



EVERYDAY REMEDIES MADE SIMPLE
DIY WELLNESS RECIPES FOR
SLEEP
STRESS
AND SEASONAL SUPPORT



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CERTIFIED AROMATHERAPIST

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Meet Your Guide, **KATIE VELDKAMP**

Hi friend,

Ever feel like your home could use a little more calm, clarity, and care—without a trip to the pharmacy? That's why we created this guide. At Simply Earth, we believe in the power of nature to support our well-being. And with the right recipes, you can make your own remedies at home—ones that smell amazing, feel comforting, and support your family's health, naturally.

Whether you're looking to ease seasonal discomfort, promote better rest, or create a healthier environment, you'll find easy-to-follow recipes and tips right here. Grab your Recipe Box or DIY Kit, and let's make something that works (and feels good doing it!).

With gratitude,

 *Katie Veldkamp*

Certified Aromatherapist + Simply Earth Co-Founder

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 Home Remedies?

Home remedies are simple, natural ways to care for yourself and your loved ones—without relying on harsh chemicals or expensive treatments. They've been used for generations to ease everyday discomforts like stress, tension, restlessness, or seasonal sniffles.

From a warm homemade salve for tired muscles to a calming scent that helps you sleep, these remedies use real, recognizable ingredients—often the kind you can find at home or easily make with the help of essential oils.



Why DIY Remedies?

Making your own remedies puts the power back in your hands. Here's why more people are choosing DIY:

- ◆ **You know what's inside.** No weird additives or synthetic ingredients.
- ✓ **It's safer and smarter.** You can adjust ingredients for your body and your family's needs.
- 💰 **It's cost-effective.** One essential oil can be used in dozens of recipes.
- 👍 **It feels good.** There's something incredibly satisfying about making something with your own hands—and knowing it helps.

Even if you're new to essential oils or DIY, this guide will walk you through every step.

Examples of DIY Remedies

These are just a few of the natural remedies you'll learn to make inside this guide:



- 🌿 **Diffuser blends** to purify and uplift your space
- 🍷 **Roll-ons and salves** to ease tension or boost your mood
- 🚿 **Shower steamers** to create a spa-like experience and open up airways
- 💧 **Surface sprays** to naturally freshen and guard your home
- 🌿 **Aromatherapy tools** like perfumes and eye pillows to support emotional well-being



Tips for Success (and What to Avoid)

Making your own home remedies is empowering—but like any new skill, there's a bit of a learning curve. These simple tips (plus a few common pitfalls to steer clear of) will help you feel confident and set you up for success from your very first recipe.



✓ DO THIS:

- Start small. Test recipes in small batches so you can tweak and learn as you go.
- Label everything. It's easy to forget what's in that amber bottle two weeks from now.
- Store smart. Keep your DIY products in a cool, dark place to make them last longer.
- Patch test. Always test new products on a small area of skin, especially if you have sensitivities.
- Use clean tools. Sterilized jars and droppers help prevent contamination and extend shelf life.
- Follow the recipe. It's tempting to freestyle, but sticking to tested recipes ensures safety and effectiveness.

✗ AVOID THESE COMMON MISTAKES:

- Using too much essential oil. More isn't better—always follow dilution guidelines.
- Skipping safety checks. Some oils aren't safe for kids, pets, or pregnancy. When in doubt, research or ask a certified aromatherapist.
- Assuming “natural” means harmless. Natural ingredients are powerful—treat them with care and respect.
- Forgetting to write things down. Notes help you remember what worked (or didn't) for your next batch.

Best Ingredients for Home Remedies



If you're just getting started with natural remedies, you don't need a huge cabinet full of ingredients. These are some of the most trusted, effective staples used in home remedy recipes—and many of them appear in the recipes throughout this guide!

🌿 ESSENTIAL OILS

Essential oils are the stars of most home remedies. Here are a few favorites to keep on hand:

🌸 Defender Blend

Combines Clove, Lemon, Eucalyptus, Rosemary, and Cinnamon to support immune wellness and purify the air.

🌹 Rose Geranium

Known for its calming and balancing properties—great for skin and emotional support.

🍊 Ho Wood

A gentle, grounding oil often used in sleep and stress remedies.

🌲 Eucalyptus Globulus

Invigorating and clearing; a go-to for respiratory support.

🌿 Cardamom

Comforting and spicy, perfect for warmth and digestion.

🌲 Cedarwood (Himalayan)

Grounding and soothing, especially in blends for rest and relaxation.



🌟 Want to try these? Many of these oils are included in the Simply Earth Recipe Box or DIY Kit!

💧 CARRIER OILS

Carrier oils are used to safely dilute essential oils and make them easy to apply to the skin. They also offer their own skin-loving benefits.

🌰 Almond Oil

Lightweight and nourishing, great for sensitive skin and ideal for balms, salves, and roll-ons.

🥥 Fractionated Coconut Oil

Non-greasy and long-lasting, this clear, liquid version of coconut oil is perfect for roll-ons and quick-absorbing remedies.

🌿 Hemp Seed Oil

Rich in omega fatty acids and deeply moisturizing; great for skin-soothing salves and body oils.



✨ These are versatile staples you'll see in many of the recipes throughout this guide.



🧈 BUTTERS & WAXES

These rich, natural ingredients help thicken your recipes and lock in moisture—perfect for making salves, balms, and creams.

🧈 Shea Butter

Ultra-moisturizing and packed with vitamins, it soothes dry, irritated skin.

🥥 Coconut Oil (Solid)

Melts on contact with skin; adds hydration and a creamy texture to DIY recipes.

🐝 Beeswax

A natural thickener and sealant that helps balms and salves hold their shape while locking in moisture.



✨ These ingredients form the nourishing base of many comforting home remedies—especially those designed to protect or soothe the skin.

🌸 DRIED BOTANICALS

Dried flowers and herbs aren't just pretty—they bring gentle, effective benefits to your remedies.

🌸 Lavender Buds

Lightweight and nourishing, great for sensitive skin and ideal for balms, salves, and roll-ons.

🌻 Calendula Petals

Non-greasy and long-lasting, this clear, liquid version of coconut oil is perfect for roll-ons and quick-absorbing remedies.



🌸 These botanicals add both function and beauty to your homemade creations.

🧴 SPECIALTY INGREDIENTS

These take your DIYs from basic to pro-level—no complicated tools required.

💎 Menthol Crystals

Create that cool, soothing effect in shower steamers or chest rubs.

🪵 Citric Acid

Helps create fizz in bath and shower products when combined with baking soda.

★ Perfumer's Alcohol

Perfect for blending and preserving your own natural perfumes.



★ These ingredients form the nourishing base of many comforting home remedies—especially those designed to protect or soothe the skin.

🎨 FUN EXTRAS

★ Mica Powder

Adds color to shower steamers and other projects for a creative touch.

🧼 Soap Wraps + Molds

Make your DIYs look polished and gift-ready.



Your DIY Home Remedies Shopping List

You don't need a huge supply cabinet to get started—just a few key ingredients can help you make dozens of natural remedies. Here's a list of what's used in this guide. You can find most of these in our Home Remedies Recipe Box, DIY Menthol Shower Steamers Kit, and DIY Salves & Ointments Kit, or you can shop them individually.



ESSENTIAL OILS

These are the heart of your home remedies—each brings unique support.

- ☐ Ho Wood Essential Oil
- ☐ Rose Geranium Essential Oil
- ☐ Defender Essential Oil Blend (Clove, Lemon, Eucalyptus, Rosemary, Cinnamon)
- ☐ Eucalyptus Globulus Essential Oil
- ☐ Cedarwood Himalayan Essential Oil
- ☐ Cardamom Essential Oil

 Start with 2–3 essential oils if you're new. Our Recipe Box is a great way to get a curated set, all in one place.

SPECIALTY INGREDIENTS

These make your DIYs functional, fun, and long-lasting.

- ☐ Perfumer's Alcohol (for making natural perfumes)
- ☐ Menthol Crystals (for cooling, spa-like steamers)
- ☐ Citric Acid (for fizzing shower and bath recipes)

CARRIER OILS

These safely dilute essential oils and nourish the skin.

- ☐ Almond Oil
- ☐ Fractionated Coconut Oil
- ☐ Hemp Seed Oil



BUTTERS & WAXES

Add richness and structure to balms and salves.

- ☐ Shea Butter
- ☐ Solid (Virgin) Coconut Oil
- ☐ Beeswax Pellets or Pastilles

DRIED BOTANICALS

For added aroma, skin benefits, and visual beauty.

- ☐ Dried Lavender Buds
- ☐ Calendula Petals



OPTIONAL EXTRAS

These aren't required, but they make your DIYs feel extra polished.

- ☐ Mica Powder (for color)
- ☐ Mold (12-cavity for steamers or bath melts)
- ☐ Soap Wraps (for gifting or presentation)

TOOLS & CONTAINERS

You may already have some of these at home.

- ☐ Small jars or tins
- ☐ 10mL roll-on bottles
- ☐ 2 oz spray bottles
- ☐ Mixing bowls and spoons
- ☐ Labels and markers



✦ WANT EVERYTHING IN ONE BOX?

Check out the Home Remedies Recipe Box and DIY Menthol Shower Steamers Kit to get many of these ingredients curated and ready to go—no guesswork, just great recipes and results.



Warm & Well Aromatherapy Pillow



FROM YOUR BOX

- 1 Tbsp Lavender Buds
- Aromatherapy Pillow
- 10 drops (divided) Ho Wood Essential Oil
- 5 drops (divided) Rose Geranium Essential Oil



FROM YOUR HOME

- ~2½ cups rice
- 5 cotton balls

- 1 Unzip the Aromatherapy Pillow and fill it about $\frac{3}{4}$ full with rice. Zip it closed.
- 2 Warm the pillow in the microwave for 1 minute. If needed, continue heating in 30-second intervals until it reaches a comfortable temperature.
- 3 Add 2 drops of Ho Wood and 1 drop of Rose Geranium essential oils to each cotton ball. Place all cotton balls inside the pillow.
- 4 Sprinkle in the Lavender Buds and zip the pillow shut.
- 5 To use, apply to affected area for soothing comfort. For reuse, remove the cotton balls before reheating and refresh with more essential oils as needed.

TIPS & CUSTOMIZATIONS

- Tip: You can also freeze this aromatherapy rice bag for cooling relief.
- Notes: When you microwave the rice pillow, any essential oils inside the pillow will evaporate. This is why the oils are added separately to the cotton balls. This also makes it easy to swap the essential oils with your desired choice. Simply switch out the cotton balls.

Stillness Salve



FROM YOUR BOX

- 1 Tbsp Beeswax
- ¼ cup Coconut Oil (Solid)
- 7 drops Ho Wood Essential Oil
- 5 drops Eucalyptus (Globulus) Essential Oil
- 5 drops Rose Geranium Essential Oil

FROM YOUR HOME

- 2oz Tin container  (or similar container)

- 1 Melt Beeswax and Coconut Oil in a double boiler.
- 2 Add essential oils and stir to combine.
- 3 Pour mixture into tin; use caution as tin will become hot. Allow to cool to room temperature.
- 4 Rub a small amount into chest, shoulders, or wrists for soothing scent and soft, hydrated skin—especially nice during cold weather or before bed.





Fortify Roll-On



FROM YOUR BOX

- 2 drops Defender Essential Oil
- 2 drops Ho Wood Essential Oil
- 2 drop Eucalyptus Essential Oil
- 10mL Fractionated Coconut Oil
- 10mL Amber Glass Roll-On Bottle

- 1 Remove the roller cap from your 10mL Amber Roll-On Bottle.
- 2 Add the essential oils directly to the bottle.
- 3 Fill the rest of the bottle with Fractionated Coconut Oil, leaving a little space at the top.
Replace the roller cap and swirl gently to mix.
- 4 To use: Roll onto your chest, neck, or under your nose when you want to breathe deeply and feel naturally fortified.





Everyday Guard Spray



FROM YOUR BOX

- 7 drops Defender Essential Oil Blend
- 1 Tbsp Perfumer's Alcohol



FROM YOUR HOME

- 1 Tbsp Aloe Vera
- 1 oz Amber Spray Bottle

- 1 Remove the cap from your spray bottle and set it aside.
- 2 In a small glass measuring cup, combine the Perfumer's Alcohol and essential oils. Stir gently to blend.
- 3 Slowly stir in the Aloe Vera until the mixture is smooth and well combined.
- 4 Using a small funnel (if needed), carefully pour the mixture into the spray bottle. Secure the cap and label.
- 5 To use, shake well and spray onto hands for a fresh, cleansing boost—especially when soap and water aren't available.

💡 This recipe is not a substitute for traditional hand sanitizer. While it contains alcohol and essential oils that help cleanse, it does not meet CDC guidelines for disinfecting. Use it as a natural alternative when your hands need a quick refresh on the go.





Deep Breath Shower Steamers



FROM YOUR BOX

- ½ cup Citric Acid
- 1 Tbsp (0.25oz) Menthol Crystals
- 1 Tbsp + 2 tsp Almond Oil (divided)
- 20 drops Cedarwood (Himalayan) Essential Oil
- 10 drops Cardamom Essential Oil
- 12 Cavity Mold
- ¼ tsp Rose Red Mica Powder
- ¼ tsp Yellow Gold Mica Powder
- Labels
- Soap Wraps



FROM YOUR HOME

- 1 ¼ cup baking soda
- 2/3 cup cornstarch
- ½ tsp water (+ more as needed)
- Paint brush

- 1 Using a rolling pin or similar tool, carefully crush the Menthol Crystals (keeping them in their original packaging) into smaller pieces. This will help them mix evenly into your steamers.
- 2 In a large bowl, combine the crushed Menthol Crystals, Citric Acid, baking soda, and cornstarch. Stir until evenly blended.
- 3 In a separate small bowl, combine essential oils, 1 Tbsp + ½ tsp Almond Oil, and water.
- 4 Slowly pour the wet mixture into the dry ingredients, stirring constantly. You might notice a little fizz—just keep mixing! Once combined, use your hands to mix thoroughly. Grab a handful and squeeze—if it feels like damp sand and holds together like a snowball, it's ready. If it crumbles, drizzle in a bit more water while stirring until the texture is just right.
- 5 Firmly press the mixture into your silicone molds. Let them dry in a cool, dry place for 24 hours, then carefully unmold your shower steamers.
- 6 Add a festive, handmade touch to your steamers!
 - In a small bowl, mix ¼ tsp Rose Red Mica Powder with ½ tsp Almond Oil.
 - In a separate bowl, mix ¼ tsp Yellow Gold Mica Powder with ½ tsp Almond Oil.
 - Using a clean paintbrush, splatter, swirl, or lightly paint the tops of your steamers to create a cheerful, colorful design.
- 7 Once the mica paint is dry, wrap each steamer with the provided Soap Wraps. Use tape or ribbon to secure, and cover the small gap with a label or decorative tape for a clean finish.
- 8 To use, place a shower steamer on the floor of your shower, just outside the main stream of water. As it fizzes, it will release a soothing, aromatic vapor to support easy breathing and make your shower feel like a spa.



Deep Breath Shower Steamers cont'd

💡 First time making shower steamers? Don't stress!

They can be a little tricky at first, but they're so worth it. To check if your mixture is ready, squeeze a handful firmly in one direction, then shift your hand and squeeze again from another angle. If it holds together both times without crumbling, you're good to go!

And if your steamers crack or crumble after unmolding, no worries—they're still just as effective and aromatic. Simply sprinkle the powder onto the shower floor and enjoy the same fizzing, feel-good experience.

✨🧼 *No steamer left behind!*





Skin Healing Ointment



FROM SIMPLY EARTH

- 2 Tbsp Shea Butter
- ¼ tsp Beeswax
- 3½ Tbsp Hemp Seed Oil
- 60 drops Bumps & Boo-Boos Essential Oil Blend
- 2oz tin

- 1 In a double boiler or in the microwave using short intervals, melt the Shea Butter and Beeswax together.
- 2 Add the Hemp Seed Oil and stir.
- 3 Add the essential oils and stir.
- 4 Pour mixture into a 2oz tin and place it in the fridge until it's totally cool.
- 5 To use, apply to apply to fatigued muscles and joints after physical activity for soothing relief.



#IMadeThis + Free Workshop

Snap a pic of your DIY creation and post in the Simply Earth Facebook Group with #IMadeThis!

We love cheering you on, and each month we feature a winner who gets a \$100 Simply Earth gift card.

Want to see how we make these recipes in real time? Join us live for our Home Remedies Workshop where we'll make the Shower Steamers and you can vote to choose what Recipe Box Recipe we make live!



Susan Marie



Wanda Biernat Heit



Julie Tarbox



Lela Cail



Tina Kennedy



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!



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DIY Home Remedies

WHAT'S INSIDE?

- ✓ Rose Geranium Essential Oil
- ✓ Defender Essential Oil Blend
- ✓ Ho Wood Essential Oil
- ✓ Eucalyptus (Globulus) Essential Oil

EXTRAS:

- ✓ Perfumer's Alcohol
- ✓ Weighted Eye Mask Pillow Case
- ✓ Dried Lavender Buds

FREE BIG BONUS BOX

- ✓ Everyday Guard Spray
- ✓ Tranquil Bloom Perfume
- ✓ Warm & Well Aromatherapy Pillow
- ✓ Stillness Salve
- ✓ Fortify Roll-On
- ✓ Autumn Armor Diffuser Blend



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Make Your Own Shower Steamers



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DIY Menthol Shower Steamers Kit

Natural, Fast, and Easy to Make

WHAT'S INSIDE?

- ✓ Cedarwood (Himalayan) Essential Oil
- ✓ Cardamom Essential Oil

EXTRAS:

- ✓ Citric Acid
- ✓ Menthol Crystals
- ✓ Almond Oil
- ✓ 12 Cavity Mold
- ✓ Rose Red Mica Powder
- ✓ Yellow Gold Mica Powder
- ✓ Soap Wraps
- ✓ Labels

RECIPE

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