

*DIY recipes for  
beauty, cleaning,  
and more!*



*A quick start guide to DIY with Essential Oils*

# THE ESSENTIAL HOME

BY TRACEY BLACK

# TABLE OF CONTENTS

Introduction..... 1

## Beauty

Facial Cleanser for All Skin Types ..... 3

Facial Oil Moisturizer..... 4

Organic Lip Balm Recipe (Just \$0.24 a Tube!)..... 5

## Personal Care

Roll-On Perfume..... 7

Zesty Lemon Body Scrub ..... 8

Foaming Hand Soap ..... 9

## For the Home

Air Freshener Spray..... 11

Natural Pine Cleaner for Wood Floors and Furniture ..... 12

Natural Bleach Alternative..... 13

Homemade Fruit and Vegetable Wash..... 14

About the Author ..... 15

Disclaimer & Copyright..... 15

Learn everything you need to know about essential oils – from its history to how oils are made to how to begin using them in your home – in this Beginner’s Guide to Essential Oils.



## History of Essential Oils

Essential oils have been used for thousands of years for many applications. It is said that Egyptians were the first to use them in their practice, religious ceremonies, beauty recipes, and even different kinds of preservation (think mummies!). Some essential oils were deemed so valuable that they were considered a form of currency and often exchanged for gold and rare spices.

The Greeks and Romans quickly caught onto the allure of essential oils and began including them in various therapeutic applications, one of which was aromatherapy. Soon Chinese practitioners, Persian doctors, and Ayurvedic shaman began developing more concentrated essential oils from all manner of aromatic plants.

Ever since, essential oils have been used throughout history to anoint holy relics and promote well-being.

## Basics of Essential Oils

Essential oils are the highly concentrated, aromatic essences of trees, shrubs, herbs, grasses, resins and flowers. They can be clear, amber, yellow, green, and even dark blue in color and range from very runny to almost solid in consistency.

Each essential oil comes from specific parts of the plant they come from too. For example:

- Myrrh and Frankincense come from the tree resin
- Lemon, Lime, Orange, Grapefruit and Bergamot come from the peel of the fruit
- Cinnamon comes from the bark of the tree
- Ginger and Vetiver come from the root
- Eucalyptus comes from the tree’s leaves
- Rose comes from the petals
- Cardamom comes from the seeds or pods
- Pine comes from the needles and twigs

On average, each essential oil contains over 100 components with more being discovered every day. These components also change even amongst the same species of plant.

Without further ado, let’s get into the Essential Oils recipes to get you started!

---

## 🔥 HOW TO ORDER ESSENTIAL OILS

---

# BEAUTY





## Facial Cleanser for All Skin Types

This is embarrassing to admit. I used to think high-quality facial cleansers HAD to cost money. I used to shell out \$30 for a popular department store brand of facial cleanser for just 6 oz. that would last me 1-2 months. And that's not all. I'd spend upwards of \$100+ per month on a skin regimen of a cleanser, toner and moisturizer thinking my skin would benefit from these expensive products.

The best thing about DIY beauty and skin care is the savings. You can make your own high-quality products like department stores, but really affordable prices.

### Ingredients

- 3/4 cup cooled organic brewed [chamomile tea](#) (or filtered or distilled water)
- 1/4 cup liquid [Castile soap](#)
- 1/2 tsp [organic sweet almond oil](#)
- 3-4 drops [vitamin E oil](#) (optional)
- 8 drops of Frankincense oil
- 8 drops of Lavender oil

### Instructions

1. In a 4 to 6 oz. foaming soap bottle, add Castile liquid soap, sweet almond oil and vitamin E oil.
2. Add essential oils as needed.
3. Fill with chamomile tea or water to the top of the bottle.
4. Shake well and use as needed.

### Notes

I like to split this recipe to keep in two separate foaming soap bottles – one to keep on my bathroom counter and the other for the shower.



## Facial Oil Moisturizer

For most of my life I've been using the wrong skin care. I stripped my skin with harsh cleaners to deal with problem spots and oil-free moisturizers – thinking oils were bad for my skin.

As I did more research, I found that oil is NOT the bad guy. In fact, our skin needs oil and absorbs it better and faster than a cream or lotion. So after much inner turmoil (20+ years of being brainwashed into thinking oil is bad for my skin will do that), I tried to use oil as my moisturizer.

And you know what? It's AH-MAZING! I can't believe I didn't use oil on my face sooner. My skin now feels smooth, nourished and balanced. My cheeks are no longer bone dry. My nose and forehead are no longer oil slicks.

So what's the secret? Finding the right carrier oil that works for you. A carrier oil is like a base oil. You can add essential oils according to your skin type with a carrier oil for a customized blend. Carrier oils are made from vegetables, nuts and even flowers – such as sweet almond, avocado, macadamia nut, apricot kernel, jojoba, sesame, hemp seed and rose hip. Each carrier oil has its own health benefits.

### Ingredients

- 2 oz. pure, organic Argan oil
- 15 drops of Frankincense oil
- 10 drops of Lavender oil
- 5-10 drops of Carrot Seed oil (optional)

### Instructions

1. Add Frankincense, lavender and carrot seed oil to a bottle of Argan oil. Store in a cool, dry spot.
2. Use morning and night after each facial wash, or as needed. I find just 1-2 pumps (about 3-6 drops) is enough to moisturize my skin.



## Organic Lip Balm Recipe

I'm a lip balm junkie. I have one in every bathroom, my purse, my gym bag and even in my car.

But I'm picky about my lip balm. I don't want all the nasty chemicals and preservatives in traditional lip balms. So for years I was buying organic lip balm like Burt's Bees and Alba from health food thinking they was my only option. It was costing me a fortune at \$2-3 per tube of lip balm.

I have found a better, cheaper way. I can make organic DIY lip balm like my favorite brands at less than 25 cents a tube.

Making lip balm is one of the easiest DIY projects I've ever taken on. I couldn't believe how simple it was the first time I did it – yet it's so flexible.

The base of this recipe is just 4 ingredients: coconut oil, sweet almond oil, essential oils and beeswax. And it's pretty easy to find organic ingredients for cheap. I like both coconut oil and sweet almond oil because they provide moisture to soothe and moisturize lips. The beeswax is the secret ingredient to firm up this lip balm (similar to a commercial lip balm) so it can be used on the go.

### Ingredients

- 10 drops [Lemon or Lavender essential oil](#)
- 1 tbsp [sweet almond oil](#)
- 2 tbsp [organic extra-virgin coconut oil](#)
- 1.5 tbsp [organic, cosmetic-grade beeswax pastilles](#)
- [Lip balm tubes](#)

### Instructions

1. Use a double boiler on low heat to melt all ingredients (except essential oils).
2. Remove from heat once melted and add essential oils.
3. Fill lip balm tins and let cool for a couple of hours to firm up.

# PERSONAL CARE



# Roll-On Perfume



Have you ever considered making your own perfume?

Truthfully, I didn't for a long time. I loved wearing my department-store brand perfume and used it every day. I loved the light floral scent and didn't think twice about what was actually inside it.

But then I started researching chemicals in my beauty products and found hidden chemicals were in many of my beauty care staples, including my perfume. While many perfumes and body sprays claim to be natural with floral, citrus or exotic scents – they are anything but natural. Perfumes aren't required to disclose ingredients (such as synthetic chemicals and fragrances) because they are considered trade secrets to the manufacturer.

The secret chemicals found in these name brand fragrances include those associated with endocrine disruption and allergic reactions. Plus, many of these chemicals were not assessed for safety in personal care products.

Is this what you want to put on your body or expose to your family? Thankfully, there's an easy (and inexpensive) solution.

## Perfumery 101

The scents of a perfume can be classified into what's called notes. There are three types of notes:

### 1. Top Note

The first impression of the perfume, light and evaporates quickly.

**Examples include:** lemon, orange, grapefruit, lime, tangerine, citronella, bergamot, eucalyptus, lavender, lemongrass, peppermint, spearmint.

### 2. Middle Note

The main scent of the perfume, but also mellow and comes out a couple of minutes after the top note.

**Examples include:** chamomile, cinnamon, clove, cypress, fennel, geranium, jasmine, juniper, marjoram, neroli, nutmeg, pine, fir, rose, rosemary, spruce, tea tree, thyme, ylang ylang.

### 3. Base Note

The rich and deep scent of the perfume and often a musk scent.

**Examples include:** cedarwood, frankincense, ginger, helichrysum, myrrh, patchouli, sandalwood, vanilla, vetiver.

## How to Make Your Own DIY Perfume

To make your own DIY perfume, simply blend aromas that you like best and mix with a carrier oil.

Here are a few ideas on blends I really like:

### Energizing Blend – Grapefruit/Ylang Ylang

Mix 7 drops of Grapefruit with 4 drops of Ylang Ylang in a 5 ml [roller bottle](#) and fill with [fractionated coconut oil](#) (it's odorless and doesn't solidify when cold) or [sweet almond oil](#).

### Floral Blend – Jasmine/Lime

Mix 7 drops of Jasmine with 4 drops of Lime in a 5 ml [roller bottle](#) and fill with [fractionated coconut oil](#) or [sweet almond oil](#).

### Walk in the Woods Blend – Lavender/Lemon/Vetiver

Mix 5 drops of Lavender, 4 drops of Lemon and 3 drops of Vetiver in a 5 ml [roller bottle](#) and fill with [fractionated coconut oil](#) or [sweet almond oil](#).

### Sexy Musk Blend – Lavender/Lime/Copaiba

Mix 5 drops of Lavender, 4 drops of Lime and 3 drops of Copaiba in a 5 ml [roller bottle](#) and fill with [fractionated coconut oil](#) or [sweet almond oil](#). You can also get [Stress Away from Young Living](#), which is made with lavender, lime, copaiba and other essential oils in a roller bottle.



## Zesty Lemon Body Scrub

Why spend hundreds of dollars on fancy lotions and beauty products when there's a way to save your money? You can easily make your own that work just as well – if not better than store-bought versions – for a fraction of the price. And best of all, you can customize the ingredients to suit your needs. This scrub smells so good that you'll find yourself looking forward to scrubbing down with it every day or perhaps even just opening the jar and enjoying a cheerful sniff.

### Equipment & Tools

- 2 small mason jars (I like [these ones](#))
- [Glass mixing bowl](#)

### Ingredients

- 1 cup [sea salt](#) or [epsom salt](#)
- ½ cup of organic coconut oil, or your favorite carrier oil (I like [this one](#))
- 10 drops of therapeutic-grade lemon essential oil (where to buy [quality essential oils](#))

### Instructions

1. Begin by mixing the salt and oil in the glass mixing bowl.
2. Once mixed add the lemon essential oil and stir gently.
3. Spoon the mixture into 2 small jars (one for the shower and one for the sink).

### How to Use This Scrub

#### For Body

Now for the fun part! When taking a bath or shower, simply scoop out the desired amount of scrub with a [small spoon](#) or spatula and exfoliate from neck to feet. Concentrate on especially dry areas like elbows and knees for really soft moisturized skin.

#### For Hands

I love to use this scrub after washing my hands. All you have to do is scoop out a small amount and massage your hands, especially around the cuticles.



## Foaming Hand Soap

Forget those conventional hand soaps in stores. You can make your own DIY Foaming Hand Soap for way less money and with just a few simple ingredients.

This recipe includes coconut oil-based liquid castile soap and pure, therapeutic-grade essential oils. The end-result is a cheaper alternative to natural store-bought brands that cleans naturally and smells amazing. Plus, you can change up the essential oils in this recipe to customize your scent and even create blends for seasons. For instance, I love Thieves in the winter because it smells like cookies, and I like Lavender in the spring because it reminds me of spring flowers. And I love Lemon in my kitchen because it smells clean.

My whole family loves this hand soap and it works really well in getting dirt and grime from hands. Plus, it's gentle and safe – even for little ones. I have a bottle of this DIY Foaming Hand Soap in every bathroom in my home, as well as my kitchen.

### Ingredients

- 1/3 cup [liquid unscented castile soap](#)
- 10 drops essential oil (I like to use Purification, Lavender or Tea Tree - [where to buy](#))
- 1 tsp [aloe vera juice](#) (optional: helps to moisturize hands)
- Filtered or distilled water

### Instructions

1. In a [foam dispensing bottle](#), add water, castile soap, essential oils and aloe vera juice.
2. Replace lid securely and shake vigorously for a few seconds.
3. Use as needed.

# FOR THE HOME





## Air Freshener Spray

It's actually very easy to make your own natural DIY air freshener. In fact, this recipe has just three ingredients that you probably already have in your home. This can be used to spray on linens, shoes, garbage cans, diaper pails or pretty much anywhere you want to eliminate odors.

Vodka or rubbing alcohol is used in this air freshener recipe as it dissipates quickly and doesn't leave a residue on furniture or upholstery. It also helps to clear odors from the air and fabrics.

This DIY Air Freshener recipe is great for small spray bottles too. Keep it in the car to freshener the air on the go.

### Equipment & Tools

• [Reusable spray bottle](#)

### Ingredients

• 1 cup filtered water

• 1/4 cup of vodka or rubbing alcohol

• 10 drops of essential oils ([buy quality essential oils here](#))

#### Try these essential oils:

Lavender is relaxing and calming – great for bathrooms and closets

Lemon is refreshing – great for kitchens and bathrooms

### Instructions

1. Fill spray bottle with water and alcohol.
2. Add essential oils and cover with spray nozzle.
3. Shake once or twice, then start using.



# Natural Pine Cleaner for Wood Floors and Furniture

Think about a toddler crawling on wood floors just cleaned with traditional pine cleaner. Or how about your spouse, friend or family eating a piece of food that dropped off a plate onto a wooden table that was just cleaned with a pine cleaner.

Seems harmless, right? Here's a list of ingredients from a popular store-bought pine cleaner:

Water, C10-12 Alcohol Ethoxylates Glycolic Acid, Fragrance, Caramel, Dimethicone/Silica/PEG Distearate Antifoam, Sodium C14-17 Sec-Alkyl Sulfonate, and Xanthan Gum

Did you notice pine extract or pine essential oil anywhere in there? Yep, it's not there. The synthetic fragrance could contain hundreds of ingredients to make up that pine scent. And the ingredient alcohol ethoxylates has been linked to cancer, developmental issues, endocrine and reproductive issues, allergies and skin irritation, respiratory issues, and more, according to the [Environmental Working Group's Guide to Healthy Cleaners](#), which ranked this pine cleaner with a D rating (scale is A-F with A indicating the lowest concern to environment and health and F the highest concern).

While I love the scent of pine for cleaning, I knew there had to be a better way. And I found it! In fact, I've made my own [DIY Household Cleaner](#) before and this is just a quick modification with the fresh, clean scent of Pine essential oil.

## Ingredients

- 1 tbsp liquid castile soap or Thieves Household Cleaner
- 10 drops of Pine essential oil (or try Evergreen Essential)
- Water

## Instructions

1. In a [16oz spray bottle](#), add castile soap or Thieves Household Cleaner and Pine essential oil.
2. Add water to fill up the bottle.
3. Shake bottle before each use.



## Natural Bleach Alternative

This DIY Natural Bleach Alternative recipe is amazing. It's frugal (actually dirt cheap), easy to make and non-toxic. I make a batch to store in a 20 oz. spray bottle and use as needed for cleaning tubs, tiles/grout and even as a stain remover. It's a cleaning powerhouse – it cleans and whitens without removing the original color (like chlorine bleach).

I also just add a cup of this mixture to my laundry to whiten my clothes and towels naturally. It works incredibly well, but without the toxins or the nose-numbing fumes.

### About the Ingredients

**Hydrogen peroxide** (3% solution you can find at most drug stores) is a fantastic sanitizer and disinfectant. It's non-toxic and whitens without harsh chemicals.

**Lemon juice** is a natural cleaner and helps to boost the whitening effects of this recipe.

**Essential oils** are great for cleaning.

### Ingredients

- 3 cups water
- 1/2 cup [hydrogen peroxide](#) (3% solution)
- 2 tbsp fresh lemon juice
- 1-2 capfuls of Thieves Household Cleaner ([buy here](#))

### Instructions

1. Add all ingredients to a [quart-sized jar or container](#).
2. Use 1 cup of this solution as needed for laundry.
3. For tougher cleaning stains, add another 1/2 cup of hydrogen peroxide to the mixture.



## Fruit and Vegetable Wash Spray

I love shopping at my local health food store for organic produce and fresh, grass-fed meat. But there's one thing that bugs me EVERY time I go to the store: cleaning products. It just amazes me how much these natural cleaning products cost. I make most of my own DIY cleaning products at home for WAY less than store-bought versions, usually pennies vs. dollars.

And one product that costs a fortune, in my opinion, is fruit and vegetable wash. I'm guilty of buying those produce wash sprays at the store too thinking I needed that \$4-5 bottle of natural cleaner to get my fruit and vegetables clean. Boy, was I wrong.

This spray works best for hard-skinned fruit and vegetables, such as apples, oranges, cantaloupe, grapes, cucumbers, carrots and eggplant.

### Ingredients

- 1 and 1/2 cups filtered or distilled water
- 3/4 cup [organic apple cider vinegar](#)
- 1 tbsp [baking soda](#)
- 10 drops of [Lemon essential oil](#)
- 16 oz [glass spray bottle](#)

### Instructions

1. Combine all ingredients in glass spray bottle. It may get a bit foamy.
2. Cap bottle and shake gently to mix well.
3. Spray as needed on produce and let sit for a few minutes.
4. Rinse well under cold water, let dry and store produce as desired.

## About the Author



Tracey Black is the founder and author of *Don't Mess with Mama*, a natural living blog focused on helping families get toxic chemicals and junk food out of the home. She develops original recipes for home remedies and DIY recipes for everything from household cleaners to

homemade beauty products. She is also passionate about cooking simple, wholesome meals for her family and researching the impact of nutrition on health and wellness.

She's also a regular contributor for Redbook Magazine's Mamarama blog, and her work has been featured in Yahoo Shine, BlogHer, MomsRising and MomItForward. Tracey has a background in writing, web marketing and social media and previously held positions as a digital marketing manager, content editor and social media consultant in the health care, publishing and e-commerce industries. She has a B.A. in Sociology from the University of Hawaii at Manoa.

And her biggest job to date is parenting her three sons (ages 3, 8 and 11).

---

 **Subscribe to the *Don't Mess with Mama* email newsletter here.**

---

## Disclaimer & Copyright

### Disclaimer

The material presented in this book is for informational purposes only and is not intended as medical advice. I am not a medical professional and the information contained in this book should not be used to diagnose, treat or prevent any disease or health illness. Please consult with a qualified healthcare professional before acting on any information presented in this book.

Select photos courtesy of DepositPhotos.com and BigstockPhotos.com.

### Copyright

Copyright 2016, Tracey Black. All rights reserved. No part of this book may be used, reproduced, transmitted or sold in whole or in part in any form (print or digital) without written consent of the author.