STEP 1: Pick your blend & recipe.

**COMFORT**
A warm, herbaceous blend for comforting, deep-conditioning recipes, such as foot soaks, foot scrubs and body creams.

Featuring bergamot, Texas cedarwood, lavender tea tree and sweet marjoram essential oils.

**FRESHEN**
A fresh, crisp, floral blend for refreshing, everyday recipes, such as underarm creams, body butters and shower gels.

Featuring sweet orange, Roman chamomile, bergamot and lavender essential oils.

**INDULGE**
A spicy, earthy blend for indulgent, at-home spa recipes, such as soaking salts, body scrubs and skin spritzers.

Featuring bergamot, coriander, lavandin, Texas cedarwood and vanilla essential oils.

**RENEW**
A bright, fruit-like blend for renewing, on-the-go recipes, such as hand gels, hand & body wipes and body mists.

Featuring sweet orange, lemon, grapefruit, pine, spike lavender and peppermint essential oils.
STEP 2: **Choose your ingredients.**

Sweet almond oil effectively covers and hydrates skin.

Vegetable glycerin helps your skin retain its natural moisture.

Cocoa butter is a non-greasy butter that sinks deep into your skin.

Many of the ingredients in the following recipes are most likely found in your very own kitchen!

- Baking soda
- Bentonite clay
- Cornstarch
- Liquid soap
- Aloe vera gel
- Brown sugar
- Sugar
- Sea salt
- Ground almonds
- Coconut oil
INGREDIENTS

¼ cup sea salt
1 tablespoon baking soda
½ tablespoon vegetable glycerin
30 drops Comfort Essential Oil Blend
4-ounce amber glass wide mouth jar

DIRECTIONS

1. In a small bowl, blend together sea salt and baking soda.
2. Add vegetable glycerin and essential oil blend and mix until the salt is fully coated.
3. Scoop into jar.
4. To use, dissolve mixture into a large basin containing 1 to 2 gallons of hot water (as hot as your feet can stand). Soak your feet until the water is lukewarm. Dry your feet and follow with an exfoliating foot scrub.
**FOOT SCRUB**

**INGREDIENTS**
- 2 tablespoons sweet almond oil
- 2 tablespoons vegetable glycerin
- ½ teaspoon **Comfort** Essential Oil Blend
- ¼ cup sugar
- 2 tablespoons finely ground almonds
- 1 teaspoon baking soda

**DIRECTIONS**
1. In a small mixing bowl, combine sweet almond oil, vegetable glycerin and essential oil blend.
2. Add sugar, ground almonds and baking soda. Stir until well blended.
3. Scoop into wide mouth jar.
4. To use, soak feet in hot water until soft. Massage 1 to 2 tablespoons of scrub all over feet. Rinse and massage the remaining oil into your feet, and wipe dry with a towel.
INGREDIENTS
3 tablespoons cocoa butter
1 tablespoon coconut oil
1 tablespoon sweet almond oil
30 drops Comfort Essential Oil Blend
4-ounce amber glass wide mouth jar

DIRECTIONS
1. In a saucepan over low heat, melt cocoa butter.
2. In a small mixing bowl, combine melted cocoa butter and coconut oil. Mix until well blended.
3. Add sweet almond oil and essential oil blend and mix until fully blended.
4. Pour into jar and allow to cool.
5. To use, scoop out desired amount and massage deeply into skin.

Quick Tip: For a lighter texture, whip with a kitchen mixer just as the product begins to solidify.
INGREDIENTS
2 tablespoons cocoa butter
2 ½ tablespoons sweet almond oil
½ teaspoon Freshen Essential Oil Blend
2 tablespoons baking soda
1 tablespoon Bentonite clay
1 tablespoon cornstarch
4-ounce amber glass wide mouth jar

DIRECTIONS
1. In a saucepan over low heat, melt cocoa butter.
2. Remove from heat. Stir in sweet almond oil and essential oil blend.
3. Add baking soda, Bentonite clay and cornstarch. Mix until well blended.
4. Scoop into jar and allow to cool. Refrigerate.
5. To use, apply to clean, dry underarms with tips of fingers.
4. To use, scoop out desired quantity with fingertips and apply as a long-lasting moisturizer.

INGREDIENTS
1/4 cup cocoa butter
3 tablespoons sweet almond oil
1 teaspoon vegetable glycerin
1/2 teaspoon Freshen Essential Oil Blend
4-ounce amber glass wide mouth jar

DIRECTIONS
1. In a saucepan over low heat, melt cocoa butter.
2. Remove from heat and stir in sweet almond oil, vegetable glycerin and essential oil blend.
3. Allow mixture to cool until the edges become firm. Whip with a kitchen mixer until the butter becomes fluffy and smooth. Then scoop into jar.
INGREDIENTS
1 tablespoon sweet almond oil
2 teaspoons vegetable glycerin
3 tablespoons unscented liquid Castile soap
24 drops Freshen Essential Oil Blend
4-ounce amber glass bottle

DIRECTIONS
1. In a small mixing bowl, combine all ingredients. Stir until well mixed.
2. Pour into bottle.
3. To use, shake before each use and apply as a body wash, working into a light lather.

Quick Tip: To encourage exfoliation, add ½ teaspoon each of baking soda and finely ground oatmeal.
INGREDIENTS
2 teaspoons vegetable glycerin  
½ teaspoon Indulge Essential Oil Blend  
1 cup sea salt

DIRECTIONS
1. In a small mixing bowl, blend together vegetable glycerin and essential oil blend.  
2. Add sea salt and stir until salt is fully coated.  
3. Scoop into a jar or decorative bath container.  
4. To use, sprinkle soaking salts in running bath water. Swirl salts in water until fully dissolved. Sink into an indulgent bath.
INGREDIENTS
3 tablespoons sweet almond oil
1 tablespoon vegetable glycerin
44 drops Indulge Essential Oil Blend
$\frac{1}{3}$ cup sugar (or brown sugar)
4-ounce amber glass wide mouth jar

DIRECTIONS
1. In a small mixing bowl, combine sweet almond oil, vegetable glycerin and essential oil blend.
2. Add sugar and stir until well blended.
3. Scoop into jar.
4. To use, apply in a circular buffing motion. Rinse away sugar granules. Massage the remaining oil into your skin.
INGREDIENTS
1 teaspoon vegetable glycerin
20 drops Indulge Essential Oil Blend
2 fluid ounces water
2-ounce amber glass mist bottle

DIRECTIONS
1. In bottle, combine vegetable glycerin and essential oil blend. Fill with water.
2. Replace lid and shake vigorously until well blended.
3. To use, shake bottle and mist your skin.
INGREDIENTS
½ tablespoon sweet almond oil
2 fluid ounces water
24 drops Renew Essential Oil Blend
2-ounce amber glass mist bottle

DIRECTIONS
1. In bottle, combine sweet almond oil and essential oil blend. Fill with water.
2. Replace lid and shake vigorously until well blended.
3. To use, shake bottle and mist skin whenever you need a renewing boost.

Quick Tip: Toss in your purse or bag for on-the-go.
INGREDIENTS

- 1/8 cup aloe vera gel
- 1/8 cup water
- 2 teaspoons vegetable glycerin
- 1/2 teaspoon sweet almond oil
- 29 drops Renew Essential Oil Blend
- 2-ounce amber glass mist bottle

DIRECTIONS

1. In a small mixing bowl, combine aloe vera gel, water and vegetable glycerin.
2. Add sweet almond oil and essential oil blend. Mix thoroughly.
3. Pour into bottle, replace cap and shake until well blended.
4. To use, apply a dime-size amount of gel to the palm of your hand. Rub hands until dry.

Quick Tip: Add 2 drops of tea tree essential oil to the blend for purifying benefits.
INGREDIENTS

1/4 teaspoon sweet almond oil
1/4 teaspoon vegetable glycerin
1/8 teaspoon unscented liquid Castile soap
1 teaspoon Renew Essential Oil Blend
1 cup water
Paper towels or reusable cloths (cut to approximately 4 x 6-inch squares)
Re-sealable plastic bag or sandwich keeper

DIRECTIONS

1. In a small mixing bowl, combine sweet almond oil, vegetable glycerin, soap and essential oil blend.

2. Add water and whisk until there is a milky appearance. Take care not to create too many bubbles.

3. Place cloths in container and add 1 tablespoon solution at a time until cloths are moist.

4. Store cloths in the refrigerator. Use within one week.

Quick Tip: To use wipes on the go, place a few at a time in a small, zipper-seal bag and carry them with you.
Find more DIY recipes and tips, and share your own favorite homemade recipes with us on social media. We’d love to hear about your experiences and connect you with others exploring the world of homemade body care products.

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pure essential oils

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