves hair smooth and well-defined.)
- 1 dropper full of Baobab oil (very moisturizing)
- Rosemary Essential Oil
- Lavender Essential Oil
- Peppermint Essential Oil
- Cedarwood Essential Oil
- Tea Tree Essential Oil
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- 4 oz glass dropper bottle.
- Add 3:1 Carrier oil to Marshmallow root tea combo.
- Add 2% essential oil dilution (about 12 drops per oz carrier). I prefer 10 drops of each: Rosemary, Lavender, Peppermint, Cedarwood, Tea Tree.
- Shake well to mix.

Use

- Shake well before each use. Apply the serum liberally to scalp and hair. Massage the serum into your scalp and allow it to sit for 15 to 30 minutes.
- Wash your hair: After letting the serum sit, wash your hair as usual.
- For best results, use this homemade hair growth serum every few weeks. This serum can be an excellent addition to your hair care routine, as it promotes hair growth, repairs thinning hair, and nurtures a healthy scalp.

Sober Turtle Hair Smoothing Post-Wash Serum

A serum is a hair or skin care product that is often concentrated and helps to retain moisture. Argan oil is the perfect base ingredient for a serum or leave-in conditioner, as it is lightweight, yet full of botanical goodness. While this is an awesome basic hair serum recipe, the awesomeness can be turned up a notch by experimenting with other carrier oils and essential oils! Just remember to use no more than a 2% dilution of essential oils.

Ingredients

- Combo organic Argan, Jojoba, melted Coconut
- Dropper of Baobab oil
- Organic lavender essential oil
- Organic rosemary essential oil
- Organic basil essential oil
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- Carefully pour carrier oils into a 2 oz. amber or cobalt blue glass dropper bottle, (use a funnel).
- Add in the essential oils. 2% dilution, so 12 drops per oz carrier.
- I like this combo; 12 drops Lavender, 6 drops Rosemary, 6 drops Basil.
- Tightly screw on the dropper top and shake well to combine.

Use

- Be sure to give the bottle a shake before every application.
- After washing hair, towel off excess moisture and work a pea-sized amount of serum into the ends of your hair while it is still damp.
- Use daily for a glossy, vibrant look.

Sober Turtle Mouthwash

Ingredients

- 2 cups distilled or filtered water
- 2 tsp aluminum-free baking soda
- 4 T xylitol
- 10 drops of peppermint oil, 1 drop each: tea tree, orange, lemon, cassia, eucalyptus
- 10 drops of liquid trace minerals

Directions

- Add all ingredients into a glass bottle and shake until fully combined.
- This mouthwash ages like a fine wine and the flavor experience just gets better with time;)

Use

- You can use this daily, as the very low essential oil dilution is friendly to the microbiome
- It is a good alkalizing rinse to help balance the pH in your mouth.

Sober Turtle Salt or Sugar Scrub

Ingredients

- For salt scrub, 4 parts coarse salt (I use a Redmond's kosher salt, Epsom salt combo)
- ----------OR-------
- For sugar scrub, 4 parts Organic Cane sugar (tends not to dissolve as much as other sugars)

- 1 part melted coconut oil
- 2% dilution (12 drops per oz coconut oil) of preferred essential oils
- Vanilla or Almond Extract can be added for scent.
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- Add the coconut oil to a 12 oz wide mouth jar, place in a medium saucepan with a few inches of water and heat until the oil is melted.
- Remove jar of melted oil from hot water.
- Add in essential oils, which will be about 24 drops for this size jar
- Mix in salt or sugar until well combined.
- Put the lid on the jar and give it some occasional upside down turns until oil is solidified to keep a uniform mix.

- My fave combos:
- Salt scrub: 24 drops lavender oil and splash vanilla extract
- Sugar scrub: 20 drops peppermint oil and splash vanilla extract (can add crushed up candy canes to this one in the winter)

Use

- Put it in your shower for a magical experience of exfoliation and fragrance.

Sober Turtle Slay Serum

Ingredients

- Carrier oil of choice. Infused green tea oil is great if you make it- find directions in the Properties of Essential Oils, carrier Oils, and Extracts section. Or use jojoba, avocado, and a little bit of castor, carrot seed oil, and argan oil.
- Splash witch hazel
- 6 drops Aloe Vera (optional)
- 1 to 1.5% dilution of essential oil- depending on skin sensitivity. (Frankincense, Lavender, Rosemary, Geranium are a great combo to address all the things)
- Good options for essential oils: lavender (sensitive skin and acne-prone skin), tea tree (acne-prone skin), rosemary (acne-prone skin), frankincense (aging skin, also good if acne prone), geranium (aging skin), or sandalwood (aging skin).
- (See end notes section to change up any ingredients to customize your own mix)

Directions

- Combine all ingredients in a dark amber 2 oz bottle.
- For this size, you will use 12 drops of oils for sensitive skin or 18 drops for normal skin.

Use

- Shake Before Each Use!
- Apply lightly after cleaning face, before moisturizer.

Sober Turtle Sunscreen

Ingredients

- 2 parts avocado oil (natural SPF)
- 1 part coconut oil (natural SPF 4)
- 1 part beeswax
- 2 Tablespoons Non-Nano Zinc Oxide (Be sure this is a non-nano version that won't be absorbed into the skin. Be careful not to inhale the powder).
- 1 teaspoon Red Raspberry Seed Oil (natural SPF)– optional
- 1/2 teaspoon Carrot Seed Oil
- 2 tablespoons Shea Butter (natural SPF 4-5)- optional
- Optional for scent: Almond or Vanilla extract
- Optional for scent: Light 0.5% dilution (3 drops per oz carrier) Essential Oils (LAVENDER is awesomeness) or other natural extracts to suit your preference (Do not use citrus essential oils, as they increase sun sensitivity)

Directions

- Small mason jars (pint size) are great for this. Don't try to use a bottle/pump with it- too thick.
- Combine all ingredients except zinc oxide in a pint sized (16 oz) mason glass jar. (For this size, I use about 48 drops Lavender oil and a splash of vanilla or almond extract)
- Fill a medium saucepan with a couple inches of water and place over medium heat.
- Put a lid on the jar loosely and place in the pan with the water.
- As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, remove from the hot water, add the zinc oxide, shake or stir in well..
- Shake or stir a few times as it cools to make sure zinc oxide incorporates well.
- Additional Notes:
    - Don't inhale the zinc oxide.
    - Add more beeswax to make thicker sunscreen, less to make smooth sunscreen

Use

- Store at room temperature
- This sunscreen is not waterproof and will need to be reapplied after sweating or swimming.

Sober Turtle Tallow Balm

Rich in fat soluble vitamins A, D, and K along with a saturated fat ratio that closely resembles what our cells use to maintain integrity, it absorbs easily without leaving a greasy residue behind

Ingredients

- 16 oz (2 cups) grassfed beef tallow, melted (I get mine from 99 Counties)
- 6 oz (12 tablespoons) organic Avocado oil (natural SPF), or other carrier oil
- Optional: 110 drops essential oil (this is just under 1% dilution, which gives light scent and makes it a nice and weak concentration for all skin types)
- Optional: Almond or Vanilla Extract for scent
- My favorite scent Varieties:
    - The Real OG: mix of organic essential oils of lavender, bergamot, frankincense, and sandalwood
    - Vanilla Nuts: Vanilla extract and Almond extract (about 2 tablespoons of each). I also add a few drops of frankincense for my old skin;)
    - Fall Vibes Latte sugar scrub: allow about a tablespoon and a half of coffee grounds to steep in the melted coconut oil for a few minutes. Leave the coffee grounds in the scrub- they are a great exfoliator! I use vanilla extract, as well as some cassia essential oil, frankincense, and a few drops of clove oil.
    - Christmas remix: I make a sugar scrub with vanilla extract and some peppermint essential oil....and I add in crushed up candy cane.
- Summer Add-ins For Sun Kissed skin:
    - Red raspberry oil offers an SPF ranging from 28-50, while avocado oil provides an SPF of around 14.
    - Although sea buckthorn oil has a lower SPF, it is renowned for reducing the damaging effects of the sun's radiation on a cellular level, making it a reparative ally for sun-exposed skin.

Directions

- Melt the tallow gently over low heat (I do this in a glass jar in a pan filled with a few inches of boiling water on the stovetop), then pour melted tallow into a large bowl and mix in the other carrier oils and essential oils.
- Allow to cool for about an hour, then whip with a hand mixer until it looks like frosting. Whipping gives it a lighter consistency that makes application easier. Don't be shy with this. The more you whip, the better the consistency.
- Scoop into clean jars. I typically use amber glass 4 oz, 8 oz, and/or 16 oz jars for this.
- This recipe will fill approximately six 4 ounce jars.

Use

- This is my all time favorite moisturizer for my face and body. I use it daily.

Sober Turtle Basics
AND
Properties of Essential Oils, Carrier Oils, and Extracts: Notes for Skin and Hair

***Rule of thumb for routine use concoctions: use a 2 to 3% dilution, which would be about 12 to 18 drops of oil per oz of carrier. Consider a lower dilution 1 to 2% for products specifically for face. For sensitive skin, reduce to a 1% dilution, or 6 drops per oz carrier. For targeted concoctions like bug spray, use a higher concentration of about 5%, or 30 drops per oz carrier.**

***Remember that none of these products contain emulsifiers, so ingredients separate. Always give a good shake before using them.**

Essential Oils: ****Keep in mind that any citrus oils will make skin more photosensitive, so take this into consideration in the summer.**

- BERGAMOT: Antiseptic, anti-inflammatory, aids in the healing of wounds and scars. Astringent, good for oily skin. Used for acne, eczema, spots, cold sores, boils, wounds.
- CASSIA: "Chinese cinnamon". Improves circulation, anti-inflammatory. Good for sore muscle relief. Astringent. Good for skin and hair. In a hair mask, it can strengthen hair roots. Combats coughs by shrinking mucous membranes and relieving chest congestion.
- CEDARWOOD: Useful for such a wide range of common health concerns including skin problems, hair loss, infections, stress and much more. Has anti-inflammatory, antispasmodic, antifungal, tonic, astringent, diuretic, sedative and insecticidal properties. Use for eczema, hair growth, dry scalp, deodorant, cough, insect repellent, acne.
- CISTUS: Great antimicrobial. Helps with wound healing- reduces bleeding from a fresh wound, speeds healing time of minor wounds. Immune support, polyphenols. Wood, spice, floral fragrance.
- CLARY SAGE: Antiseptic, aids in the regeneration of skin cells, wrinkles, anti-inflammatory, also helpful for acne, boils, inflammation, psoriasis, eczema. Helps cuts, wounds and burns to heal. Useful for hair care controls the production of sebum, oily hair, dandruff; discourages hair growth.

- CLOVE BUD: Antimicrobial, Pain reliever (eugenol) great for tooth and muscle pain, helps with respiratory conditions like cough and asthma
- COFFEE ABSOLUTE: With its wealth of beneficial fatty acids and flavonoids that are rich in antioxidants, along with anti inflammatory properties, Coffee Oil helps skin and hair look lively and moisturized. Good for hair growth. good for anti-aging due to anti-oxidants.
- COPAIBA: Reduces inflammation and promotes a clear, smooth complexion. Good for acne, can also help with pain relief and aching joints. It helps support a healthy inflammatory response. Copaiba can be applied directly to the mouth to cleanse and soothe the gums and oral cavity. It's also a powerful antioxidant.
- CYPRESS: Regulates oil production, best for oily and over-hydrated skin. Used to treat excessive perspiration, wounds, frostbite, acne and cellulitis.
- EUCALYPTUS: Analgesic, antiseptic, helps wounds to heal, aids in the forming of scar tissue, used for burns, cuts, blisters, ulcers, wounds.
- FENNEL: Anti-inflammatory, antiseptic, stimulates circulation, used for dull and oily skin, bruises, cellulitis, wrinkles.
- FIR NEEDLE: Most commonly, fir needle essential oil is used to fight sore throat and respiratory infections, fatigue, muscle aches and arthritis. Use for respiratory health and colds/coughs/flu/sinusitis, muscle aches, pain reduction, reduce body odor, antibacterial, antiseptic, detox.
- FRANKINCENSE: Anti-inflammatory, antiseptic, astringent, balances the skin's PH, improves elasticity and firmness, reduces acne, the appearance of wrinkles, discoloration (age or sun spots), scars and stretch marks, heals wounds and balances dry skin
- GERANIUM: Especially good for oily and dull skin, but it can be used for all skin types. Antiseptic, fungicidal, cleansing, mildly pain-relieving, reduces inflammation, stops bleeding, helps wounds to heal. Used for acne, bruises, burns, cuts, broken capillaries, dermatitis, cellulitis, eczema, ulcers, wounds. Astringent, balances sebum production, reduces pore size and improves firmness
- GINGER: Used to treat varicose veins and cellulitis. Anti-inflammatory, anti-oxidant. Good overall for skin and hair.
- LAVENDER: Antiseptic, controls the production of sebum, stimulates circulation in the skin. Assists in the healing of wounds and helps to rejuvenate the skin. Used to treat acne, cuts, burns, sunburn, inflammation, psoriasis, wrinkles. Reduces age spots and restores youthful appearance by triggering the body's natural production of powerful antioxidants: glutathione, catalase and superoxide dismutase
- LEMON: Assists in the formation of scar tissue. Antiseptic, astringent, controls the production of sebum, used for oily skin ,and acne. Revitalizes the skin by improving circulation and encouraging the elimination of wastes (used for cellulitis); gently exfoliates the complexion. With long application reduces broken capillaries and varicose veins, softens scar tissue on scars and corns. It is also said to strengthen brittle nails.

- LEMONGRASS: Antiseptic properties: sterilizes pores, reduces acne causing bacteria, deodorizes. Astringent properties: balancing sebum, acting as a toner, strengthening skin tissue. Sedative properties: relieves anxiety, stress and insomnia. Analgesic properties: Reduces muscle pain and improves blood circulation
- MARJORAM: Pain-relieving, antiseptic, helps wounds to heal, used for cuts and bruises.
- MYRRH: Antiseptic, astringent, reduces inflammation, improves circulation, stimulates the regeneration of skin cells, assists in the healing of wounds. Used to treat eczema, wounds, wrinkles. Very good for mature complexions or chapped and cracked skin. Heals wounds and restores cells damaged by free radicals
- OREGANO: Antimicrobial, antioxidants, anti-inflammatory, good for wound healing, insect repellent
- PEPPERMINT: Anti-inflammatory , pain-relieving, antiseptic, astringent, relieves itching, used for acne, dermatitis. (For itching it should be used in very small concentration - less than 1 %) Stimulates circulation and can enliven dull, congested skin. Used in the treatment of broken capillaries.
- POPLAR (COTTONWOOD) BUD: Analgesic, protective, anti-inflammatory, skin soothing.
- ROMAN CHAMOMILE: Reduces inflammation, promotes the formation of scar tissue, aids in the healing of wounds. Used for acne, boils, cuts, dermatitis, eczema, rashes, burns and sunburn. Very good for dry skin, especially when it is inflamed and sensitive. Can reduce the redness of broken capillaries.
- ROSE: amazing for your skin and smells lovely too! It's great for anti-aging and healing old scars.
- ROSEMARY: Antiseptic, gently pain-relieving, assists in the healing of wounds and scars. Regulates oil secretions, stimulates circulation, encourages the elimination of cellular wastes, assists in the drainage of lymphatic fluid; improves dull-looking skin, used to treat acne, dermatitis, varicose veins, cellulitis. Stimulates the scalp, promotes hair growth, used for dandruff and seborrhea.
- SANDALWOOD: Good for aging skin.
- TANGERINE: Soothing for skin- calms irritation, diminishes redness, promotes balanced complexion. Stimulates hair growth by stimulating circulation.
- TEA TREE: Antiseptic, anti-inflammatory, assists in the healing of wounds and scars. Used to treat acne, blisters, burns, sunburn, cold sores , rashes, warts, fungal infections and wounds. One of the few oils that can be used directly on the skin. Useful in oral hygiene, relieves gingivitis, mouth ulcers, periodontal disease and toothaches(gargle). Caution: Can irritate skin. Do a patch test.
- THYME: antiseptic, astringent, assists in the healing of wounds and scars. Used to treat acne, bruises, burns, cuts, dermatitis, cellulitis, eczema, insect bites.
- VANILLA: scent for relaxation. Good for skin: acne, anti-aging, soothes burns. Promotes hair growth.

- YAR POM: Calming the body and mind. Cellular, immune, and nervous system health. Antioxidant concentration makes it awesome for restoration of skin. Good in facial products and massage oil.
- YLANG YLANG: Antiseptic, soothing, helps to control the production of sebum, smooths the skin and stimulates new cell growth. Used to treat oily and irritated skin, acne, dandruff. eczema, wrinkles. Stimulates hair growth.

<u>Carrier Oils (look for Organic and Cold Pressed):</u>

- JOJOBA: Comedogenic rating: 2 | Good for all skin types, best for those with normal or combination skin, as well as good for acne prone and oily. Jojoba oil most closely resembles our skin's natural sebum which makes it a great one for just about everyone to use despite having a higher comedogenic rating.
- AVOCADO: Comedogenic rating: 3. Good for dry/flaky skin. Vitamin E, potassium, lecithin, many other nutrients to nourish and moisturize as these nutrients are easily absorbed by the epidermis and used to form new skin. Antioxidants can help heal dry, irritated skin with eczema and psoriasis. Anti-inflammatory. Essential fatty acids and oleic acid promote collagen synthesis for wound healing and skin repair. Natural SPF.
- OLIVE: Comedogenic rating 2. Good for dry and acne prone skin.
- ARGAN: Comedogenic rating: 0 | Great for all skin types. Best for dry skin, dry acne skin, and aging skin that needs more hydration. Argan oil is also high in oleic and linoleic acid, making it great for those with dry acne skin.
- COCONUT: Comedogenic rating 4. Good for very dry skin, best for body use. Natural SPF.
- CASTOR: Comedogenic rating 1. Good for all skin types, including acne prone and oily. Rich in Vitamin E and anti-oxidants. This oil has high viscosity, so you will only use it as a small portion of the overall carrier oil.
- BAOBAB: Comedogenic rating 2. Good for most skin types. A luxurious treat for the skin and hair. Richly-textured, this oil soaks into the skin quickly, helping to nourish and hydrate. It is supportive for maturing skin and promotes the appearance of supple and elastic skin tone. When used consistently, baobab oil can assist with a healthy complexion, which is especially suited for those who love to spend time in the sun. For glowing and rejuvenated hair, smooth a few drops in after washing.
- VITAMIN E: Comedogenic rating 2. Concentrations vary between manufacturers. Moisturizing, Good for eczema and psoriasis, Wound healing, Scar reduction, wrinkle reduction, soothes sunburns.
- RED RASPBERRY SEED: Comedogenic rating 1. Natural SPF for UVB. Anti-inflammatory with antioxidants and essential fatty acids, so good for eczema and psoriasis. Good source of vitamin A and E, so good for skin cell regeneration and collagen production. Linoleic acid helps reduce acne. Can reduce bacteria and calm inflammation in the mouth.

- CARROT SEED: Comedogenic rating 3 to 4. Good for dry, mature skin. Combining skin-mending vitamin A, collagen-boosting vitamin C and moisturizing vitamin E, this oil helps smooth lines and repair sun damage, scars and any other skin trauma. Beyond facial care, it's also used in products aimed at treating stretch marks and scar tissue.
- COFFEE BEAN OIL: Comedogenic rating 2. With its wealth of beneficial fatty acids and flavonoids that are rich in antioxidants, along with anti inflammatory properties, Coffee Oil helps skin and hair look lively and moisturized. Good for hair growth. good for anti-aging due to anti-oxidants.
- SEA BUCKTHORN SEED OIL: Comedogenic rating 1. rich in vitamins, antioxidants, and fatty acids. Good for old wrinkled skin, for sun damaged skin, for eczema, for acne prone skin.
- SWEET ALMOND OIL: Comedogenic rating 2. Good for dry, sensitive, acne prone skin.
- NEEM OIL: Comedogenic rating 1 to 2. Good for dry, acne prone skin. Rich in antioxidants. Great for dry, sensitive skin and brittle hair. Very high in linoleic acid, which helps with acne. Very high in palmitic acid for hair and skin moisturizing.
- GREEN TEA INFUSED OIL: See Green Tea Extract benefits. To make about 1.5 cups: 1 cup organic green tea, 1c~ 1 2/3 cup avocado or olive oil.... Pour loose green tea into a small canning jar, top tea with oil until completely covered, put the lid on and allow to infuse for 4 to 6 weeks, shaking regularly and assuring tea stays completely covered with oil (push tea down with clean spoon or add more oil, if needed), strain, at the end of infusion, strain oil using a funnel strainer or cheesecloth and discard tea into compost.
- SHEA BUTTER: Comedogenic rating 0 to 2. Good for normal, dry skin.
- COCOA BUTTER: Comedogenic rating 4. Good for very dry skin. Best for body use.

<u>Extracts:</u>

- GREEN TEA: Particularly powerful for nourishing and rejuvenating your skin after sun exposure. Packed with potent antioxidants, notably EGCG (Epigallocatechin Gallate), it helps neutralize free radicals generated by UV rays, reducing oxidative stress and preventing premature aging. Its anti-inflammatory properties soothe redness and irritation while promoting the repair and regeneration of damaged skin cells. Additionally, Green Tea Extract hydrates and revitalizes the skin, restoring its natural glow and elasticity. Incorporating this extract into your post-sun skincare routine ensures your skin stays healthy, radiant, and youthful.
- ALMOND: Good for scent. The almond oil in it moisturizes and nourishes skin, helps with repair.
- VANILLA: Good for scent. Anti-inflammatory, anti-bacterial, anti-oxidant.

Teas and Other Additives:

- WITCH HAZEL: Astringent, anti-inflammatory, antiviral. Can help with acne and minor skin irritation like bug bites.
- CHAMOMILE FRESH BREWED TEA: Excellent anti-inflammatory properties. I grow chamomile and steep the fresh chamomile in hot water to a tea. Store the unused in the fridge and use in future skincare creations.
- ALOE VERA: Moisturizing, soothes inflammation, reduces acne, promotes skin healing. Calming and hydrating.
- PLANTAIN FRESH BREWED TEA: Excellent anti-inflammatory properties. Excellent for bug bites, stings, any skin irritation. I pick plantain leaves from my backyard and steep them in hot water to a tea. Store the unused in a labelled glass container in the fridge for future use.
- MARSHMALLOW ROOT FRESH BREWED TEA: Steep the herb into a tea just like the others. The antioxidant and protective properties of marshmallow root support healthy cell functioning, which promotes healthy skin and hair. The mucilage in marshmallow root acts as a natural humectant. It draws water into the skin and hair, and creates a moisture-locking barrier. The mucilage content provides a conditioning effect that softens hair, making it easier to detangle and reducing frizz. Marshmallow root also supports scalp and hair follicle health, which is critical for hair growth. The mucilage in marshmallow root coats the hair shaft to add a protective layer that guards against breakage and split ends. By strengthening hair strands, marshmallow root helps maintain length and improve hair resilience. This makes it especially beneficial if you want to reduce hair damage from styling, heat or environmental exposure. One of the unique properties of marshmallow root is its natural slip. This makes it an ideal detangler as it helps separate hair strands easily thus reducing tugging and breakage. For people with thick or curly hair, marshmallow root also reduces frizz which helps leaves hair smooth and well-defined.

RECOMMENDED BLENDS BY SKIN TYPE OR CONDITION:

NORMAL SKIN:

- Lavender Essential Oil – a truly classic oil in skincare, it supports optimal hydration and the skin's natural healthful state.
- Neroli Essential Oil – has natural cleansing and antioxidant qualities, and also helps balance surface oils.

- Geranium Essential Oil – helps regulate skin oils and also has anti-inflammatory properties which can minimize potential issues such as acne or sensitivities.
- Ylang Ylang Essential Oil - known to be harmonizing both internally and externally, it helps to prevent dryness as well as excessive sebum production.
- ((Good options for dull skin: Fennel, Geranium, Grapefruit, Mandarin, Peppermint, Rosemary, Rosewood))

DRY SKIN:

- Chamomile Essential Oil – both Roman and German Chamomile Oils will naturally soothe inflammation, irritation, or pain associated with skin dryness.
- Frankincense Essential Oil – deeply nourishing, Frankincense is well known for its ability to rejuvenate dry and mature skin types. It also has natural skin-calming properties.
- Rose and Jasmine Sambac Absolutes - these concentrated floral oils are highly reputed in boosting skin hydration and dullness, and are also gentle on the skin.
- ((Good options for dryness: Chamomile, Frankincense, Lavender, Palmarosa, Rosewood))

SENSITIVE/IRRITATED SKIN:

- Rose Absolute – naturally moisturizing and anti-inflammatory, it helps deeply soothe the skin.
- Chamomile Essential Oil - comforts irritated and inflamed skin, helps hydrate the skin, and can improve the appearance of rashes.
- ((Good options to reduce inflammation: Chamomile, Clary sage, Fennel, Frankincense, Geranium, Myrrh, Peppermint, Orange, Tea tree))

OLD WRINKLED SKIN:

- Rose Absolute – has ideal skin-reviving and scar-reducing properties for aging skin. It also softens the skin and counters any dryness. Rose remains one of the most popular anti-aging oils used in commercial skincare.
- Jasmine Absolute – soothes the skin and intensively boosts hydration. Another premium anti-aging oil.
- Clary Sage Essential Oil – helps with both internal and external regulation, and is believed to naturally balance issues related to hormonal imbalances in women that can lead to skin ailments. It is also reputed to simulate cell regeneration and may help prevent the formation of fine lines and wrinkles.
- Palmarosa Essential Oil - deeply moisturizes skin and helps reduce the appearance of fine lines and wrinkles.
- ((Good options for wrinkles: Carrot seed, Clary sage, Fennel, Frankincense, Lavender, Mandarin, Myrrh, Palmarosa, Rosewood, Ylang-ylang))

OILY SKIN

- Tea Tree Essential Oil – helps eliminate excess sebum and is known to have natural antimicrobial properties. It is often used in skincare products for oily and acne-prone skin.
- Neroli Essential Oil – not only is this oil very gentle to the skin, it also has reputed antifungal and antibacterial properties that make it useful in clarifying oily skin and preventing breakouts.
- Lemon and Bergamot (Bergaptene Free) Essential Oils – known to improve the complexion of oily skin through its anti-inflammatory and antibacterial properties. Most other citrus oils, including Sweet Orange, Mandarin, and Grapefruit tend to be good fits for oily skin.
- Cypress Essential Oil – a potent and uplifting oil that can clarify skin and reduce shine. Has reputed antimicrobial properties.
- ((Good options for oily skin: Bergamot, Carrot seed, Cedarwood, Clary sage, Cypress, Fennel (sweet), Geranium, Grapefruit, Juniper, Lemon, Mandarin, Tea tree, Ylang-ylang))

ACNE:

- Tea Tree Essential Oil – has shown to be capable of clearing up mild to moderate cases of acne vulgaris. This has been attributed to its reported broad-spectrum antimicrobial and anti-inflammatory properties.
- Oregano Essential Oil – has shown strong activity in suppressing bacteria that cause acne, which is believed to be caused by the synergy between the compound Thymol and its other constituents. Another oil high in Thymol is Thyme Oil, which has shown similar effects.
- Lemongrass Essential Oil – a great complexion booster for those with acne because it has natural astringent qualities. It can also reduce the appearance of acne scars.
- ((Good options for Acne: Bergamot, Chamomile, Clary sage, Clove bud, Geranium, Grapefruit, Juniper, Lavender, Lemon, Lime, Mandarin, Palmarosa, Peppermint, Rosemary, Rosewood, Tea tree, Ylang-ylang))

CELLULITE/ LOOSE SKIN:

- Sweet Fennel, Juniper Berry, and Grapefruit Essential Oils – reputed to be lymphatic stimulants, these oils are commonly used to aid in the removal of toxins and internal build-up that contribute to the appearance of cellulite.
- Black Pepper & Sage Essential Oils – encourage blood circulation when used in a massage and their carminative actions can lead to the appearance of a slimming effect. Their potent antioxidant actions also help to maintain skin laxity and prevent the formation of textural issues.

SCARS AND PIGMENTATION:

- Lavender Essential Oil – naturally supports skin regeneration.
- Frankincense Essential Oil – like Lavender, it encourages healing and skin regeneration.

- Black Pepper Essential Oil – helps boost circulation to enhance nourishment to scarred skin, and has good antioxidant properties that may improve skin texture.
- Turmeric Essential Oil – soothes inflammation and naturally lightens the skin, helping to eliminate scarring.

CUTS AND MINOR WOUNDS

- Helichrysum, Lavender, Rose, Patchouli, and Frankincense Essential Oils – commonly used to support wound healing and reduce scarring due to their citrasicant qualities.
- Tea Tree, Myrrh, and Lavender Essential Oils – may be used to gently cleanse or purify the area due to their reputed antibacterial and fungicidal properties.
- Lavender and Chamomile Essential Oils – may be used to soothe the skin and help reduce pain.

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NATURAL INSECT REPELLENTS

- Citronella, Clove, Lemongrass, Lemon Eucalyptus, Cedarwood, Rosemary, Tea Tree, Eucalyptus, Cedar, Catnip, Lavender, Peppermint, Basil, Rose Geranium, Cinnamon Oil, Thyme, Lemon, Orange, Pine

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SUN-KISSED SKIN

- REd RAspberry seed oil (SPF 28 to 50), avocado oil (SPF 14), sea buckthorn oil (natural UVA and UVB protection, cellular repair), Poplar bud and St. John's Wort extracts (soothing anti-inflammatory), olive oil and avocado oil (hydrating)