



Do-It-Yourself Organic Skin Care Recipes



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Inesscents is Bliss™



Deeply Hydrating Foot Balm

What you will need to get started:

- Glass Pyrex Measuring Cup
- Double Boiler
- Stir Stick
- Two 4 oz. Glass Jars plus Lids
- 1 Tbsp. Organic Cocoa Butter
- 2 Tbsp. Organic Beeswax Pellets
- ¼ Cup Organic Jojoba Oil
- ½ Cup Organic Almond Oil
- This recipe makes approximately two 4 oz. jars of balm.

Directions:

1. Measure and melt cocoa butter and beeswax in double boiler over low heat, stirring occasionally.
2. Once completely melted add almond and jojoba oil.
3. Gently stir until ingredients are evenly blended.
4. Pour contents into jars and let cool until completely firm.
5. Cap after cooling for a finished product.

Suggested Use: This recipe is perfect for dry, cracked winter feet. It also softens and nourishes tough skin such as elbows, hands and knees.



Detox Castor Oil Pack

What you will need to get started:

- A piece of flannel, cotton or wool material large enough to cover abdominal area.
- Organic Castor Oil
- Large Bowl
- Hot Water Bottle, or Heating Pad
- Old Clothes – Castor Oil Stains!
- Plastic Wrap
- 2 Towels

Directions:

1. Place a piece of material into a bowl & saturate it with Organic Castor Oil.
2. Turn on heating pad, or warm a water bottle.
3. Find a place to relax and lay down. Place a towel down first to prevent staining.
4. Remove the saturated cloth from the bowl and place over abdominal area.
5. Secure the material on your belly by wrapping midsection in plastic wrap.
6. Place a thin towel over the plastic wrap.
7. Lay down and place a warm heating pad or hot water bottle over the towel.
8. Rest, relax and detox for 45-90 minutes.
9. When finished, remove the excess oil from skin with an old towel or take a shower.
10. You will release plenty of toxins during this process, so be gentle with yourself and drink plenty of water.
11. Repeat this routine for 3 – 4 days in a row for best results.

Suggested Use: Applying a hot castor oil pack may aid in the detoxification of the digestive system, ovaries, kidneys and liver.

Forest Fresh Shaving Cream

What you will need to get started:

- Double Boiler
- Stir Stick
- Mixing Bowl
- Hand Mixer
- 4 oz. Glass Jar plus Lid
- 3 1/2 Tbsp. Organic Shea Butter
- 2 Tbsp. Organic Jojoba Oil
- 2 Tbsp. Organic Almond Oil
- 6 Drops of Cedarwood Essential Oil
- 4 Drops of Rosemary Essential Oil
- This recipe makes approximately one 4 oz. jar of shaving cream.

Directions:

1. Measure and melt shea butter in double boiler over low heat, stirring occasionally.
2. Once completely melted, pour shea butter into a mixing bowl.
3. Add jojoba, almond and essential oils to the melted butter and stir well.
4. Place bowl in refrigerator and let the blend harden.
5. Remove from refrigerator and whip with a hand mixer until the consistency is like frosting.
6. Transfer into jar for a finished product.

Suggested Use: Apply to desired area for a moisturizing and aromatic shave.

Lemon Cypress Lotion Bar

What you will need to get started:

- Glass Pyrex Measuring Cup
- Double Boiler
- Stir Stick
- 5 oz. Tin or Soap Mold
- ¼ Cup Organic Shea Butter
- ¼ Cup Organic Beeswax Pellets
- 1 Tbsp. Organic Avocado Oil
- 1 Tbsp. Organic Jojoba Oil
- 50 Drops of Cypress Essential Oil
- 20 Drops of Lemongrass Essential Oil
- This recipe makes approximately one 5 oz. lotion bar.

Directions:

1. Measure and melt shea butter and beeswax in double boiler over low heat, stirring occasionally.
2. Once completely melted add avocado and jojoba oil.
3. Gently stir until ingredients are evenly blended.
4. Remove from heat and stir in essential oils.
5. Pour into container and let cool at room temperature until firm for a finished product.

Suggested Use: Hold the bar in palm of your hands to soften, and liberally rub lotion into dry skin.

Melt-Away Massage Oil

What you will need to get started:

- 4 oz. Glass Bottle with Pump
- 4 oz. Organic Almond Oil
- 40 Drops of Lavender Essential Oil
- 25 Drops of Sweet Orange Essential Oil
- 25 Drops of Cedarwood Essential Oil
- This recipe makes approximately one 4 oz. bottle of massage oil.

Directions:

1. Measure and pour almond oil into bottle.
2. Add essential oils and shake well.

Suggested Use: A perfectly balanced aroma for a relaxing massage. Also, an exceptional after shower moisturizer.



Neroli Facial Toner

What you will need to get started:

- 4 oz. Glass Bottle with Sprayer
- 4 oz. Organic Witch Hazel Extract
- 10 Drops of Neroli Essential Oil
- This recipe makes approximately one 4 oz. bottle of toner.

Directions:

1. Measure and pour witch hazel extract into bottle.
2. Add essential oils and shake well.

Suggested Use: Spray on freshly washed face after applying moisturizer to lock in moisture, even out skin tone and feel fresh and rejuvenated.



Nourishing Nail Oil

What you will need to get started:

- Two ½ oz. Glass Bottles with Droppers
- 1 Tbsp. Organic Almond Oil
- 1 Tbsp. Organic Jojoba Oil
- 20 Drops of Lavender Essential Oil
- 10 Drops of Lemon Essential Oil
- This recipe makes approximately two ½ oz. bottles of nail oil.

Directions:

1. Measure and pour almond and jojoba oil into bottle.
2. Add essential oils and shake well.

Suggested Use: Gently massage into nails as needed to prevent dryness, cracking, and peeling.



Oh-So-Sweet Sugar Scrub

What you will need to get started:

- Double Boiler
- Stir Stick
- Mixing Bowl
- Hand Mixer
- Two 4 oz. Glass Jars plus Lids
- ¼ Cup Organic Shea Butter
- ¼ Cup Organic Cocoa Butter
- ¼ Cup Organic Almond Oil
- ¾ Cup Organic Sugar
- This recipe make approximately two 4 oz. jars.

Directions:

1. Measure and melt cocoa and shea butter in double boiler over low heat, stirring occasionally.
2. Once completely melted, pour butter blend into a mixing bowl.
3. Add almond oil to the melted butter and stir well.
4. Place the bowl in cold water - the sink works great.
5. Whip with a hand mixer until the consistency is fluffy. If your mixture is too hard, add another tablespoon of oil.
6. Add sugar and stir well until evenly blended.
7. Transfer into glass jars for a finished product.

Suggested Use: Use this decadently sweet exfoliating scrub to reveal soft and glowing skin.

Pretty Perfume Solids

What you will need to get started:

- Glass Pyrex Measuring Cup
- Double Boiler
- Stir Stick
- Dropper
- Three 1 oz. Tins or Glass Jars
- ¼ Cup Organic Jojoba Oil
- 1 Tbsp. Organic Beeswax Pellets
- 60 – 80 Drops of Essential Oils of Choice (*see recommendations below*)
- This recipe makes three 1 oz. containers.

Essential oil blend suggestions:

- Sweet Orange, Grapefruit, Lemongrass & Bergamot
- Lavender, Roman Chamomile, Geranium & Cedarwood
- Ylang Ylang, Sweet Orange, Sandalwood & Vanilla

Directions:

1. Measure and melt beeswax in double boiler over low heat stirring occasionally.
2. Once completely melted add jojoba oil.
3. Gently stir until ingredients are evenly blended.
4. Remove from heat and stir in essential oils.
5. Begin sniff testing at 20 drops of essential oil and keep adding until the desired aroma is reached.
6. Stir again and use dropper to fill containers.
7. Let cool at room temperature until firm for a finished product.

Suggested Use: Apply a small dab of perfume to pulse points and enjoy.

Radiant Vibes Perfume Oil

Ingredients:

- 10ml Glass Bottle with Roll-On Applicator
- 9ml Organic Almond Oil
- 10 Drops of Orange Essential Oil
- 4 Drops of Ylang Ylang Essential Oil
- 6 Drops of Sandalwood Essential Oil
- This recipe makes approximately one 10ml perfume roll-on.

Directions:

1. Measure and pour almond oil into bottle.
2. Add essential oils and shake well.

Suggested Use: Apply perfume to pulse points and breathe deep for a sweet, sultry and exotic aromatic experience.



Rejuvenating Body Scrub

What you will need to get started:

- Glass Pyrex Measuring Cup
- Mixing Bowl
- Stir Stick
- Three 4oz. Glass Jars plus Lids
- 1 Cup Sea Salt
- 8 Tbsp. Organic Avocado Oil
- 60 Drops of Grapefruit Essential Oil
- 30 Drops of Spearmint Essential Oil
- This recipe makes approximately three 4oz. containers of body scrub.

Directions:

1. In mixing bowl, combine salt and avocado oil.
2. Stir well until evenly blended.
3. Add essential oils, stirring as you go.
4. Transfer into containers for a finished product.

Suggested Use: Apply to skin using a circular motion to exfoliate and soften skin. Rinse and moisturize if needed. For those with sensitive skin replace salt with sugar.



Rosemary Mint Hot Oil Treatment

What you will need to get started:

- Stovetop Pot
- Stir Stick
- ½ Tbsp. Organic Jojoba Oil
- 1 ½ Tsp. Organic Almond Oil
- 1 ½ Tsp. Organic Avocado Oil
- 1 ½ Tsp. Organic Shea Oil
- 6 Drops of Rosemary Essential Oil
- 2 Drops of Peppermint Essential Oil
- This recipe makes one 1 oz. application.

Directions:

1. Combine jojoba, almond, avocado and shea oils in pot.
2. Stir on low heat until all ingredients are evenly blended.
3. Remove from heat and stir in essential oils.
4. Wrap a towel around shoulders and apply warm oil to hair with hands.
5. Cover with a shower cap to seal in heat.
6. Let sit for 15 minutes.
7. Shampoo out and condition if needed.
8. Style as usual and enjoy ultra-shiny, soft hair.

Suggested Use: Rosemary Mint Hot Oil Treatment is the perfect way to nourish your hair back to health by restoring moisture, luster and shine.

Soft & Soothing Lip Balm

What you will need to get started:

- Glass Pyrex Measuring Cup
- Double Boiler
- Stir Stick
- Ten Lip Balm Tubes or Three ½ oz. Tins
- Dropper (for filling lip balm tubes)
- 3 Tbsp. Organic Calendula Oil
- 1 Tbsp. Organic Shea Butter
- 1 Tbsp. Organic Beeswax Pellets
- 6 Drops of Orange Essential Oil
- 8 Drops of Peppermint Essential Oil
- This recipe makes approximately ten lip balm tubes, or three tins.

Directions:

1. Measure and melt shea butter and beeswax in double boiler over low heat, stirring occasionally.
2. Once completely melted add calendula oil.
3. Gently stir until ingredients are evenly blended.
4. Remove from heat and stir in essential oils.
5. Use dropper to fill lip balm tubes, or pour into tins.
6. Let cool at room temperature until firm and cap for a finished product.

Suggested Use: Apply to lips and enjoy the nourishing benefits and refreshing scent of this healing balm.

Soft Lips Sugar Scrub

What you will need to get started:

- Mixing Bowl
- Stir Stick
- 2 oz. Glass Jar plus Lid
- 3 Tbsp. Organic Brown Sugar
- 2 Tsp. Organic Calendula Oil
- 2 Tsp. Organic Honey
- 20 Drops of Lemon Essential Oil
- 10 Drops of Rose Essential Oil
- This recipe makes approximately one 2 oz. container of lip scrub.

Directions:

1. In mixing bowl, combine sugar, apricot oil and honey.
2. Stir well until evenly blended.
3. Add essential oils, stirring as you go.
4. Transfer into container for a finished product.

Suggested Use: Keeping your mouth closed, gently scrub your lips in a circular motion and rinse well. Use when your lips are dry, chapped or peeling to restore softness and luster.

Sunny Day Bug Spray

What you will need to get started:

- 8 oz. Glass Bottle with Sprayer
- 4 oz. Organic Witch Hazel Extract
- 3 ½ oz. Water
- ½ Tsp. Organic Vegetable Glycerin
- 10 Drops of Citronella Essential Oil
- 10 Drops of Sandalwood Essential Oil
- 10 Drops of Rosemary Essential Oil
- 5 Drops of Lemongrass Essential Oil
- 5 Drops of Peppermint Essential Oil
- 5 Drops of Catnip Essential Oil
- 5 Drops of Clove Essential Oil
- This recipe makes approximately one 8 oz. spray bottle of bug spray.

Directions:

1. Measure and pour witch hazel extract and water into bottle.
2. Add glycerin and essential oils. (Feel free to modify to desired aroma).
3. Shake well to blend and enjoy the all-natural way to protect your outdoor fun.

Suggested Use: This natural bug spray is the perfect remedy to keep the bugs away while you play – and it smells amazing.

Sweet & Sexy Body Butter

What you will need to get started:

- Glass Pyrex Measuring Cup
- Double Boiler
- Stir Stick
- Dropper
- 4 oz. Glass Jar plus Lid
- 7 Tbsp. Organic Shea Butter
- 2.5 Tsp. Organic Calendula Oil
- 10 Drops of Ylang Ylang Essential Oil
- 30 Drops of Grapefruit Essential Oil
- 10 Drops of Patchouli Essential Oil
- This recipe makes approximately one 4 oz. jar of butter.

Directions:

1. Measure and melt shea butter in double boiler over low heat, stirring occasionally.
2. Once completely melted add calendula oil.
3. Gently stir until ingredients are evenly blended.
4. Remove from heat and stir in essential oils.
5. Pour mixture into jar.
6. Place in freezer until completely frozen, then remove.
7. Let thaw at room temperature until there is no moisture left on top for a finished product.

Suggested Use: This body butter has a sweet and slightly exotic aroma. Rub between palms and apply liberally to moisturize skin.

Trauma Remedy Skin Salve

What you will need to get started:

- Glass Pyrex Measuring Cup
- Double Boiler
- Stir Stick
- 4 oz. Glass Jar plus Lid
- 2 oz. Organic Calendula Oil
- 1 oz. Organic Arnica Oil
- ½ oz. Organic Tamanu Oil
- ½ oz. Organic Beeswax Pellets
- 4 Drops of German Chamomile Essential Oil
- 8 Drops of Lavender Essential Oil
- 8 Drops of Marjoram Essential Oil
- This recipe makes approximately 4 oz. of salve.

Directions:

1. Measure and melt beeswax in double boiler over low heat, stirring occasionally.
2. Once completely melted add calendula, arnica and tamanu oil.
3. Gently stir until ingredients are evenly blended.
4. Remove from heat and stir in essential oils.
5. Pour into glass jar and let cool at room temperature until firm for a finished product.

Suggested Use: Massage salve into localized area to help ease aches and pains.



Our Story

Inesscents™ takes pride in maintaining the therapeutic integrity of our products by using minimal processing and supporting organic practices.

We believe in the wisdom of the Earth's medicines and strive to protect their purity and perfection. We focus on high-quality, single-ingredient and nutrient-dense superfoods for the skin. These ingredients make a substantial difference when it comes to your favorite DIY skin care recipes. When you feed your skin what it needs to be healthy and vibrant, you are also nurturing your entire body – inside and out.

Your support of Inesscents™ products makes a positive impact on our global community by not only protecting the environment and supporting our organic farmers, but also by encouraging triple bottom line principles.

