



DIY HANDMADE ESSENTIALS



KATIE VELDKAMP
CERTIFIED AROMATHERAPIST

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Meet Your Guide,

KATIE VELDKAMP

Hi there! Katie here.

Store-bought foaming hand soaps can be really fun to pick out. But they often contain SLS which is irritating to people with sensitive and dry skin. If you have persistent dryness or rashes, it is advisable to steer clear of products containing SLS.

Fragrance is another ingredient in almost all foaming hand soaps that you'll see on the shelf, but its composition is not disclosed and can be made with any chemical. Other ingredients like parabens and PEGs are also found in many store-bought hand soaps, which should be avoided if you prefer a more natural lifestyle.

If you're ready to create your own toxin-free hand soap, you are in the right place! Many people find using essential oils to be confusing and overwhelming, often resulting in wasted money on unused bottles. However, it is possible to learn how to incorporate essential oils into daily routines effectively.



Want to know what got me interested in using essential oils? My stinky feet 😓. We needed a solution, so we developed a spray that used essential oils as its superpower. In our research for the foot spray, we learned that an essential oil is only considered pure if it passes a GC/MS test. We also learned that people overpay for pure essential oils, so we decided to do something about it. We believe that essential oils should be affordable and easy to understand. At Simply Earth, you will find only pure essential oils at honest prices, and we'll teach you how to use them.



Making your own foaming hand soap is just the beginning of using essential oils to make your personalized products. If you really want to dive into learning how to use essential oils, check out our Simply Earth Essential Oil Recipe Box. This box is our way of teaching you how to use essential oils with confidence and clarity in your own home.



Our Recipe Box will help you learn how to make new products using essential oils and other natural ingredients each month. We even give you a different diffuser blend to try each month. Plus, you gain access to an online community of other Earthie subscribers AND free access to my Essential Oil Hero Course! I hope that you'll give our Recipe Box a try. See you in the Facebook group!

Let's get creating!

Katie's Author Bio: Katie Veldkamp is a co-founder of Simply Earth, the pure essential oil company that teaches you how to use essential oils at honest prices. She's a certified aromatherapist and loves teaching people how to make their own products using essential oils. Her super power is cutting through the confusing and overwhelming misinformation about essential oils on the internet. She brings people confidence and clarity on how to use essential oils to make their own products. Her essential oil journey started with trying to solve her stinky feet problem. Now she teaches thousands of people to make their own recipes each month with the Simply Earth Essential Oil Recipe Box, Essential Oil Hero Course, and her Essential Oil Recipe Books.



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What Are Handmade Essentials Products?



WHY MAKE YOUR OWN HANDMADE ESSENTIALS?

- ★ Skip the hidden toxins in conventional products
- 🌸 Customize scents and ingredients to suit your needs
- 👑 Feel confident about what's going on your skin
- ♻️ Save money and reduce waste
- 🎨 Enjoy the fun and creativity of making it yourself



WHY CHOOSE DIY HANDMADE ESSENTIALS?

These recipes were designed to fit seamlessly into your routine.

- ✨ Start your day with the Resilient Start Body Wash
- 👉 Stay fresh with the Stay Fresh Mineral Deodorant
- 🌿 Stay moisturized and support easy breathing with the Refresh & Revive Balm
- 💧 Spritz your space or linens with the Lavender Everyday Spray
- 🧼 Wipe down on the go with Grab & Go Cleaning Wipes

Best Essential Oils For Everyday Essentials



These powerhouse oils help you feel clean, confident, and refreshed—naturally. Whether you're whipping up a deodorant, body wash, or all-purpose spray, these are our go-to oils:

🌸 Resilience Blend

A grounding and energizing blend designed to support emotional and physical resilience.

🍋 BO Be Gone Blend

Our favorite for natural deodorant; fights odors without synthetic fragrances.

🍊 Lemongrass

Fresh, citrusy, and deodorizing—perfect for body care and wipes.

🌲 Cajeput

Similar to Tea Tree, it offers a crisp, clean scent with powerful cleansing properties.

🌿 Balsam Fir

Earthy and invigorating, this oil supports respiratory health and adds a woody freshness.

🌿 Peppermint (Supreme)

Cool, tingly, and refreshing—great in body wash and balms for a wake-up boost.

🌸 Lavender

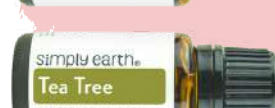
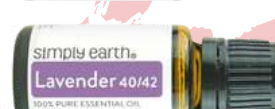
Calming and skin-friendly, it's a perfect all-around oil for any recipe.

🍊 Blood Orange

Bright and mood-lifting; adds a happy twist to sprays and balms.

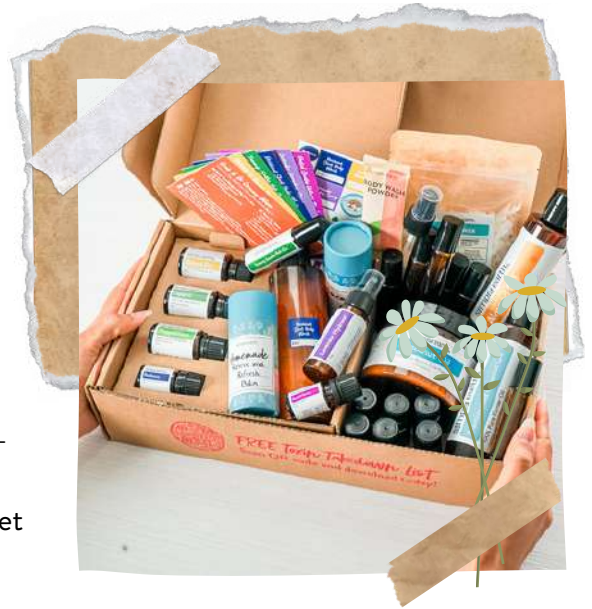
🌿 Tea Tree

Naturally cleansing and odor-fighting, ideal for deodorant and cleaning wipes.



Best Ingredients & Tools For Handmade Essentials

These ingredients are the secret to creating products that work—and feel amazing to use. They're featured in our DIY Natural Deodorant Kit and Everyday Essentials Recipe Box so you can get started with confidence.



COCONUT OIL

Softens skin and helps bind ingredients in deodorants and balms



ZINC OXIDE

Deodorizing and soothing, a must-have for natural odor protection.

MAGNESIUM HYDROXIDE

Fights odor without disrupting your skin's natural microbiome.



BEESWAX

Adds structure to balms and deodorants while sealing in moisture.

GEOGARD ECT

Our go-to eco-friendly preservative for sprays and water-based products.



SIMPLY EARTH'S BODY WASH POWDER

Turns into a gentle foaming cleanser when mixed with water.

LAVENDER HYDROSOL

A gentle, skin-safe floral water that's perfect for sprays and wipes.



SHEA BUTTER

Deeply moisturizing and soothing for sensitive skin.

CORNSTARCH OR ARROWROOT POWDER

Natural absorbents for keeping you dry.



DEODORANT TUBES

Push-up style containers perfect for your finished deodorant.



8OZ BOTTLE

Use for mixing or storing your custom body wash.

PAPERBOARD TUBE

Eco-friendly packaging for balms or deodorants.



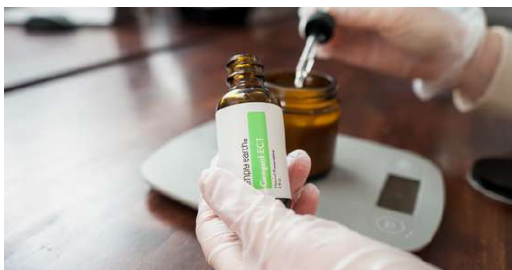
Mistakes to Avoid & How to Fix Them

Even the most natural routines come with a learning curve. Here are a few everyday missteps—and how to sidestep them.



1. EXPECTING NATURAL DEODORANT TO WORK LIKE CONVENTIONAL DEODORANT (RIGHT AWAY)

Your body may go through a short adjustment phase when switching from store-bought deodorant. Stick with it for a week or two to let your body rebalance—and avoid reapplying over sweaty skin, which can trap odor.



2. SKIPPING THE PRESERVATIVE IN WATER-BASED RECIPES

Sprays and wipes made with water (or hydrosol) need a preservative like Geogard ECT to stay safe. Without it, bacteria and mold can grow—even if it looks fine. Don't skip this step!

3. NOT BLENDING OILS THOROUGHLY

Whether you're adding essential oils to your deodorant, balm, or spray, make sure you stir or shake well. Improper mixing can lead to uneven scent or irritating skin spots.





4. APPLYING DEODORANT RIGHT AFTER SHAVING

Your skin is extra sensitive after shaving. Applying deodorant (especially with baking soda or magnesium) right away can cause irritation. Wait at least 20 minutes post-shave to stay comfortable.

5. OVERDOING ESSENTIAL OILS

More isn't always better. Using too much essential oil can irritate skin, especially in underarm or freshly cleansed areas. Stick with recommended dilution rates—your skin (and nose!) will thank you.



Your DIY Makeup Shopping List

Get everything you need to make every recipe in this guide! This list includes items from the Simply Earth DIY Natural Deodorant Kit and the Everyday Essentials Recipe Box.

✨ Essential Oils

- Resilience Essential Oil Blend
- Cajeput Essential Oil
- Balsam Fir Essential Oil
- Peppermint (Supreme) Essential Oil
- Lemongrass Essential Oil
- BO Be Gone Essential Oil

🛒 Packaging & Extras

- Deodorant Tubes (6 pcs)
- Paperboard Tube (Blue or Neutral)
- Black Spray Nozzle
- Spray Bottle (2 oz or 8 oz)
- 8 oz Bottle (for mixing or storing body wash)
- Labels (6 pcs, for final products)



🧴 Base Ingredients

- Shea Butter
- Beeswax
- Almond Oil
- Coconut Oil
- Zinc Oxide
- Magnesium Hydroxide
- Cornstarch or Arrowroot Powder
- Geogard ECT (natural preservative)
- Simply Earth Body Wash Powder
- Lavender Hydrosol



Stay Fresh Mineral Deodorant

From Simply Earth

- 9 Tbsp (4.0 oz) Shea Butter
- 6 Tbsp (3.15 oz) Beeswax
- 4 ½ Tbsp (2.1 oz) Almond Oil
- 1 cup (5.25 oz) Magnesium Hydroxide
- 7 ½ Tbsp (2.55 oz) Zinc Oxide
- 180 drops Essential Oil (💡 see tip below)
- Option 1: Soft & Grounded – 135 drops BO Be Gone + 45 drops Lemongrass
- Option 2: Fresh & Bold – 135 drops Lemongrass + 45 drops BO Be Gone
- 6 Deodorant Tubes
- Labels

From Your Home

- 6 Tbsp (2.1 oz) arrowroot powder or cornstarch

- 1 Twist each deodorant tube so that the inner platform is all the way to the bottom.
- 2 In a double boiler (or in a bowl in the microwave using 30 second intervals), melt Beeswax, Shea Butter, and Almond Oil over low heat.
- 3 Remove from heat, stir in Magnesium Hydroxide, Zinc Oxide, and cornstarch.
- 4 Add essential oils using one of the scent blends above. Stir well.
- 5 Quickly pour into Deodorant Tubes before it hardens (pour between 130°F–145°F; gently reheat in the double boiler or using a short interval in the microwave if necessary).
- 6 Let sit at room temperature for 4 hours before using. Label.

TIPS & TRICKS

- 💡 Tip: To help you decide which scent to use, test the essential oil combinations first! Try 3 drops BO Be Gone + 1 drop Lemongrass for the Soft & Grounded blend—this is the gentler option for sensitive skin. Prefer something bolder? Try 3 drops Lemongrass + 1 drop BO Be Gone for a Fresh & Bold aroma. Pick your favorite for your DIY deodorant



Resilient Start Body Wash



From Simply Earth

- 9 drops Peppermint Essential Oil
- 8 drops Resilience Essential Oil Blend
- 6 drops Balsam Fir Essential Oil
- 6 drops Cajeput Essential Oil
- 1 Tbsp Body Wash Powder
- 1 Tbsp Almond Oil



From Your Home

- 8 oz bottle
- $\frac{2}{3}$ cup distilled water

- 1 Add $\frac{2}{3}$ cup distilled water to an 8oz bottle.
- 2 Add 1 Tbsp of Body Wash Powder to the bottle and shake to mix.
- 3 Allow the powder to activate for 6 hours.
- 4 In a small bowl, mix together essential oils and Almond Oil.
- 5 Add the oil mixture to the body wash mixture. Shake to mix.
- 6 To use, apply body wash to your palm or washcloth. Create a lather and apply it to wet skin. Rinse away. Enjoy the aroma!



Refresh & Revive Balm



From Simply Earth

- 5 Tbsp Coconut Oil (Solid)
- 2 tsp Beeswax
- 12 drops Peppermint Essential Oil
- 6 drops Cajeput Essential Oil
- “Homemade” Paperboard Tube



From Your Home

- 1 Tbsp cornstarch

- 1 Heat the Coconut Oil and Beeswax together in a double boiler (or in a bowl in the microwave using short intervals) until the mixture is just melted.
- 2 Stir in the cornstarch once the mixture has slightly cooled but is still in liquid form.
- 3 Add the essential oils and stir.
- 4 Pour mixture into the paperboard tube and allow it to cool.
- 5 To use, remove the lid and rub on the chest to help support respiration while congested.

TIPS & TRICKS

- Tip from Katie: Before pouring the wax into the tube, let the mixture cool a bit (so its around 150°F). If it's too hot when you pour it, the mixture may leak out of the bottom of the tube. I like to set the tube on a small piece of parchment paper or paper towel before I pour to help clean up spills easily.



Lavender Everyday Spray



From Simply Earth

- Lavender Hydrosol
- Black Spray Nozzle



From Your Home

- Scissors

- 1 Remove the cap from your Lavender Hydrosol.
- 2 Trim the spray nozzle straw to fit in the bottle. Twist on the spray nozzle until secure.
- 3 Spray and enjoy this product's many uses:
 - Air Freshener – Mist into the air to freshen bedrooms, bathrooms, closets, or your car.
 - Cooling Facial Mist – Spritz your face for a refreshing, soothing pick-me-up.
 - Fabric & Pillow Refresher – Lightly spray pillows, blankets, curtains, or furniture.
 - Skin Soother – Mist on skin to calm and refresh after shaving or sun exposure.
 - Pet-Safe Freshener – Use around pet bedding (avoid spraying directly on pets).
 - Bath Scent Booster – Add a few spritzes to bathwater for a gentle lavender aroma.



Grab & Go Cleaning Wipes



From Simply Earth



From Your Home

- 1 tsp Lavender Hydrosol
- 1 tsp Almond Oil
- 10 drops of Cajeput Essential Oil
- 1 cup distilled water
- 1 Tbsp castile soap  (optional) OR 1 Tbsp vinegar
- 15 drops Geogard Preservative 
- 16oz Wide Mouth Jar 
- Paper towels or reusable cloths

- 1 Fill a 16 oz jar with paper towels or reusable cloths.
- 2 In a separate small pitcher, mix together Lavender Hydrosol, Almond Oil, essential oil, castile soap or vinegar, Geogard ECT, and water. Stir to combine.
- 3 Pour mixture into jar to saturate towels.
- 4 To use, shake the jar then remove towel or cloth. Use wipes for general household cleanup or for cleaning hands and faces.

#IMadeThis - Share Your DIY Essentials & Win

Join the #imadethis Challenge!

We love seeing what you create! When you make a Simply Earth recipe—whether it's from the Recipe Box, the Blessings Candle Kit, or one of our workshop recipes—share a photo using #imadethis and tag @fromsimplyearth on Instagram or Facebook. You'll be automatically entered to win a \$100 Simply Earth gift card and could even be featured on our page! It's our way of cheering you on and celebrating the joy of making something natural, beautiful, and totally YOU



Christine Kramer

Free Workshop - You're Invited!

Let's Make Everyday Essentials Together!

Want to ditch the toxins and start making your own clean, effective products for daily life? Join me live for a fun, hands-on workshop where I'll walk you through how to make a few of my favorite everyday recipes—step by step!

Whether you're totally new to DIY or just need a refresh, this workshop will give you the confidence to get started—and the inspiration to keep going.

What You'll Learn:

- ✓ Natural swaps for your everyday routine
- ✓ Live walkthrough of 2 beginner-friendly recipes
- ✓ How to use essential oils safely in DIY body care
- ✓ Real-time Q&A with me
- ✓ A look inside our Recipe Box

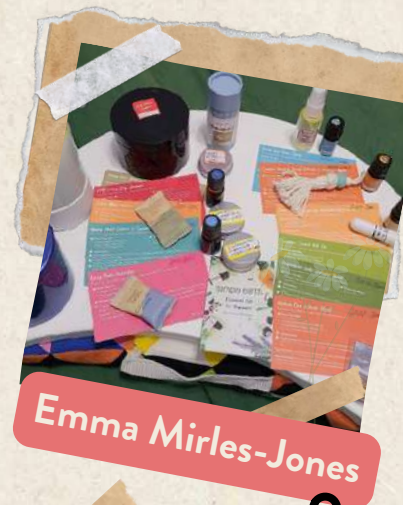
We'll Be Making...

- Recipes from Simply Earth's Handmade Essentials Recipe Box!

BONUS: Attend Live to Win!

One lucky live attendee will win a DIY Natural Deodorant Kit—perfect for making your own non-toxic essentials at home.

-  Where: Simply Earth's YouTube Channel
-  When: Thursday, September 18 @ 2:00 CST



Emma Mirles-Jones



Want a DIY Adventure?

Check out Simply Earth's Recipe Box

12+ months of different Natural DIY products + access to that topic's Hero Course!



simply earth.

DIY Everyday Essentials

WHAT'S INSIDE?

- ✓ Resilience Essential Oil Blend
- ✓ Cajeput Essential Oil
- ✓ Balsam Fir Essential Oil
- ✓ Peppermint (Supreme) Essential Oil

EXTRAS:

- ✓ Body Wash Powder
- ✓ Black Fine Mist Trigger
- ✓ Sprayer
- ✓ Homemade Paperboard
- ✓ Tube (Blue)
- ✓ Lavender Hydrosol

FREE BIG BONUS BOX

- ✓ Resilient Start Body Wash
- ✓ Refresh & Revive Balm
- ✓ Lavender Everyday Spray
- ✓ Grab & Go Cleaning Wipes
- ✓ Tummy Soothe Roll-On
- ✓ Rooted Clarity Diffuser Blend



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Make Your Own Deodorant!



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DIY Natural Deodorant Kit

Natural, Fast, and Easy to Make

WHAT'S INSIDE?

- ✓ BO Be Gone Essential Oil Blend
- ✓ Lemongrass Essential Oil

EXTRAS:

- ✓ Magnesium Hydroxide
- ✓ Shea Butter
- ✓ Deodorant Tube (Plastic)
- ✓ Zinc Oxide
- ✓ Beeswax
- ✓ Almond Oil

RECIPE

- ✓ Stay Fresh Mineral Deodorant

Over \$90+ value
for only \$49.99!



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