

## **EARTH & OCEAN HERBALS**

Susan Clements, CH, Lic Est

### **RECIPES FOR FACE & BODY**

#### **BASIC BODY BUTTER**

1/2 c shea  
1/2 c cocoa butter  
1/2 c coconut oil  
1/2 c liquid oil (sunflower, apricot or almond)

Combine all ingredients in glass measuring cup. Using a double boiler method (i.e. place measuring cup into a pan with cold water. Gently up heat water in pan, melting the oils to combine.) Remove measuring cup and allow to cool. I will sometimes place the measuring cup in the refridge to speed up the process. When the oils begin to harden, but are still soft, use a hand mixer, whipping until fluffy. Put whipped oils into a wide mouth mason jar (small mason jelly jars are great for this) and return the jar to refridge to set.

Variations: Omit cocoa butter (remember it smells like chocolate, imparting a strong aroma to your body butter), and add a different butter such as kokum or mango. Just always be sure to keep your ratio of solid oils to liquid oil at a 3 to 1 (1 being the liquid). Essential oil(s) can also be added using 10-30 drops for the basic recipe amount given above.

#### **MASSAGE OIL**

1/2 c coconut oil  
1/4 c liquid oil  
1 vanilla bean

Place coconut in measuring cup. Use the double boiler method (outlined in Body Butter recipe) to melt coconut. Place the vanilla bean on coconut oil, splitting the bean in half to expose the yummy vanilla inside the bean. Allow the bean to sit in the warm liquified coconut oil until it takes on as much scent of the vanilla as you like. The longer you allow it to sit, the more intense the vanilla aroma. (In the warm summer months my jars of cococut oil with a vanilla bean sit out in the sun for several days.) If you are doing on the stovetop, be sure to keep the heat on low under the pan and keep an eye to make sure you still have water in the pan. When the scent is to your liking, strain out the bean and . add the liquid oil. Don't forget that in the cooler weather your coconut oil can drift back to being a solid. If this happens gently place bottle with oils in a bit of warm water.

## **LIP BALM**

2 tsp grated beeswax  
1/8 tsp vit e oil  
2 tsp Apricot, almond, sunflower (one or a combination)

On a stovetop, using double boiler method, place all the oils and beeswax in a glass measuring cup. Stir well to combine. Pour into small 1/2 oz containers. This recipe will make 1 1/2 oz.

## **BODY SCRUB** (I do not recommend using for facial skin)

1 cup sugar (I prefer sucanat, or organic cane sugar)  
2 tbsp local sourced honey  
2 tbsp hydrosol (or distilled water)  
2 tbsp liquid oil (sunflower, apricot, almond, olive)  
essential to your liking

Mix all together. Place in a jar and cover tightly.

## **RESOURCES FOR MATERIALS:**

Ingredients Online: Butters, Oils, Herbs, Essential Oils, some containers

New Directions Aromatics  
From Nature With Love  
Essential Wholesaler  
Mt. Rose Herbs

## **LOCAL**

Back to Basics, Main Dt, East Greenwich 401-885-2679  
Herbwise, 35 Broad St., Westerly, RI 401-596-7815

## **Containers:**

Cape Bottle Company, Plymouth, MA

## **Labels:**

Avery Labels - available via Amazon or at Staples

## **TEAS**

**NOTE: A part is any measurement of choice. For an 8 oz cup of tea, use 1 tbsp of blend**

### **CHILL OUT! - just as it's name implies**

Chamomile 1 part

Linden 1 part

Oat Seed 1/2 part

Lemon balm 1/2 part

Mix all herbs together. Use 1 tbsp per cup

### **ZZZZZZZZ - a light relaxing bedtime tisane**

Passionflower 1 part

Linden flower 1/2 part

Hops 1/2 part

Oat straw or seed 1/2 part

Skullcap 1/2 part

Peppermint or spearmint (1/4) part

Mix all herbs together. Use 1 tbsp per cup.

### **LIFT ME UP!!! - good for winter blahs**

Nettle 1 part

Oat seed 1 part

Borage 1/2 part

Holy Basil 1/2 part

Lemon balm 1/2 part

Mix all herbs together. Use 1 tbsp per cup

### **WINTER WARMER**

Orange peel 1 part

Hibiscus 1 part

Rose hips 1/2 part

Anise 1/2 part

Ginger 1/4 part

cinnamon 1/4 part

Mix all herbs together. Use 1 tbsp per cup

