

DIY



GIFT GIVING

E-BOOK



KATIE VELDKAMP
CERTIFIED AROMATHERAPIST

Disclaimer: This eBook is for personal use only. No part of this publication is to be shared or reproduced in any manner, regardless of the circumstances, without prior written permission of Katie Veldkamp or an employee of Simply Earth®. Regarding the “as is” presentation of your course materials: The recipes and ideas in this eBook are presented to you “as-is”. The writers of this eBook are not medical professionals, and said e-book materials should not be treated as medical advice. While we have taken all reasonable care to source and present accurate information using extensive research, anecdotal information, and aromatherapy expertise, we do not warrant the accuracy of these course materials. These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease, illness, or ailment. We make no claims regarding the completeness of this information, whether it is up to date, or whether it meets any requirements. The Simply Earth® recipes in this book have not undergone laboratory testing. Some recipes and ingredients may include common allergens as well as ingredients that may cause skin sensitivities on a unique individual basis. If you are unsure about the risks associated with said allergens or ingredients, seek the guidance of a medical professional. We are not responsible for any inaccuracies or mistakes within this eBook, or for any damages that may result from their use. The use of the information in this eBook is at your own risk.

simply earth®

www.simplyearth.com

Copyright © 2024 Simply Earth® all rights reserved.

To request permissions, contact help@simplyearth.com

Second edition DIY Gift Giving Guide 2024

Edited by Katie Veldkamp

Designed by Yve Marquez

Photographs by Madeline Jesse

Simply Earth
W4338 Church Rd
Waldo, WI 53093



About The Author

KATIE VELDKAMP, YOUR GIFT GIVING HERO GUIDE

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 and her Essential Oil Recipe Books.

"Everything from the SE monthly subscription is pure, and from an honest source of people who not only care for the earth, but who care for humanity to make the earth great! Thank you Simply Earth!" - **Nevetta B**

"I've really enjoyed the Hero Course! Katie has broken everything into digestible sections and explained everything so well! I would highly recommend this to anyone interested in oils. Pinterest, social media, and other big brands can be pretty confusing or overwhelming, but I refer back to my Hero Course notes often. Thanks, Simply Earth, for making it so simple to get started with essential oils!" - **Hannah J**

"This was the best decision I've made in regards to my health, essential oils, & overall education. I feel very empowered with many tools going forward.. and can we mention how fun Katie and the team are?? Thank you Simply Earth!" - **Elizabeth C**



TABLE OF CONTENTS

- 03 How to Use This Book
- 04 The Simply Earth Recipe Box
- 05 Want to Master Natural DIYs?
- 08 Should You Make Your Own DIY Gifts?
- 10 About Using Essential Oils
- 13 Ingredients & Supplies
- 17 Tools
- 22 Clean-Up Tips
- 24 Packaging and Labeling Your Products
- 25 How to Host a DIY Gift-Making Party.
- 27 Try Out Our DIY Kits
- 28 Section 1: Skin Care Recipes
- 35 Section 2: Bath & Spa Recipes
- 45 Section 3: Everyday Essentials Recipes
- 52 Section 4: Home Goods Recipes
- 57 12 Days of Christmas Calendar
- 58 Conclusion/Next Steps
- 59 Recipe Index

HOW TO USE THIS BOOK

Hi There!

Katie here.

Gift giving can get a little crazy. Time is wasted searching for items on the internet and budgets are broken. Or sometimes you give the person exactly what they wanted on their list, but it feels to you like you're just giving them junk to throw away in a month. It can make gift giving exhausting.

It doesn't have to be that way. You can learn how to make your own high quality gifts that you are so good you'll want to keep them for yourself!

The book is your guide to making natural products that you can feel good about giving.

You'll get access to my proven recipes and tips on how to label and package your products.

While this book is great for making Christmas gifts, you can also use this book to make gifts for Teacher Appreciation Day, Nurse Appreciation Day, Secretary Appreciation Day, Mother's Day, Father's Day, house warming parties, and basically any day where a gift is appropriate.

You can join thousands of others who have learned to make their own natural products with Simply Earth.

Check out some of the creations our Earthies have made!

~ Katie



Kerry Ann Sewell



Theresa Ann Farr

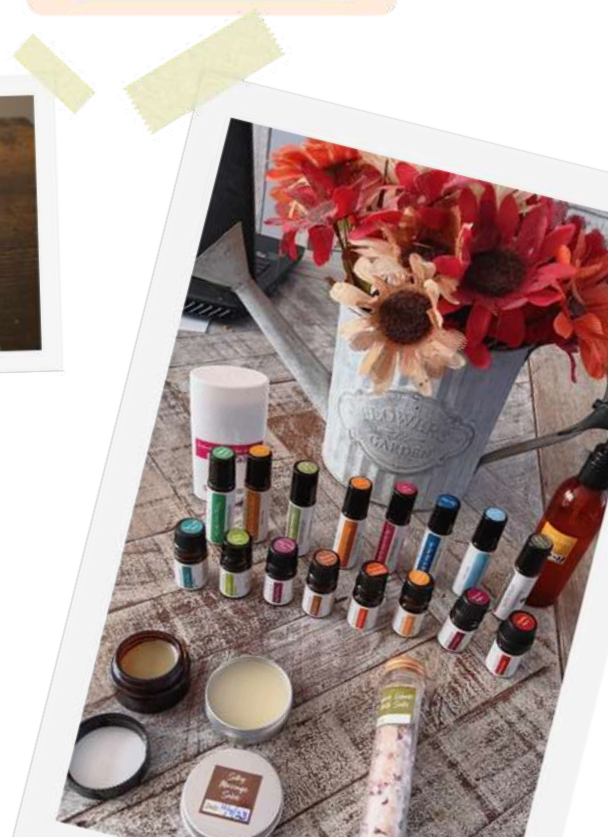
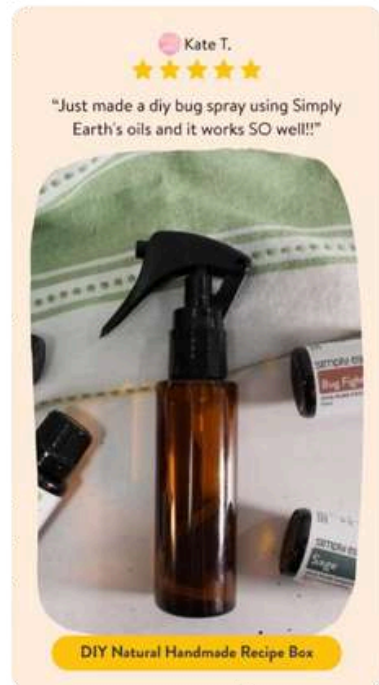


Cindy Jordan



Danielle Westman

The simply earth.[®] Recipe Box



Want to master natural DIYs?



The secret to mastering essential oils and natural DIYs is knowing which information to trust.

You shouldn't have to waste your time searching the internet for what to do with essential oils. Using essential oils should be fun and exciting!

That's exactly why I created the **Essential Oil Recipe Box**.

Each box comes with 4 pure essential oils, 6 recipe cards, and the ingredients you need for the recipes.

From cleaning recipes to deodorants to diffusers, you will soon be on your way to creating all sorts of fun and natural recipes that you can use for yourself or as gifts for your friends and family.

Get your box here!



RECIPES FROM THE DECEMBER RECIPE BOX

To give you a little peek into what you can expect from the recipe boxes, I've listed two of my favorite recipes from the November 2024 Recipe Box. Have fun with these recipes!



Cozy Mason Jar Air Freshener



Winter Woods Diffuser Blend



Cozy Mason Jar Air Freshener

Time: 2 min

Est. Shelf Life: 1 year

Yield: 4oz

Dilution Rate: n/a

From Your Box

- 15 drops Pine Essential Oil
- 10 drops Ho Wood Essential Oil
- 10 drops Frankincense Essential Oil
- 5 drops Vanilla Woods Essential Oil

From Your Home

- 4oz mason jar
- Decorative paper
- ½ cup baking soda

Instructions

- 1 Use the lid from the mason jar to trace a circle on the decorative paper. Cut out the paper circle and set it aside. Save the metal lid for future use. It won't be needed again for this project.
- 2 In a small bowl mix together the essential oils and baking soda.
- 3 Pour the mixture into the jar.
- 4 Place the paper on top of the jar. Screw the metal band onto the jar. Use a toothpick or similar tool to poke small holes through the paper.
- 5 To use, place in a small space to help deodorize and freshen the air. Refresh the diffuser with more essential oils as needed.

Recipe featured in Simply Earth's
December Essential Oil Recipe Box!



Winter Woods Diffuser Blend

Time: 2 min

Est. Shelf Life: 1 year

Yield: 5mL Master Blend

Dilution Rate: n/a



From Your Box

- 5mL Amber Glass Bottle
- 11 drop Vanilla Woods Essential Oil
- 33 drops Pine Essential Oil
- 33 drops Ho Wood Essential Oil
- 22 drops Frankincense Essential Oil

From Your Home

- Diffuser 

Instructions

- 1 Add essential oils to a 5 mL bottle. Swirl the bottle to mix. Add 3-5 drops to your diffuser following your diffuser's instructions.

Tip from Katie: Vanilla Woods is a very thick oil that will sink to the bottom of diffusers and could potentially clog the diffuser. We recommend making a Master Blend of this recipe before using it in your diffuser. To test the scent of this recipe before making a Master Blend, place 1 drop Vanilla Woods, 3 drops Pine, 3 drops Ho Wood, and 2 drops Frankincense Essential Oils onto a cotton ball.



Should You Make Your Own DIY Gifts?

Homemade gifts are made with love. They take time and thoughtfulness.

They also come with a few challenges. You need amazing recipes, ingredients, and containers, and the time to make them, all while sticking to a budget.

In this chapter, I'll talk you through all of these things.



RECIPES

Let's start with recipes.

With the Simply Earth recipe box, you will learn how to make tons of natural products. The recipes you keep coming back to are probably the ones that will make the best gifts.

Some of the favorite recipes our customers like to gift are essential oil blends, lotions, lotion bars, bath bombs, and soaps.

To save time and money, it's a good idea to make a large quantity of the products you want to gift. The recipes from our recipe box typically make a small amount. But, all of our recipes can be adjusted to make larger quantities simply by multiplying the recipe!

For example, if the yield of a recipe is 4oz, and you want to double the amount, you can double the ingredients in the recipe just like you would to bake an extra batch of cookies or cupcakes. If you want 10 times the amount on the recipe, just multiple each ingredient by 10.



People who sell their products and regularly make products in large quantities usually convert their ingredient measurements into percentages by weight. This way, they can easily and accurately calculate their recipes in any amount that they choose.

You can learn more about formulating products in our Natural Creator's School. To keep things simple and accessible to those who want to make their homes more natural, we use common measurements like cups and tablespoons with our recipes.

In the customizable recipes section, I've shared some of our most popular recipes in larger batch sizes for easy use.



INGREDIENTS, CONTAINERS, AND LABELS

Let's look at the ingredients you'll need to make your own giftable recipes.

This part will probably have the most impact on your gifting budget. I've grouped our giftable recipes in two categories: skin care and bath recipes.

You'll notice similar ingredients in these categories. Think about choosing gifts from the same category to save on ingredients. Or have a gift making exchange!

Around Christmas time, my family does a cookie exchange where each person brings the ingredients for different kinds of cookies and makes them. At the end, all the cookies are shared and you come home with a variety of cookies.

At a gift making exchange, you can collaborate with friends to make different products for gifts. At the end, divvy up the products, and you'll have a set of gifts ready to go!

Think about what will make your product the most appealing from the outside.

TIME

The next thing you need to make your own giftable products is time. When I make my own gifts, I need to be organized and plan out when I'm going to make them—otherwise it's not going to happen.

I can organize a gift giving exchange and make a girl's day out of it, or I can enjoy some quiet time and mindfulness as I make the products myself.

Sunday is usually when I plan out my whole week. So on Sunday, I'll write out the list of ingredients, containers, and labels I need. Then I'll order them. Based on their estimated arrival, I'll plan out when I'm going to make my recipes. Typically this will be the following Saturday.



BUDGET

One of the big appeals of homemade gifts is that they are an opportunity to save money on an otherwise very expensive season.

I've already shared some tips on saving money, but here are a couple more things to think about.

If you've fallen in love with creating your own DIY products and are already a Simply Earth Recipe Box subscriber, you might already have many of the ingredients you need on hand.

In this case, making these recipes will be super cheap and easy!

As a subscriber, you automatically receive 10% off of all items you add to your Simply Earth Recipe Box. We also offer discounts on containers you buy in larger quantities.



Another way to save money is to collect containers over time. If you finish up a bottle of Almond Oil, clean out the bottle and save it to use with future DIY projects. Keep an eye out for glass and PET plastic containers that you can repurpose for your creations. You can also check out thrift stores!





About Using Essential Oils

The recipes in this book use essential oils for their scents and therapeutic benefits. Here are a few things you should know about them before using them in your products:

ESSENTIAL OILS ARE CONCENTRATED

Simply Earth's essential oils are pure. They are extracted from plants and contain naturally occurring chemicals created by the plants. Because they aren't diluted or cut with other oils, they shouldn't be put directly on the skin. If you put a pure essential oil directly onto your skin, your skin will probably get red and irritated. Not the experience we're looking for when using essential oils!

So first, we dilute them.

HOW TO DILUTE ESSENTIAL OILS

Think of it like making lemonade. If you make some lemonade that's too strong, you'll dilute it with some water to make it yummier. When you dilute essential oils, you're adding another ingredient that will mix with the essential oil to make a mixture that's less strong.

This is usually done by mixing an essential oil into another oil called a carrier oil. Common examples of carrier oils include Almond Oil, fractionated coconut oil, jojoba oil, and sunflower seed oil. Diluting an essential oil with a carrier oil will make it safe to put it on your skin. Since carrier oils are good for our skin, we're also adding to the benefits of the essential oil!

All of the recipes in this book are formulated to make sure the essential oils are properly diluted. However, if you want to make some of your own recipes, you'll find our dilution chart helpful. It shows you how much essential oil to add to carrier oils to safely dilute them. For most recipes, you'll want to use a 3% dilution rate or lower.

Essential Oil Dilution Chart

Essential oils should always be diluted before they are applied to the skin. Below are some common essential oil dilution rates. Essential oils are typically measured in drops. Drops are an imprecise measurement, which is why there's a range listed by each dilution rate. It's easy for an extra drop to be accidentally added while measuring, so I usually shoot for the smaller number in the range given.

Common Dilution Measurements

5% DILUTION

Kids 10+, support healing, temporary or occasional use

8-10

13-15

50-60

100-120

3% DILUTION

Kids 10+, general wellness, massage, every day recipes

5-6

8-9

30-36

60-72

1% DILUTION

Kids aged 5-10, pregnant or breastfeeding*, sensitive or frail skin

2

3

10-12

20-24

0.5% DILUTION

Kids aged 2-5, pregnant or breastfeeding*, sensitive or frail skin

1

2

5-6

10-12

CARRIER OIL

Coconut oil, Almond Oil, or other carrier oil



10mL

Roll-On ½ oz



15mL

Bottle ½ oz



2oz



4oz

SOME ESSENTIAL OILS SHOULDN'T BE USED WITH KIDS

Different essential oils come from different plants. These plants have different naturally occurring chemicals that make up each essential oil's benefits and aroma. Some of these oils shouldn't be used around kids. We have age recommendations for each of our oils on all of our Simply Earth Essential Oil Bottles and essential oil product pages. In the "Choosing Your Essential Oils" section of this book, I've listed what ages are considered safe to use with the essential oil.



SOME ESSENTIAL OILS ARE IRRITATING

If you're familiar with using essential oils, you may have heard oils like cinnamon and clove being referred to as "hot oils". When these oils are put on the skin, they create a warming affect that can be irritating if they are not diluted properly. The recipes in this book are diluted properly and are unlikely to cause any irritation, but it's a good idea to suggest to the user of the recipe to apply the product to the inside of their arm and check for irritation before using.

If irritation occurs, wash the area with soap and water and apply some carrier oil or aloe vera to soothe the area. Irritation typically subsides within an hour but can be longer if the individual has especially sensitive skin.



PHOTOTOXIC OILS

Phototoxic oils cause the skin to be more sensitive to sunlight and can cause serious sunburn when applied on the skin before spending time in the sun. Phototoxic oils that Simply Earth carry include Angelica Root, Bergamot, Grapefruit, Lemon, and Lime.

Phototoxicity only occurs if the oil is applied and left on the skin. It is not an issue with products that are rinsed off or are diffused. Phototoxicity only occurs if the oil is used in certain amounts. I've noted this information in the Choosing Your Essential Oils section.



SWAPPING OUT ESSENTIAL OILS

In each of our recipes, I give you a suggested essential oil combination. However, depending on the person you are gifting the product to, you may want to change up the scent and benefits. That's fine! Essential oils can be swapped out of recipes for other oils. However, be sure to use a safe dilution rate for irritating and phototoxic oils.



TIP: You can learn more about using essential oils to safely create custom recipes in the Essential Oil Hero Course.

You can get FREE access to the course with a Simply Earth Essential Oil Recipe Box Subscription (see page 5)



Join Us!



Ingredients & Supplies



INGREDIENTS

The ingredients needed for these recipes can be found at www.simplyearth.com except for a few common products that are likely already in your kitchen. Below you will learn a bit about each ingredient and why we use them in recipes!

SIMPLY EARTH INGREDIENTS



Almond Oil

Almond Oil is a carrier oil in which we can safely dilute essential oils. Some carrier oils can feel greasy on the skin, but not Almond Oil! It's a great carrier oil for any skin type. Almond Oil acts as emollient, softening and improving the appearance of skin.

Bath Salt Blend

Our Bath Salt Blend is a custom mix of Epsom Salt, Dead Sea Salt, and Pink Himalayan Salt. It is rich in natural minerals that can support your body's natural healing. With its variety of salt, it's the perfect base for any bath salt recipe.





Beeswax

Beeswax helps create thicker, harder products. To help keep your skin hydrated, it creates a protective layer over the skin that traps in moisture.

Body Oil Base

This is our custom blend of carrier oils. It's great for skin care and hair care recipes. This base helps create thicker, creamier textures in our DIY products.



Cetyl Alcohol

Cetyl Alcohol is a fatty wax that makes products thicker and silkier. If you want, you can skip it when you see it in recipes, but it's definitely worth keeping it in for more opulent-feeling products.

Citric Acid

Citric Acid is a natural ingredient derived from citrus fruits. It's used to create the fizzy reaction with baking soda and water in bath bombs. It's also a useful cleaning ingredient.



Solid Coconut Oil

Coconut Oil is probably an ingredient you are already familiar with from cooking. It's a solid oil used to dilute essential oils and create thicker consistencies. It melts when applied to the skin, making products feel luxurious.



Emulsifying Wax

Emulsifying Wax allows us to mix oils and water together to create lotions. We often use it in other recipes to help the product rinse off the skin better. Simply Earth's Emulsifying Wax also adds moisturizing and softening benefits to the skin.

Lavender Buds & Dried Rose Petals

These dried flowers add the calming aroma while adding a touch of pretty to your product.



Melt & Pour Soap

Melt and pour soap bases make DIY soap easy. You simply melt the soap, add some essential oils and other extra ingredients to create your own beautiful DIY soaps. At Simply Earth we carry a glycerin soap base which creates clear, window-like soaps and shea butter soap base which creates white soap bases. With our recipe in this book, we'll use Simply Earth's Glycerin and Shea Butter Melt and Pour Soap Base.

Mica Powder

Mica Powder is a natural colorant we use in our DIY products to create beautifully colored products. Mica is an optional ingredient in our recipes.



Natrasorb Bath Powder

This is likely a new ingredient to you. If you look at the ingredient list, you'll see "tapioca powder" but this isn't the normal tapioca powder you'll find in the baking aisle at the grocery store. It's been specially modified to hold onto oils. It's highly dispersible in water so it will carry the oils across the surface of a tub. Without Natrasorb Bath Powder, the oils will join together into one blob in the tub. We also use it in our Solid Lotion Bar recipe to help create a thicker product that works better in a deodorant tube.



Geogard ECT Preservative

Whenever you make a product that contains water, it will eventually experience microbial growth. To prevent this, you can add a preservative. I recommend using Geogard ECT Preservative. It is made with natural ingredients, easy to use, and works amazing!

Rose Petals

We'll use rose petals in a few recipes to add aroma and a pretty aesthetic.



Shea Butter

Shea Butter is my favorite butter to use on dry skin. It's moisturizing and nourishing while also softening and improving the appearance of skin.

Vegetable Glycerin

We'll mix this ingredient in with our water to promote skin hydration in a few of our recipes. Vegetable Glycerin is a humectant, which means it draws water to the skin, supporting hydration and improving its appearance.



Magnesium Hydroxide

This powder is a more skin-safe alternative to baking soda in our natural deodorant recipe. It's naturally derived, helps fight odor, and unlikely to be irritating to the skin.

INGREDIENTS FROM HOME



Baking Soda

Baking soda adds a silky feeling to the tub. It's soothing to the skin and helps create the fizzy reaction in bath bombs.

Corn Starch

Corn starch acts like a filler in our recipes. It thickens products and helps slow down the fizzy reaction in bath bombs. It also adds a silky feeling to the tub.



Distilled Water

Some of our recipes call for water. I always recommend using distilled water as it creates a higher quality and longer lasting recipe.

99% Isopropyl Alcohol

You might need to grab this online as it's not available in every grocery store. Compared to other varieties, 99% isopropyl alcohol contains very little water. This makes it work better for making products that can react to water like bath bombs and melt and pour soaps. If you can't find 99%, look for the highest percent available (usually ~90%) and use that. Some reactions in products may occur but they should be minor. It's easiest to use this product for our recipes when it's been poured into a spray bottle.



Tools

CONTAINERS

You'll want a variety of containers to hold your recipes. I've suggested a Simply Earth container in each recipe in this book. If you want to use a different container than what's described, be sure to use glass or PET plastic containers.

Since essential oils are concentrated, they can absorb into plastic and damage it. Glass, stainless steel, and PET plastic are safe to use with essential oils.

DOUBLE BOILER

A double boiler is a pan that rests inside another pan filled with water. You may be familiar with it already if you like to bake with chocolate. You can purchase a double boiler or create one. To create a double boiler, place a glass jar or liquid measuring cup with your needed ingredients inside a larger pot. Add water to the larger pot until there's enough to cover the bottom 2-3 inches of the liquid measuring cup. Set the stove to medium heat to melt the ingredients.



For our recipes, you can melt ingredients either in a double boiler or by using a microwave heating the ingredients in short intervals. Using the double boiler will help prevent overheating ingredients. If in doubt, use a double boiler as you'll have more control over the heating of your products.



LIP BALM TRAY & SPATULA

Little lip balm tubes can be tough to pour lip balm batter into. They fall over easily, creating a mess and wasted product. Using Simply Earth's Lip Balm Tray & Spatula Tool makes it easy to make lip balms without the mess. The tray will keep your lip balm tubes in place as you pour. The special spatula will help you make sure each lip balm tube is filled evenly and will help to scrape up excess mixture.

MEASURING CUPS & SPOONS

While I prefer to have a separate set of measuring cups and spoons for my DIY products, you can use the same measuring cups and spoons you already have in your kitchen. If your tools are plastic, don't add essential oils directly to the measuring devices as they will attach to the plastic.



MIXING BOWLS

To mix your ingredients together, you'll want a variety of mixing bowls. It's best to use glass or stainless steel. Essential oils can attach to and damage wood and plastic mixing bowls. If you are using plastic mixing bowls with essential oils, you shouldn't use them again for making food.

MOLDS

Molds are used to mold your product into a specific shape. In each of the recipes in this book, I've suggested a specific mold to use, like Simply Earth's 6 Cavity Soap Mold or our Bath Bomb Mold. You can replace these with other molds if desired.



SILICONE SPATULA

These are helpful for mixing your recipes and scraping out every last wonderful bit. I recommend designating any silicone spatula you use to DIY product making and avoid using it again for food recipes.

Clean-Up Tips

Making DIY products involving waxes and butters can result in messes that involve a slightly different clean up method than other messes.

Because butters and waxes don't mix with water, you might get a little frustrated trying to clean dishes with your typical washcloth and soap method. As you scrub, the butters and waxes say "no thanks, water" and stick to where they are at. Thankfully, there are easier ways.

The easiest way to clean up waxes and butters is to wipe the dish as clean as possible while the wax or butter is hot. There are a few ways to do this:



- 1 You can wipe out your dish while it's still hot. If you're a clean as-you-go type of person, this will probably be your best method. Right after you melt your ingredients and pour them into a container, use a paper towel or similar product to wipe out the container as much as possible, then wash it as you would normally with soap and hot water.
- 2 If you wait a bit before cleaning, you can reheat your container by briefly sticking it on a double boiler or back in the microwave. Once the butter and oil residue is soft or melted, wipe out as much as you can with a paper towel or similar tool. Then wash the dish as you normally would with soap and water.
- 3 The third method is to keep some boiling water on hand. Carefully pour the water over the dishes (make sure you don't burn yourself), and let the hot water do the work of melting and removing the butters and waxes from your dishes. Finish up by washing the dishes as you normally would. If you're concerned about oils and waxes going down your drain, choose one of the first two methods for clean up.



Packaging Your Products

Wondering how to store and label your products? How your product looks is almost as important as how it functions when given as a gift. If it doesn't look appealing, the person receiving it might not want to use it!

PACKAGING YOUR PRODUCTS

To make your products last as long as possible, here are some tips for packaging them.

1 Maintain a Clean Work Environment

Make sure all the tools you are using to make your products (like bowls and spoons) are clean. I like to put a little rubbing alcohol on a cloth and wipe my tools before making my products, especially when I'm making them for someone else. If you use a dirty spoon to mix your product, that will get incorporated into the product and shorten its shelf life.

2 Use a Sealable Container

All the products made in this book should be stored in sealable containers to help protect the oxidation and microbial growth. I've suggested containers for each of the recipes in this book.

3 Storing Your Products

The products in this book should be kept out of direct sunlight. Direct sunlight can cause the products to oxidize. This will effect the smell of your product (similar to the smell of crayons) and will make the product more likely to be irritating to the skin. Amber glass containers can help protect against oxidation due to sunlight and are generally recommended for products containing essential oils. However, we do recommend clear containers in some of our recipes to help show off how pretty the product is. Clear containers work fine for these recipes, just make sure they are stored out of direct sunlight.

You'll also want to be mindful of the temperature where a product is stored. Many of the products in this book will melt in higher temperatures.

Labeling Your Products

HOW TO LABEL YOUR PRODUCTS

The most common way of labeling DIY products, at least ones made on a small scale, is to handwrite the labels. Just grab some blank labels (we have cute ones at www.simplyearth.com) and a permanent marker and label away!



Many common label companies have easy to use software and templates to design your own labels. Their design program is typically listed on the packaging of the labels. Head to that website, and use one of their templates or design your own labels.

With these programs, you also have the option upload a design file. You can create your own design files using creative software, like Canva. You can also upload designs purchased from an online store, like Etsy.

Once you have your design, it's as simple as adding the labels to your printer or ordering the designed labels directly from the supplier.



WHAT SHOULD YOU PUT ON YOUR LABELS?

On your labels, I recommend adding the name of the product and how to use it. You'll also want to include ingredients and a "best used by" date.

If you don't have room on your label for all this information, write it on an index card or something similar.

This doesn't cover all the information required to sell a product. It's just useful information for you and whoever you are gifting your products to.



How to Host a DIY Gift-Making Party

Around Christmas time, my family always has a cookie exchange. My sisters, mom, grandmas, and a few cousins come together each with a couple of cookie recipes to make. Everyone brings their own ingredients, makes their recipes, then we exchange our cookies. The result is a variety of Christmas cookies to bring home and share at holiday events.

You can have a similar party making your own DIY gifts!

Here are the steps to hosting your own DIY Gift-Making party!

1 Pick the Location of Your Party

Step one is to pick where you'll have your party. A large kitchen area is best since you need access to a stove and sink. But you can make any space work by bringing in hotplates or microwaves for melting the recipes.

2 Pick the Time and Date

Pick a day that's at least 3 weeks from when you start planning. That will give you enough time for you and your guests to get organized for the party. Pick a time that works for you, which will probably be in the evening or early afternoon, unless you want to have a meal together as well. Plan for a 2-hour time block.

3 Send Out Invitations & Get RSVPs!

Invite your guests! I recommend doing this via email, a group chat, or with an actual paper invitation. Send your emails to individuals rather than a whole group of people and write their name on the invitation. It always feels good to be invited to something where it feels like the host has specifically invited you.

Another way to invite people is through a website called Mixily. It's free and gives guests a spot to RSVP. You can also add information and announcements easily. Just include a link to your party site in your email encouraging guests to RSVP.

I recommend inviting a few more people than you're actually hoping to come as not everyone you invite will likely be able to come. I think 4-6 people is the ideal number for a small gift-making party. You can scale the party to be larger, but it'll be tougher to organize.

Follow up with your guests a few days after the invites are sent so you can move on to step 4.

4 Get Ready to Party!

Make sure the space you're having the party in is ready. Have your snacks and drinks out in a way that makes them easy way to grab. Make sure the bathroom is clean and anything you want out of sight is out of sight.

Have a plan for how attendees will melt their ingredients as well as an easy way to access their supplies.

5 Enjoy Fun and Fellowship!



Try Out our DIY Kits to Learn How to Master Essential Oils



Each kit comes with recipes and everything you need to make amazing natural DIYs. Here is a list of just some of our kits!

- ✓ DIY Natural Perfume Kit
- ✓ Feels Like Home Candle Kit
- ✓ DIY Salves & Ointments Kit
- ✓ DIY Lip Balm Kit
- ✓ DIY Reed Diffuser Kit

Finally, non-toxic perfume! ★★★★★ 5.0

The perfume kit is absolutely amazing. The scents are subtle yet last throughout the day. No headaches after 5 days of using them. I am so excited to experiment with more scents and find my favorite. Cheers to having perfume again, that is safe and non-toxic. The plus quick and easy! The sun-kissed is my favorite so far! Run, don't walk and order your own diy perfume kit.

- Ashley

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

simplyearth.com/shop/categories/diy-kits



Get your kit here



Section 1: Skin Care Recipes



Skin care products can be life changing. I used the Unicorn Shimmer Lotion Bar recipe on my toddler, and it did wonders for his eczema! Skin care products can make people feel cared for and comfortable in their own skin. Show somebody some love by gifting them one of these tried-and-true skin care products.



Good Vibes
Lip Balm



Unicorn Shimmer
Lotion Bars



Giftable Decadent
Body Butter



Peace & Quiet
Creamy Lotion



Sweet Mint Lip Balm



Lotion Dots



Good Vibes Lip Balm

Time: 10 min + cool time

Est. Shelf Life: 1 year

Yield: 50 lip balm tubes

Dilution Rate: 0.7%

From Simply Earth

- Lip Balm Pouring Tray and Spatula
- 50 Lip Balm Tubes (5mL)
- ½ cup Shea Butter
- ½ cup Coconut Oil (Solid)
- 3 Tbsp Almond Oil
- 3 Tbsp Beeswax
- 1 Tbsp Cetyl Alcohol
- 50 drops Good Vibes Essential Oil Blend
- 1 tsp Fuchsia Mica Powder



Instructions

- 1 Use the wheel at the bottom of the lip balm tubes to make sure each tube insert is at its lowest level.
- 2 Turn the Lip Balm Pouring Tray upside down. Fill the tray with lip balm tubes by placing the opening of the tubes into each hole. Flip the tray back over so that the bottom of the lip balm tubes is on your work surface. If any tubes fall out, flip the tray upside down and replace the lip balm tubes as needed.
- 3 In a double boiler (or in the microwave using short intervals), melt together the Shea Butter, Coconut Oil, Almond Oil, Beeswax, and Cetyl Alcohol.
- 4 Once everything has just melted, add the essential oil and stir. Add the Fuchsia Mica Powder and stir.
- 5 Pour the lip balm mixture onto the tray. If necessary, scrape lip balm into the tubes using the spatula.
- 6 Once the lip balm has cooled, scrape away excess balm from the top of the tray. Remove the lip balm tubes from the tray.
- 7 Label your lip balms. To use, apply to lips to moisturize and soften.

Tip: Some of the essential oils in this recipe are phototoxic, meaning they can make your skin more sensitive to sunlight and prone to sunburn. However, this recipe is unlikely to have phototoxic effects with the amounts used in this recipe.

You'll have a bit of excess balm on the top of your tray. I like to re-melt this and pour it into a small jar for personal use.

Unicorn Shimmer Lotion Bars

Time: 15 min + dry time

Est. Shelf Life: 1 year

Yield: 10 lotion bars

Dilution Rate: 2%



From Simply Earth

- 10 Deodorant Tubes
- 2½ cups Body Oil Base
- ½ cup Shea Butter
- ½ cup Beeswax
- 1 Tbsp Cetyl Alcohol
- 300 drops (1 bottle) Unicorn Essential Oil Blend
- ½ tsp Pearl Mica Powder

From Your Home

- 1 cup cornstarch



Instructions

- 1 Twist the wheel at the bottom of the deodorant tube until the insert is at its lowest setting.
- 2 Melt the Body Oil Base, Shea Butter, Beeswax, and Cetyl Alcohol in the microwave using short intervals or in a double boiler.
- 3 Add the essential oil and stir. Add the Pearl Mica Powder and stir.
- 4 Stir in the cornstarch. This will cause the lotion bar to start to solidify. If necessary, reheat the mixture to a liquid consistency for mixing and pouring.
- 5 Pour the mixture into the deodorant tubes.

Tip: To make this recipe without the shimmer, skip adding the Pearl Mica Powder.

Our Body Oil Base comes in a 16oz size (2 cups). If you run out while making this recipe, feel free to add a different carrier oil like Almond Oil or jojoba oil.



Lava Decadent Body Butter

Time: 15 min

Est. Shelf Life: 1 month

Yield: 10 (ct) 4oz jars

Dilution Rate: ~1%

From Simply Earth

- $\frac{3}{4}$ cup Vegetable Glycerin
- $\frac{1}{4}$ cup Emulsifying Wax
- 1 cup Body Oil Base
- $\frac{1}{4}$ cup Shea Butter
- $\frac{1}{3}$ cup Cetyl Alcohol
- 300 drops (1 bottle) Lava Essential Oil Blend
- 10 (ct) 4oz jars

From Your Home

- 2.5 cups distilled water

Instructions

- 1 Get your jars ready by opening them all and placing them in an easy place to pour. Create an icebath by adding a few cups of ice to a large bowl. Set aside.
- 2 In a large liquid measuring cup, mix together the distilled water and Vegetable Glycerin. Set aside.
- 3 In a double boiler or in a bowl in the microwave, melt together the Emulsifying Wax, Body Oil Base, Shea Butter, and Cetyl Alcohol. Stir the ingredients together. Add essential oils and stir.
- 4 Heat the water mixture to a similar temperature to the oil mixture.
- 5 Place an immersion blender or hand mixer into the water and begin to stir at a low speed, trying not to incorporate air into the mixture. Pour in the oil mixture. Blend for about 2 minutes.
- 6 Place the container of body butter mixture into the ice bath. Stir the mixture by hand until it reaches “trace”. Trace is when you can lift a bit of the mixture, drizzle it back in, and see the drizzle form a line on the surface of the mixture before sinking back in.
- 7 Once it reaches this point, pour it into your jars. Seal jars and label.
- 8 To use, apply body butter to dry skin.

Note: If you don't have an immersion blender, you can do this by hand. It'll just take some extra muscle. You can use a hand mixer; however, this will likely incorporate air into your body butter resulting in a spongy consistency in your body butter.

Some of the essential oils used in this recipe are phototoxic, meaning they can make your skin more sensitive to sunlight and more prone to sunburn. However, phototoxic effects are unlikely in this recipe when made as written.

Peace & Quiet Creamy Lotion

Time: 20 min

Est. Shelf Life: 1 year

Yield: 10 (ct) 2oz bottles

Dilution Rate: 3%



From Simply Earth

- 1 Tbsp Vegetable Glycerin
- ¼ cup Shea Butter
- 2 Tbsp + 1 tsp Body Oil Base
- 1 Tbsp Emulsifying Wax
- 2 tsp Cetyl Alcohol
- 1 tsp Beeswax
- 300 drops (1 bottle) Peace & Quiet Essential Oil Blend
- 1 tsp Geogard ECT Preservative
- 10 (ct) 2oz containers or bottles with pumps

From Your Home

- 1⅓ cups distilled water



Instructions

- 1 In a double boiler (or microwave in short intervals), stir distilled water and Vegetable Glycerin together. Take the temperature of your oil mixture (it should be around 150°F).
- 2 In a separate double boiler (or microwave using short intervals), melt together Shea Butter, Body Oil Base, Shea Butter, Emulsifying Wax, Cetyl Alcohol, and Beeswax. Take the temperature of your oil mixture (it should be around 150°F).
- 3 Once both mixtures are the same temperature, place the hand mixer in the water mixture and stir on a low setting. While stirring, pour in the wax mixture. Slowly add wax mixture and blend for 2-5 minutes until thoroughly blended.
- 4 As the mixture cools, it will thicken to a lotion consistency. Once it is cool, add the essential oil and stir thoroughly.
- 5 Weigh out your lotion (make sure not to include your container as part of the weight). Multiply this weight by 1%. Add this calculated amount of Geogard ECT Preservative to your lotion. This should be around 1 tsp of preservative. Stir well.
- 6 Pour the lotions into your lotion containers and label. To use, apply to dry skin.

Note: Some of the oils listed in this recipe have phototoxic properties. This means they can make your skin more sensitive to sunlight and more likely to sunburn. However, this recipe is unlikely to have phototoxic effects when made as described.



Sweet Mint Lip Balm

Time: 10 min + cool time

Est. Shelf Life: 1 year

Yield: 50 lip balm tubes

Dilution Rate: 1%

Available as a DIY Kit!



Get all your ingredients
in one box!

From Simply Earth

- 50 Lip Balm Tubes
- Lip Balm Tray and Spatula
- 1 cup (7.6oz) Shea Butter
- 2 Tbsp (1 oz) Almond Oil
- ½ cup (2oz) Beeswax
- 2 Tbsp (0.5oz) Cetyl Alcohol
- 40 drops Orange (Sweet) Essential Oil
- 14 drops Spearmint Essential Oil

Instructions

- 1 To prep the Lip Balm Tubes, remove the caps and check that the tube insert is at its lowest level.
- 2 To prep the Lip Balm Tray, remove the attached spatula and flip the tray over. The Simply Earth logo should not be visible. Fill the tray with Lip Balm Tubes. Place them upside down into the holes in the tray. Flip the tray back over so that the Simply Earth logo is visible. If any of the tubes fall out, reinsert them in the tray. Place your prepped tray on top of a cookie sheet or similar pan so you can easily transfer it to the fridge later.
- 3 In a double boiler (or a microwave using a microwavable pitcher and 30-second intervals), melt together the Shea Butter, Almond Oil, Beeswax, and Cetyl Alcohol, stirring occasionally.
- 4 Once everything has just melted, add the essential oils and stir.
- 5 Pour the lip balm mixture onto the lip balm tray. Use the spatula to scrape the mixture evenly into the tubes.
- 6 Move the tray into the fridge to cool. Once the lip balm has set, use the spatula to scrape away excess lip balm from the top of the tray. Remove the lip balm tubes from the tray, replace the lids, and label. To use, apply to the lips for soothing, softening, and richly moisturizing benefits.

Tip from Katie: Making this recipe using volume measurements (like cups) is less precise than using weight measurements (like oz). If you have a scale at home, I recommend making this recipe by weight to achieve perfectly filled lip balm containers. A small error in measurement can result in a couple unfilled or partially filled lip balm tubes. If you don't have a scale, consider melting and measuring your ingredients to get a more accurate volume measurement. Have any questions about this recipe? Watch our tutorial video on YouTube!



Lotion Dots

Time: 10 min + cool time

Est. Shelf Life: 1 year

Yield: 4.25 fl oz

Dilution Rate: 1.18%

From Simply Earth

- 2 ½ Tbsp (1.25 oz) Beeswax
- 3 Tbsp (1.5oz) Shea Butter
- 3 Tbsp (1.5 oz) Coconut Oil (Solid)
- 20–30 drops Essential Oil (see scent ideas below)
- ½ tsp Mica Powder (see color ideas below)
- Dot Silicone Mold
- 1x 8oz jar or 4x 2 oz jars



Instructions

- 1 In a double boiler, melt the Beeswax, Shea Butter, and Coconut Oil until fully liquid.
- 2 Remove from heat and stir in essential oils and mica powder (if using); see scent ideas below.

Blend Name	Oils	Mica	Description
Glow Dots	25 drops Orange (Sweet) + 5 drops Vanilla Woods Blend	Tiger Orange	Bright and cheerful—perfect for gifting or a morning boost.
Calm Dots	15 drops Lavender (40/42) + 15 drops Cedarwood (atlas)	Violet	Soothing and grounding—great for winding down or gifting to someone going through a tough time.
Resilience Dots	20 drops Resilience EO blend	Indigo Blue	Empowering and earthy—made for hard days and big comebacks.
Bliss Dots	5 drops Ylang Ylang + 25 drops Grapefruit (pink)	Fuchsia	Uplifting and floral—feels like self-care in your palm.

- 3 Carefully pour into mold.
- 4 Once the Lotion Dots have cooled just enough to be firm but are still slightly warm (around 3–5 minutes after pouring), use the included scraper to remove any excess for a clean, finished look. Bonus: I like to take the excess and put it in a separate mold to create an extra mini bar for myself.
- 5 Let cool completely (you can refrigerate for ~15–20 minutes).
- 6 Gently pop the dots out of the mold and store in a jar or jars. Label.
- 7 To use, warm a dot between your hands until it melts, then massage into dry skin as needed.

Note: Volume measurements are rounded for convenience. Use weight for more consistent products.

[illegible]

35

Happy Rose Sugar Scrub

Time: 10 min

Est. Shelf Life: 1 year

Yield: 10 (ct) 4oz jars

Dilution Rate: ~1%



From Simply Earth

- 10 (ct) 4oz Jars
- ¼ cup Dried Rose Petals
- 2½ cups Body Oil Base
- ¾ cup Emulsifying Wax
- ½ cup Cetyl Alcohol
- 100 drops (1 tsp) Happy Joy Essential Oil Blend
- 100 drops (1 tsp) Ladies Choice Essential Oil Blend
- 1 tsp Rose Red Mica Powder

From Your Home

- 4 cups sugar



Instructions

- 1 Open and set up your Jars so that they are ready for pouring.
- 2 Shred the Rose Petals with your fingers, scissors, or with a coffee grinder. Set aside.
- 3 In a double boiler (or microwave using short intervals), melt the Body Oil Base, Emulsifying Wax, and Cetyl Alcohol together.
- 4 Add essential oils and stir.
- 5 Add sugar and stir. Add Mica Powder and Rose Petals and stir.
- 6 Pour into jars, seal, and label. To use, apply to damp skin and scrub in circular motions. Rinse away.

Tip: This sugar scrub will thicken as it cools. I recommend pouring it into the jars quickly after making your recipe to make pouring easier.



Still Waters Bath Salts

Time: 15 min

Est. Shelf Life: 1 year

Yield: 12 bath salt tubes

Dilution Rate: 3%

Available as a DIY Kit!



Get all your ingredients
in one box!

From Simply Earth

- ¼ cup Almond Oil
- 10 drops Lavender 40/42 Essential Oil
- 10 drops Ho Wood Essential Oil
- 5 drops Cedarwood (Himalayan) Essential Oil
- 5 drops Orange (Sweet) Essential Oil
- 5 drops Lemon Essential Oil
- ½ cup Natrasorb Bath Powder
- 1 cup Bath Salt Blend
- ¼ cup Lavender Buds
- ¼ cup Rose Petals
- 10 Test Tubes



Instructions

- 1 In a medium bowl, mix together the Almond Oil and essential oils. Add Natrasorb Bath Powder and stir until fully combined.
- 2 Add the Bath Salt Blend and stir.
- 3 Alternate adding the bath salts and flowers to the test tubes so you end up with lines of salt and flower buds.
- 4 To use, add the contents of one test tube to the bath for an aromatic and soothing bath. Remove flowers before draining.

Tip: You can purchase Epsom salts and Himalayan salts separately from Simply Earth. Then you can use the salts to add pink and white stripes to your bath salts.

Add some mica powder to give your salts a festive color.



simplyearth.com/shop/recipes/flower-forest-bath-salts

Rose Garden Bath Bombs

Time: 30 min + dry time

Est. Shelf Life: 1 year

Yield: 16 bath bombs

Dilution Rate: 0.4%



From Simply Earth

- 2 cups Natrasorb Bath Powder
- 2½ cups Citric Acid
- 1½ cup Almond Oil
- 1 Tbsp Emulsifying Wax
- 10 drops Geranium Essential Oil
- 10 drops Palmarosa Essential Oil
- 5 drops Marjoram Essential Oil
- 5 drops Lemon Essential Oil
- 1 dash Violet Mica Powder
- 1 dash Red Mica Powder
- ½ cup Rose Petals
- Bath Bomb Mold

From Your Home

- 5 cups baking soda
- 3 cups corn starch
- 99% isopropyl alcohol (or witch hazel) in a spray bottle

Instructions

- 1 Shred the Rose Petals with your fingers, scissors, or with a coffee grinder. Set aside.
- 2 In a medium bowl, mix together baking soda, corn starch, Natrasorb Bath Powder, and Citric Acid.
- 3 In a small bowl, melt the Almond Oil and Emulsifying Wax together. Add the essential oil and stir.
- 4 Mix together the dry ingredients and the oil mixture until evenly combined. Squeeze the mixture in your hand. If it crumbles when you release it, spray some isopropyl alcohol and mix. Repeat until the mixture holds its shape after squeezing it in your hand.

- 5 Divide the mixture into three bowls. Add a dash of Violet Mica Powder to one bowl and stir. In the second bowl, add a dash of Red Mica Powder and stir. You can add more mica powder until you reach your desired color. In the third bowl, add about half of the shredded rose petals and stir.
- 6 In one of the Bath Bomb Mold halves, place a small amount of the remaining shredded rose petals. Fill the rest of the bath bomb half with bath bomb mixture, alternating between the different bowls. Lightly pack and overfill the mold so that there is a small hill of bath bomb mixture. Repeat this process in the other half of the mold. Push both halves of the Bath Bomb Mold together.
- 7 Remove the bath bomb from the mold and put it in a safe place to dry. If the bath bomb is difficult to remove, gently tap the mold with a spoon to loosen it.
- 8 Repeat steps 6 & 7 until you create 16 bath bombs. Spray the mixture with more rubbing alcohol as needed to keep your bath bomb mixture at the right consistency for molding.
- 9 To use, give your bathtub a quick clean. Fill the tub with water and add a bath bomb for fizzy bubbly fun. Note: the mica powder used in this recipe may stick to the sides of the tub. I recommend rinsing down the sides as you drain the water to prevent mica rings on your tub.





Apple Cinnamon Oatmeal Soap

Time: 10 min

Est. Shelf Life: 1 year

Yield: 6 bars of soap (~3.5 fl oz each)

Dilution Rate: 0.6%

From Simply Earth

- ¼ cup + 1 Tbsp oatmeal (divided)
- 21oz Shea Butter Melt and Pour Soap Base
- 50 drops Roman Chamomile Essential Oil
- 10 drops Cinnamon Essential Oil
- 15 drops Lemon Essential Oil
- ¼ tsp Rose Red Mica Powder (optional)
- 6 Cavity Soap Mold

From Your Home

- 99% isopropyl alcohol in a spray bottle

Instructions

- 1 In a coffee grinder, grind ¼ cup of oatmeal, set aside.
- 2 Cut the Shea Butter and Soap Base into 1-inch cubes.
- 3 Melt the Soap Base in a double boiler or in a liquid measuring cup using short intervals in the microwave, stirring between intervals.
- 4 Add essential oils and stir.
- 5 Add the ground oatmeal and stir. Add the unground oatmeal and stir. Add ¼ tsp Rose Red Mica Powder (optional) and stir. Add more mica powder until you reach your desired color.
- 6 Pour soap mixture into the Soap Mold. Spritz the top of the soap with 99% rubbing alcohol to pop any bubbles forming on the surface (optional). Allow it to set.
- 7 Remove the soap from the mold and wrap in plastic wrap or a sealable container.

Tip: 21oz of melt and pour soap is a little less than ¾ of a Simply Earth 2lbs block of soap. You can estimate this amount. If you need more soap, you can melt and add more soap. If you have too much soap, you can pour it into a mold, let it set, and re-melt and use it in a future project.

I like the feel of ground oatmeal in soap, and I like the look of unground oatmeal, so I've included both in this recipe. If you don't have a coffee grinder, feel free to skip the oatmeal or use whole grains of oatmeal.

Candy Cane Melt & Pour Soap

Time: 15 min

Est. Shelf Life: 1 year

Yield: 12 bars of soap (1.5 fl oz each)

Dilution Rate: ~2.5%



From Simply Earth

- 10oz Glycerin Melt and Pour
- 10oz Shea Butter Melt & Pour Soap Base
- ½ tsp Rose Red Mica Powder
- 300 drops (15mL) Candy Cane Essential Oil Blend
- Soap Mold

From Your Home

- Isopropyl Alcohol in a spray bottle

Instructions

- 1 Cut ⅓ off the block of Glycerin Melt and Pour. Return the remaining ⅔ block of soap to the original packaging for future DIY soap recipes. Cut the ⅓ portion into 1 inch cubes.
- 2 Cut the block of Shea Butter Melt & Pour Soap Base in half. Return one half to the soap's original packaging for future DIY soap recipes. Cut the remaining half into 1 inch cubes.
- 3 Place the cubes of each soap base into a separate double boilers or liquid measuring cups. Melt both containers of soap, stirring every 30 seconds in the microwave or on the stove using a double boiler. Both soaps should be 120-130°.
- 4 To the melted Glycerin soap base, add Rose Red Mica Powder and 150 drops essential oil, stir.
- 5 To the melted Shea Butter Soap Base, add 150 drops essential oil.

- 6 Spray mold cavities with isopropyl alcohol.
- 7 Pour both soap mixtures into one soap mold cavity at the same time. Repeat until each cavity is filled. Reheat the soap if necessary for smooth pouring.
- 8 Spray the soap with isopropyl alcohol and allow the soap to set.
- 9 Remove the soap from the mold. To use, wet your hands, lather the soap, and wash up!
- 10 Store soap in a sealed container or wrap.

Tip: If you have any remaining melted soap base, pour it into an extra soap mold or container. It can be re-melted for future soap projects.



💧 simplyearth.com/shop/recipes/candy-cane-melt-pour-soap-recipe



Lime & Eucalyptus Shower Steamer

Time: 15 min

Est. Shelf Life: 1 year

Yield: 45mL

Dilution Rate: n/a

From Simply Earth

- 1 cup Natrasorb Bath Powder
- ⅓ cup Coconut Oil (Solid)
- 20 drops Lime Essential Oil
- 10 drops Ho Wood Essential Oil
- 12 drops Eucalyptus Essential Oil
- ¼ tsp + 1/8 tsp Forest Green Mica Powder
- ½ tsp Lime Green Mica Powder
- ~¼ tsp Fractionated Coconut Oil
- ⅛ tsp Yellow Gold Mica Powder

From Your Home

- 1¼ cup Baking Soda

Instructions

- 1 In a medium bowl, mix together baking soda and Natrasorb Bath Powder
- 2 In a small bowl melt the solid Coconut Oil (~30 seconds in the microwave). Remove from heat. Add the essential oils, Lime Green Mica Powder, and ¼ tsp Forest Green Mica Powder. Stir until thoroughly blended.
- 3 Add the oil mixture to the dry ingredients and stir until thoroughly combined. Squeeze the mixture in your hand and then release. If the mixture holds its shape, continue to the next step. If the mixture crumbles, add a few drops of Fractionated Coconut Oil until the mixture reaches the correct consistency.
- 4 Pack the mixture into the mold.
- 5 Place the steamers into the fridge to set (around 1-2 hours).
- 6 Gently remove the steamers from the mold.
- 7 In a small bowl mix together Yellow Gold Mica Powder and Fractionated Coconut Oil. Repeat with the remaining Forest Green Mica Powder. Paint or splatter the mixture onto the shower steamers to create fun designs. Create more mica paint as needed.

- 8 Store in a sealed container.
- 9 To use, first give the bottom of the shower a quick clean (mica powder likes to stick to soap scum) and place one shower steamer in the base of the shower. The water from the shower will cause the steamer to break apart and release the aroma of the essential oils.

Tip: Natrasorb from Simply Earth or cornstarch (or other similar starch) from your kitchen can be used for this recipe. Both will simply act as a filler to slowly break down in the shower to release the essential oil aroma. However, Natrasorb will pack better than cornstarch into the mold. If crumbly shower steamers (or crumbly bath bombs) is a recurring struggle in your DIY journey, Natrasorb could solve that issue.



💧 simplyearth.com/shop/recipes/lime-eucalyptus-shower-steamers-recipe

Section 3: Everyday Essentials Recipes



Personal care products are items we use every day, which means toxic effects can be built up over time. When I learn someone is trying to make a more natural life style switch I always recommend they start with a recipe like these that can be used daily.



Vanilla Lavender Perfume



*Stay Fresh Mineral
Deodorant*



*Rosemary & Mint
Shampoo Bars*



Wisconsin Beard Oil



*Defender Hand
Sanitizer Spray*



*Lavender & Tea Tree
Conditioner Bars*



Vanilla Lavender Perfume

Time: 10 min

Est. Shelf Life: 1 year

Yield: 120 mL (12x 10mL perfumes)

Dilution Rate: 5%

From Simply Earth

- 12x Gold Capped Spray Bottles (10 mL)
- ½ cup Perfumer's Alcohol
- 20 drops Patchouli Essential Oil
- 20 drops Peru Balsam Essential Oil
- 80 drops (or ¾ tsp) Lavender (40/42) Essential Oil
- Funnel

Instructions

- 1 Prep the Perfume Bottles by removing the caps.
- 2 In a liquid measuring cup, add the Perfumer's Alcohol. Add the essential oils to the alcohol while stirring.
- 3 Pour the perfume into the the perfume bottles. Label.
- 4 To use apply to pulse points for an uplifting and calming perfume. Reapply as needed.



simplyearth.com/shop/recipes/vanilla-lavender-perfume-recipe

Stay Fresh Mineral Deodorant

Time: 15 min

Est. Shelf Life: 1 year

Yield: 15oz (6x 2.5oz deodorants)

Dilution Rate: 2%

From Simply Earth

- 1 ¼ cup packed (5.25 oz) Magnesium Hydroxide
- 7 ½ Tbsp packed (2.55 oz) Zinc Oxide
- ½ cup (4.0 oz) Shea Butter
- ¾ cup (3.15 oz) Beeswax
- 5 Tbsp + 2tsp (2.7 oz) Almond Oil
- 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 packed (2.1 oz) arrowroot powder or cornstarch



Get all your ingredients
in one box!

Instructions

- 1 Twist each Deodorant Tube so that the inner platform is all the way to the bottom.
- 2 In a medium bowl, whisk together Zinc Oxide, Magnesium Hydroxide, and cornstarch. Set aside. 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 Stir the dry mixture into the melted oils. Continue heating gently and stir until smooth.
- 4 Remove from heat. Add essential oils using one of the scent blends above. Stir well.
- 5 Pour the deodorant into the tubes, filling to just below the top of the tube. If needed for a smooth pour, gently reheat the mixture and stir as necessary (pour between 130°F–145°F).
- 6 Let sit at room temperature for 4 hours before using. Label your tubes. To apply, twist the wheel at the base and swipe onto underarms. If the deodorant doesn't move upward, it may be sticking to the sides. Warm the tube in your hands or place it in a sunny window for a few minutes, then gently squeeze the sides while turning the wheel to release it.

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!

For the most consistent results, measure ingredients by weight. If measuring by volume, firmly pack dry ingredients and add ½ tablespoon more Beeswax and ½ tablespoon more Almond Oil to help account for differences in volume measurements.

Rosemary & Mint Shampoo Bars

Available as a DIY Kit!



Get all your ingredients
in one box!

Time: 15 min
Est. Shelf Life: 1 year
Yield: 200mL (4x 50mL
shampoo bars)
Dilution Rate: 1.25%



From Simply Earth

- $\frac{3}{4}$ cup + 1 $\frac{1}{2}$ Tbsp (2.82oz) SCI Powder
- $\frac{1}{4}$ cup + 2Tbsp (1.5oz) SLSA Powder
- 2 Tbsp (1oz) Rose Kaolin Clay
- 1 $\frac{1}{2}$ Tbsp (0.84oz) Foam Boost (Cocamidopropyl Betaine)
- 2 tsp (0.30oz) Hydrolyzed Rice Protein

- 2 tsp (0.35oz) Argan Oil
- 29 drops (0.05oz) Geogard ECT Preservative
- 30 drops Rosemary Essential Oil
- 20 drops Peppermint Essential Oil
- 4 Simply Earth Round Soap Molds
- Soap wraps
- Labels

From Your Home

- 2 Tbsp rice starch or corn starch
- Face Mask*
- Tape

Instructions

- 1 In a bowl, combine SCI Powder*, SLSA Powder*, Kaolin Clay, and cornstarch. Mix thoroughly until well blended.
- 2 In a separate container, combine Foam Boost, Hydrolyzed Rice Protein, Argan Oil, Geogard ECT Preservative, and essential oils. Stir thoroughly.
- 3 Add the wet mixture to the dry mixture and stir to combine into a uniform mixture. You may find it easier to use your hands to mix the ingredients together. Once the ingredients are combined, you should end up with a moldable consistency.
- 4 Divide and firmly press the mixture into the silicone molds. Place the mold into the fridge and allow it to set for a couple of hours. Remove the shampoo bars from the mold and set it out to dry for a few days.
- 5 Package the shampoo bars in the provided wraps, securing them with tape. Attach the labels.
- 6 To use, wet your hair. Rub the bar between your hands to create a lather, then massage the lather into your scalp and hair. Rinse thoroughly. Store your shampoo bar in a soap dish with drainage to allow it to dry between uses.

*Tip: SLSA and SCI are powdered surfactants. Powdered surfactants are very lightweight and can easily become airborne, potentially irritating the lungs and causing sneezing or coughing. It's best practice to wear a face mask while measuring powdered surfactants to avoid inhalation. These ingredients are unlikely to go airborne once they are combined with a liquid (step 3). If you are making our DIY Conditioner Kit recipe with Lavender and Tea Tree Essential Oils, you can scent these shampoo bars to match with 30 drops Lavender and 20 drops Tea Tree. Choose whatever scent you like best!

Wisconsin Beard Oil

Time: 10 min

Est. Shelf Life: 1 year

Yield: 12 fl oz (12x 1oz beard oils)

Dilution Rate: 1%



From Simply Earth

- 12x 1oz Serum Bottles
- 1½ cups Simply Earth Body Oil Base
- 10 drops Timber Essential Oil Blend
- 25 drops Cedarwood (Atlas) Essential Oil
- 35 drops Pine Essential Oil
- Funnel

Instructions

- 1 Prep the Serum Jars by removing the caps.
- 2 In a large liquid measuring cup, add the Body Oil Base. Add essential oils and stir.
- 3 Pour the beard oil into the serum bottles (fill to slightly below the neck of the bottle). Add label.
- 4 To use, apply to beard to soothe the skin, smooth hair, and add scent.



 simplyearth.com/shop/recipes/wisconsin-beard-oil



Defender Hand Sanitizer Spray

Time: 10 min

Est. Shelf Life: 1 year

Yield: 12 fl oz (12x 1oz spray bottles)

Dilution Rate: 3%

From Simply Earth

- 12x 1 oz Amber Spray Bottles
- 1 cup Perfumer's Alcohol
- 27 drops Defender Essential Oil Blend
- ¼ cup Aloe Vera
- ¼ cup Vegetable Glycerin

From Your Home

- Coffee filter (optional)

Instructions

- 1 Prep the Amber Spray Bottles by removing the caps. Set aside.
- 2 Add the Perfumer's Alcohol to a glass measuring cup. Add essential oils drop by drop while stirring.
- 3 Slowly add the Aloe Vera and Vegetable Glycerin while stirring. Some essential oils may separate during this step. If this occurs, you can filter them out by pouring the mixture through a coffee filter (optional).
- 4 Pour hand sanitizer into the bottles. Add label.
- 5 To use, shake and spray onto clean hands for sanitizing benefits.



simplyearth.com/shop/recipes/defender-hand-sanitizer-recipe



Lavender & Tea Tree Conditioner Bars

Time: 15 min

Est. Shelf Life: 1 year

Yield: 200mL (4x 50mL shampoo bars)

Dilution Rate: 1.25%



Get all your ingredients in one box!

From Simply Earth

- $\frac{3}{4}$ cup + 2 Tbsp (4.5oz) Conditioning Emulsifier (BTMS-50)
- $\frac{1}{4}$ cup (1oz) Cetyl Alcohol
- $\frac{3}{4}$ Tbsp (0.42oz) Shea Butter
- $\frac{3}{4}$ Tbsp (0.42oz) Cocoa Butter
- $\frac{3}{4}$ Tbsp (0.35oz) Argan Oil
- 40 drops (0.14oz) Geogard ECT Preservative
- 30 drops Lavender 40/42 Essential Oil
- 20 drops Tea Tree Essential Oil
- 4 Simply Earth Round Soap Molds
- Soap Wraps
- Labels

Instructions

- 1 In a double boiler or microwave-safe container, melt the Conditioning Emulsifier, Cetyl Alcohol, Shea Butter, Cocoa Butter, and Argan Oil together. Use short intervals if microwaving. Heat to around 160°F, stirring occasionally. Once fully melted, remove from heat.
- 2 Allow the mixture to cool until it's about to solidify (around 135°F) before adding the essential oils and preservative. Thoroughly mix.
- 3 Divide and pour the mixture into the molds and allow it to cool. Once solidified, remove bars from mold. Wrap the conditioner bars in the provided wraps, securing them with tape. Attach the labels.
- 4 To use, wet your hair. Rub the bar between your hands to create a lather and massage the lather into your scalp and hair. Rinse thoroughly. Store your conditioner bar in a soap dish with drainage to allow it to dry between uses.

Tip: If you are also making our DIY Shampoo Bar Kit recipe with Rosemary and Peppermint Essential Oils you can match that scent with 30 drops Rosemary and 20 drops Peppermint in place of Lavender and Tea Tree Essential Oil listed above.



Section 4: Home Goods Recipes

There's no place like home for the holidays. These gifts, made with the perfect wintery and holiday scents, will help create a cozy atmosphere for your home.



Home for the Holidays Reed Diffuser



Christmas Cookie Room Spray



Winter Cabin Candle



Hope's Glow Candles

Home for The Holidays Reed Diffuser

Time: 10 min

Est. Shelf Life: 3 months

Yield: 180 mL (12x 15mL reed diffusers)

Dilution Rate: 10%



From Simply Earth

- 12x 15mL Amber Bottles
- 12x Earth & Wood Diffuser Kits
- ¾ cups Perfumer's Alcohol
- 50 drops (½ tsp) Cassia Essential Oil
- 50 drops (½ tsp) Clove Essential Oil
- 50 drops (½ tsp) Vanilla Woods Essential Oil Blend
- 100 drops (1 tsp) Sweet Orange Essential Oil
- 100 drops (1 tsp) Lavender (40/42) Essential Oil

Instructions

- 1 Prep the 15 mL Amber Bottles by removing the caps.
- 2 To a liquid measuring cup, add Perfumer's Alcohol. While slowly stirring, add the essential oils.
- 3 Fill the 15 mL Amber Bottles with the mixture. Put the black cap back on.
- 4 To use, replace the black cap with the wood lid and place 3 diffuser reeds into the bottle. Let the reeds soak for about an hour. Flip the reeds over to release the aroma into the air. Flip the reeds as needed to refresh the aroma. Place the diffuser out of reach of pets and kids.

Tip: The essential oils in this recipe aren't all kid and pet safe but kids and pets are unlikely to be irritated by essential oils used in a reed diffuser that is being used as directed. As a precaution, leave the door open in spaces where you use essential oils with kids and pets.





Christmas Cookie Room Spray

Time: 10 min

Est. Shelf Life: 1 year

Yield: 12fl oz (12x 1 oz room sprays)

Dilution Rate: 4%

From Simply Earth

- 12x 1 oz Spray Bottles
- 1 cup (8 fl oz) Perfumer's Alcohol
- 50 drops (½ tsp) Gingerbread Essential Oil Blend
- 50 drops (½ tsp) Vanilla Woods Essential Oil Blend
- 50 drops (½ tsp) Patchouli Essential Oil
- 150 drops (1½ tsp) Lemon Essential Oil

From Your Home

- ½ (4 fl oz) cup distilled water
- Coffee filter (optional)

Instructions

- 1 Prep the Spray Bottles by removing the spray caps.
- 2 Pour the Perfumer's Alcohol into a large pitcher. While stirring, slowly add essential oils.
- 3 Slowly add water and stir. This will likely cause some of the essential oils to separate from the alcohol. If this occurs, you can filter these out by pouring the mixture through a coffee filter (optional).
- 4 Pour the mixture into the 1 oz bottles. Replace the caps on the spray bottles and label.
- 5 To use, spray to refresh a room.

Tip: Adding distilled water will likely cause some essential oils to separate from the alcohol mixture. To prevent this, the water can be replaced with more Perfumer's Alcohol.



simplyearth.com/shop/recipes/christmas-cookie-room-spray-recipe

Winter Cabin Candle

Time: 10 min

Est. Shelf Life: 3 months

Yield: 2 fl oz

Dilution Rate: 10%



From Simply Earth

- 12x 2oz Jars
- 12x Braided Cotton Candle Wicks
- 12x Wick Stickers
- 12x Centering Tools
- 18oz (1 large bag) Soy Wax
- 50 drops (½ tsp) Balsam Fir Essential Oil
- 50 drops (½ tsp) Clove Essential Oil
- 100 drops (1 tsp) Lavender (40/42) Essential Oil
- 100 drops (1 tsp) Lime Essential Oil
- 50 drops (½ tsp) Clove Essential Oil
- 50 drops (½ tsp) Vanilla Woods Essential Oil Blend
- 100 drops (1 tsp) Sweet Orange Essential Oil
- 100 drops (1 tsp) Lavender (40/42) Essential Oil

Instructions

- 1 Prep the jars by removing the lid, placing a wick sticker in the bottom center of the jar, and attaching a wick to the sticker.
- 2 In a large double boiler, using a medium-low heat, melt the wax while occasionally stirring.
- 3 Once the wax reaches 180–185°F, remove it from the heat. Add the essential oils and mix gently and thoroughly.
- 4 Allow the wax to cool to 135°–140° F. Pour the wax into the prepared jars to just below the neck of the jar.
- 5 Allow the candles to cool completely (about 2 hours.) Trim wick to 1/4 in. and label.
- 6 To use, light candle. Always burn candles within sight, keep candles away from children and pets, and never burn candles near flammable items.

 simplyearth.com/shop/recipes/winter-cabin-candle-recipe

Hope's Glow Candles

Time: 15 minutes + 24 hour cool time

Burn Time: Approximately 40 hours

Yield: 16 fl oz (2 x 8 fl oz candles)

Dilution Rate: 6.25%

From Simply Earth

- 2x Wooden Wicks
- 2x Notecard
- 2x Wick Clips
- 2x Wick Stickers
- 16oz 100% Soy Wax Blend
- 2x Candle Vessels
- 300 drops (1 bottle) Palo Santo Safer Fragrance Oil
- 300 drops (1 bottle) Bergamot Essential Oil



From Your Home

- Permanent marker

Available as a DIY Kit!



Get all your ingredients
in one box!

Instructions

- 1 Use a permanent marker to write a blessing, wish, prayer, or kind thought directly onto each of the wooden wicks. Use the notecards to capture your wish—perfect for gifting or keeping as a personal reminder.
Tip: Keep in mind that the wick will need to be trimmed to 1/8 inch before lighting, so write your message higher up on the wick where it won't be trimmed away.
- 2 Slide a wooden wick into a metal wick clip. Peel the backing off a wick sticker and press it onto the bottom of the clip. Stick the wick in the center of your candle vessel and press down firmly. Repeat for the second candle.
- 3 Melt the Wax:
Double Boiler Method: Melt the wax slowly in a large double boiler, stirring occasionally.
Microwave Method: Place wax in a microwave-safe pitcher. Heat for 2 minutes, stir, then continue heating in 30-second intervals, stirring between each interval until fully melted.
- 4 Carefully remove the wax from heat. Add the Palo Santo Safer Fragrance Oil and Bergamot Essential Oil directly to the melted wax. Stir slowly and thoroughly for 2–3 minutes to fully combine.*
- 5 Slowly pour the scented wax into your prepared vessels. Let the candles cool on a flat, undisturbed surface for at least 24 hours.
- 6 Trim the wicks to 1/8 inch before lighting. Light one of your candles and reflect on the message you wrote—it's more than a candle, it's a moment of intention.



Introduction to 12 Days of Christmas Calendar



Have lots of holiday parties to attend this year?
The 12 Days of Christmas Calendar is the perfect hostess gift!

This calendar is a fun way to anticipate the festivities and countdown to Christmas! It contains 12 essential oils and blends and provides 12 exciting recipes to help you (or the person you're gifting it to) gain confidence in using your oils. You'll love waking up each morning with a new oil and recipe to try out! Get yours today at www.simplyearth.com!

Next Steps



If you love the idea of making your own products like the ones in this eBook, you need to check out **Simply Earth's Essential Oil Recipe Box**.

Each month, you'll get the ingredients and recipes you need to make products just like the ones in this eBook!

Get your box here! 



RECIPE INDEX



Skin Care Recipes

- 29 Good Vibes Lip Balm
- 30 Unicorn Shimmer Lotion Bars
- 31 Giftable Decadent Body Butter
- 32 Peace & Quiet Creamy Lotion
- 33 Sweet Mint Lip Balm
- 34 Lotion Dots

Bath & Spa Recipes

- 36 Happy Rose Sugar Scrub
- 37 Still Waters Bath Salts
- 38 Rose Garden Bath Bombs
- 39 Apple Cinnamon Oatmeal Soap
- 42 Candy Cane Melt & Pour Soap
- 43 Lime & Eucalyptus Shower Steamer



RECIPE INDEX

Everyday Essentials Recipes

- 46 Vanilla Lavender Perfume
- 47 Stay Fresh Mineral Deodorant
- 48 Rosemary & Mint Shampoo Bars
- 49 Wisconsin Beard Oil
- 50 Defender Hand Sanitizer Spray
- 51 Lavender & Tea Tree Conditioner Bars



Home Goods Recipes

- 53 Home for the Holidays Reed Diffuser
- 54 Christmas Cookie Room Spray
- 55 Winter Cabin Candle
- 56 Hope's Glow Candles