

**How to Have Skin So Soft Like You Were 16 Again ~
Easy Natural Homemade Skin Care Beauty Recipes
You Can Make at Home...**



by Terry D. Clark

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Lets Get Started.

Bath

1. Apple Tart Soap

4oz. Clear, Unscented Glycerine Soap

1 Tablespoon Liquid Soap

1 teaspoon Liquid Glycerine

1/2 teaspoon Apple Fragrance Oil

2 Drops Red Food Color

1/2 teaspoon Ground Cinnamon

Melt soap in small pan over low heat or in a glass cup in the microwave.

Add Liquid Soap and glycerine and stir gently but well. Add fragrance, color and cinnamon. Stir and let stand a couple minutes, just enough to start to thicken so when you stir again the cinnamon will be more evenly distributed.

Pour into molds. Allow to set completely (in or out of freezer).

Wrap in plastic wrap or use cellophane candy bags.

2. Apricot Freesia Tarts

Ingredients For Tart:

1 lb White Glycerin Soap Base

12 Drops Cosmic Color Canary Yellow

11 Drops Cosmic Color Red

1 t. Apricot Freesia FO

Ingredients For "Whipped Cream" Topping:

4 oz White Glycerin Soap Base

¼ t. Apricot Freesia FO

A "Shake" of Super Sparkle Gold Sparkle Dust™

Melt soap base for tart in a double boiler.

Once melted, add color and fragrance.

Pour into a muffin tin and allow to harden.

Remove from tin. Melt soap base for topping and add a shake of Sparkle Dust.

With an electric mixer, mix until thick and bubbly.

Spray tarts with rubbing alcohol and spoon the topping onto the tarts while allowing some to run over tarts.

Top with a dash of Sparkle Dust if desired.

3. Aspen Dreams Bath Salts

This scent is very woody, and is suited for soothing your muscles and relaxing in the tub. It is very masculine in scent, I think. I enjoy this after a long day at work, it makes me feel comfortable and content. Women

love it as well as men do.

The ingredients are:

2 cups of Epsom salts (or a mixture epsom/sea)

2 tablespoons of baking soda

essential oils:

5 drops of rosewood

2 drops cedarwood

2 drops Chamomile

a nice jar with a tight fitting lid

To make the salts:

Mix the salts and baking soda in a bowl very well.

Mix oils in a small cup. Take them and pour them evenly over the salt.

Mix the two very well.

Let sit for over an hour before placing in a jar and sealing.

If you are going to color these use yellow and red to make a light brown.

4. Balancing Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda and oils to jar. Gently shake to mix, mix well.

Add to tub of running water.

5. Balancing Epsom Salt Bath

Epsom Salt--2 tbsp

Sea Salt--1 tbsp

Baking Soda--3 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda, epsom salts and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

6. Balancing Fizzy Bath Salts

Sea Salt--3 tbsp

Baking Soda--3 tbsp

Citric Acid--1 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda, citric acid and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

7. Balancing Red Earth Salts

Sea Salt--2 tbsp

Baking Soda--3 tbsp

Powdered Red Earth Clay--1 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda, powdered red earth clay and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

8. Balancing Seaweed Salts

Sea Salt--2 tbsp

Baking Soda--3 tbsp

Powdered Kelp--1 tbsp

Essential Oils--8 drops

Jar--4 oz

Choose 3 or 4 oils from these essential oils: Bergamot, Frankincense, Geranium, Lavender, Palmarosa, Rose, and Rosewood.

Add sea salt, baking soda, powdered kelp and oils to jar. Gently shake to mix, mix well. Add to tub of running water.

9. Basic Bubble Bath

Ingredients:

5 drops fragrant oil or essential oil (your choice)

1 quart water

1 bar castille soap (grated or flaked)

1 1/2 ounces glycerin

Directions:

Mix all ingredients together. Store in a container. Pour in running water.

10. Basil and Lime Bath Salts

You will need:

5 cups of Sea Salt (or Epsom salt, or a combination of both)

1 Tsp. of Baking Powder

2 Tsp. of Almond Oil

5 drops Lime Scented Oil

4 drops Basil Oil

1 drop green coloring

1 drop yellow coloring

All you have to do is mix the salt and the baking powder in a bowl. In a another smaller bowl mix together all liquids and add to salts, stirring well. You should let them sit so they can soak up the scent and the coloring

allof the way through. After they have sat for about two hours take them and placethem in jars with cork stoppers. To create a good seal dip the cork in melted wax (greento match salts) and put cork into bottle.

11. Bath Cookies

2 cups finely ground sea salt

1/2 cup baking soda

1/2 cup cornstarch

2 tbs. light oil

1 tsp. vitamin E oil

2 eggs

5-6 drops essential oil

Preheat oven to 350 F. Mix together all the ingredients. Take a teaspoon of the dough and roll it gently into a ball about 1" in diameter. Continue doing this with all the dough and place the balls on an ungreased cookie sheet. (You can decorate the cookies with clove buds, anise seeds, or dried citurs peel if you wish.) Bake the cookies for 10 minutes, until they are lightly browned. Do not overbake. Allow the cookies to cool completely. To use, drop 1 or 2 cookies into a warm bath and allow to dissolve. Do not eat! Yield: 24 cookies, enough for 12+ baths.

12. Bath Bombs / Bath Fizzies

2 tbs. citric acid (you can get this at a pharmacy)

2 tbs. cornstarch

1/4 cup baking soda

3 tbs. coconut oil (or any other emollient oil like almond, avocado or apricot kernel oil)

1/4 tsp. fragrance oil

3-6 drops of food coloring (if desired)

Paper candy cups

Place all of the dry ingredients (first 3) into a bowl and mix well. Place coconut oil into a small glass bowl and add fragrance and food coloring. Slowly add oil mixture into dry ingredients and mix well. Scoop up small amounts of the mixture and shape into 1" balls. Let the balls rest on a sheet of waxed paper for about 2 to 3 hours, then place each ball into a candy cup to let dry and harden for 24 to 48 hours. Store bombs in a closed, air-tight container. To use, drop 1 to 3 bombs into warm bath water.

13. Bridal Bath Salts

(in 4 layers ~ makes 16oz.)

2 Cups Rock Salt

1/2 Teaspoon of Each Fragrance Oil

Rose, Sage, Lavender, Rosemary

Food Color

Divide salt into four equal amounts, place each in a container with sealable lids. That's 1/2 cup in each container or for 8 ounces of bath salts use 1/4 cup in each container and half the amount of fragrance oil and food color.

Add 1/2 teaspoon Rose fragrance oil and 4 Drops of red food color (or you can leave it white), put lid on and shake well. To the next one add 1/2 teaspoon Chamomile-Sage (or just sage if you have it) and 4 drops of green and 2 drops of blue food color and shake. To the third add 1/2 teaspoon Lavender fragrance oil, 3 drops of red and 4 drops of blue food color and shake well. To the last container add 1/2 teaspoon Rosemary fragrance oil, 4-8 drops of green food color and shake. On separate pieces of wax paper, spread out each color and air dry for several hours. When the salt is completely dry layer it in the container. Rosemary ~ Lavender ~ Sage ~ Rose (on top) To speed up the drying process you can put the wax paper on a cookie sheet and put it in the oven and let the pilot light work on it or for an electric oven, pre-heat at lowest temperature and turn off before putting salt in the oven. You have just made lovely layered bath salts that also has special meaning.

Red Rose - Means Unity White Rose - Represents Pure Spiritual Love

Sage - Represents Good Health and Long Life Lavender - Means Devotion

Rosemary - Lasting Friendship and Remembrance

14. Bubble Bags

Used in the shower, when there is no time to take a soaking bath.

2 parts oatmeal

2 parts dried herbs

1 part grated soap

Place ingredients in a cloth bag and use as a washcloth

15. Candy Cane Bath Salts

Ingredients:

3 cups of Epsom salts

3 Teaspoons of Sweet Almond Oil

9 drops of Peppermint Essential Oil

1 drop of red food coloring (more if you like)

1 drop of green food coloring

To decorate:

several jars with turn lids or cork seals

red, green and white Christmas ribbon

several gift tags shaped like candy canes OR

several candy canes (small ones)

To make the salts separate each of the three cups of salts into three bowls.

Separate each teaspoon of almond oil into three bowls.

Into one bowl of almond oil add the drop of red food coloring, into the second add the green. Into each of the three bowls of oil add three drops of peppermint oil. Mix each bowl well. After mixing pour each of the bowls of oils

and coloring into one of the bowls of salt. This will leave you with a bowl of green a bowl of red and a

bowl of white scented salts. Let sit for a few hours covered.

To create the candy cane effect layer layers of each color, a layer of red, a layer of green , a layer of white, over and over until you fill the jar.

16. Candy Cane Swirl

You will need:

½ lb. MP opaque base

1 tsp. Stearic acid

red colorant

Candy Cane fragrance oil

candy cane cookie cutters

wax paper lined pan or tray

****you could also use the Wilton mini cake pan candy cane mold**

Melt the MP base and stearic acid separately. Combine them when they are both liquefied. Whisk well. Add the fragrance oil and pour into a wax paper lined pan or tray. Take a bit of red coloring (just a bit on the tip of the toothpick) and swirl into the soap until it is marbled. When it is firm enough, take cookie cutter and cut out candy cane shapes. These are great for Christmas!!!

17. Chamomile Fields Shampoo

4 bags of chamomile tea (or 1 handful of fresh chamomile flowers)

4 tbs. pure soap flakes

1-1/2 tbs. glycerin

Let the tea bags steep in 1-1/2 cups boiled water for 10 minutes. Remove the tea bags and with the remaining liquid add the soap flakes. Let stand until the soap softens. Stir in glycerin until mixture is well blended.

Pour into a bottle. Keep in a dark, cool place.

Buy a split of champagne- drink it or toss it but keep the bottle. Heat water(not boiling just hot), stir in concentrate and glycerin until completely dissolved. Add

fragrance oil and stir well. Add salt stirring until dissolved. Allow mixture to cool. If it is not as thick as you would like add another 1/4 tsp. salt stirring until dissolved. pour into a clean champagne split and seal bottle. Using a pink or white

paint pen create labels for the front and back on gold stickers. with a square of candy foil cover the cork, twisting at the neck.

19. Camphor and Clary Sage Soap

2 c. M&P soap base

2 T. camphor oil

1/4 c. clary sage infusion

AND/OR

1 tsp. clary sage oil

Combine melted soap and herbal ingredients. Stir until blended, and pour into molds. Keep soap wrapped or store in a cool dark place. It will be good for about 18 months. Note: This also works well for poison ivy.

20. Cherry Berry Bubble Bath

1/2 cup unscented shampoo

3/4 cup water

1/2 tsp. salt (regular table salt is fine)

15 drops cherry fragrance oil

Pour shampoo into a bowl and add water. Stir gently until well mixed. Add salt, and stir until mixture thickens. Add cherry fragrance oil and place in decorative bottle. Can also be used as a body wash!

21. Cherry Cheesecake Soap

(Makes Two 4-1/2 inch cakes - 4 slices each)

1-1/2 lbs. White M & P Base

1/2 lb Clear M & P Base

2-1/2 tsp. Oatmeal, Milk & Honey Fragrance

1 tsp. Blending Vanilla

1 Tbs. Cherry (not Maraschino) Fragrance

Dash of Lemon Fragrance

Red Colorant

Green Colorant

Yellow Colorant

1-2 Tbs. Finely Ground Oatmeal

Life of the Party Mold - AO52

4-1/2 inch springform pans

Melt 1/2 lbs white base. Add sufficient coloring to make as dark red as possible, add 2 tsp of Cherry fragrance. Pour at least 30 "cherries" in the mold (it looks like it makes two halves of a 1 inch christmas ball). Allow to cool, unmold and set aside.

Melt 4 oz of clear base. Add 2 drops of green and 2 drops of red colorant.

Will turn brown. Add 3/4 tsp of Oatmeal, Milk & Honey Fragrance. Mix in

oatmeal. Pour evenly into two of the springform pans.

Melt 1 lb of white base. Add a few drops (only) of yellow colorant. Add 1-3/4 tsp of OM&H Fragrance, 1 tsp of blending vanilla (will add amber glow) and a small dash of lemon fragrance.

Mist brown base with alcohol and pour creamy base evenly into pans - be sure to leave about 1/4 to 1/2 inch head room. Allow to cool about 20 minutes until surface is fairly solid.

Spray top of "cake" and bottom of "cherries with alcohol.

Arrange about 15 cherries on each cheesecake. Melt 4 oz of clear base. Add red colorant to make deep red, add 1 tsp of Cherry Fragrance. Spoon over cherries, covering them and allowing excess to flow around them.

Allow cakes to cool about 30 minutes. Pop springform pan and enjoy.

22. CHOCOLATE SOAP

12 oz grated soap

5 oz water

1/4 cup instant cocoa powder

1/8 oz Chocolate Fragrance oil

Combine the grated soap and water in a saucepan, and set on medium heat.

When the soap has melted, add the cocoa powder, and chocolate fragrance.

Stir well, then pack into molds and let sit until hardened.

23. Citronella Soap

1 cup grated Castile soap

1/2 cup water

10 drops citronella essential oil

5 drops eucalyptus essential oil

1 T. dried, crushed pennyroyal leaves

Mix the ingredients into the melted soap/water mixture. With an electric mixer, whip the soap until it has doubled in volume. Spoon the soap into the prepared molds, pushing it into the molds as best you can (the beating action cools the mix, so work quickly). If the mixture has cooled off and thickened so much you can't put it into the molds, hand mold the soap into large balls.

24. Citrus Yum

You will need:

1/2 lb. Transparent MP base

1/2 TB. Coconut oil

3 drops lemon oil

3 drops grapefruit oil

3 drops orange oil

fruit wedges mold

orange/yellow colorant

Melt the MP base and coconut oil. Remove from heat and whisk well. Add essential oils and whisk well. Add a few drops of yellow/orange dye. I mixed red and yellow food coloring. Pour into molds. When I want to do each the "correct" color and flavoring for each fruit wedge, I use plastic leftover

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