

*Ellen's
Essentials'*

*Formulary
and
Recipes*

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Bath Teas

Relaxing Bath Tea

4 oz. Lavender flowers
4 oz. Chamomile flowers
2 oz. Calendula petals
20 drops Bulgarian Lavender EO

Mix together and package.
Packaging ideas = Package loose in jars or tin-tie bags and include a reusable muslin bag or two.
Package in individual heat-seal tea bags.

Good Morning Bath Tea

4 oz. Peppermint Leaf c/s
4 oz. Chamomile flowers
2 oz. Calendula petals
10 drops Peppermint EO
10 drops Lemon Wedge FO

Mix together and package.
Packaging ideas = Package loose in jars or tin-tie bags and include a reusable muslin bag or two.
Package in individual heat-seal tea bags

Lotions & Creams

"No Ewax" Cocoa-Shea Whipped Cream

Oil Phase:

75 gm. Shea Butter
75 gm. Cocoa Butter
50 gm. Coconut Oil
75 gm. Jojoba
75 gm. Avocado
25 gm. Wheat Germ Oil
125 gm. Sunflower Oil
100 gm. Glyceryl Monostearate

Water Phase:

600 gm. Water
10 gm. Sodium Stearate

Preservative/Fragrance
12 gm. Germaben II
12 gm. Fragrance of Your Choice

Heat Oil Phase until glyceryl monostearate is melted and set aside. Heat the water phase until approximately 150°F and sodium stearate dissolves. Pour water phase into oil phase and blend. Continue to blend until the cream slides off a spoon in a glop and does not break or separate in the process. Add Germaben II and Fragrance. Package as desired.

Soothing Cream for Hardworking Hands

2.4 gm. Citric Acid (please note, this is 2 point 4 grams, not 24)
24 gm. Glycerin
44 gm. Stearic Acid
56 gm. Emulsifying Wax NF
84 gm. Apricot Kernel Oil
60 gm. Jojoba
36 gm. Cocoa Butter
600 gm. Purified Water
9 gm. Germaben II
36 gm. Fragrance Oil

Put all in microwave proof bowl except Shea Butter, Germaben II and fragrance. Microwave on high until all ingredients are melted. Add Shea Butter and stick blend until smooth and emulsified. You may notice some separation of the mixture. This is okay. Just stick blend the mixture back together and repeat as the mixture cools. When the mixture has cooled, stick blend again, and add in fragrance and Germaben II. Package as desired.

Makes approximately 8 ~ 4 oz. Jars

Cold Cream

1/4 C olive oil
1/4 C castor oil
1/4 C beeswax pastilles
1/2 tsp borax
1/4 C + 2Tbsp water
Scent of your choice
Preservative

Put beeswax, olive oil and castor oil in double boiler and melt together until they are blended.

Combine water and borax in another pot and bring to low simmer (or same temp as other ingredients in double boiler).

Add water mixture to oil/wax mixture, beat with stick blender or whisk. Keep mixing until mixture is barely warm add scent. Pour cream into jar or package as desired.

Lotion Bar

2 oz. Beeswax
2 oz. Avocado Oil
2 oz. Emu Oil
2 oz. Refined Shea Butter

Melt beeswax with avocado oil and emu oil in double boiler. Once beeswax is incorporated into the oils, remove from heat and add shea butter. Cool and add fragrance and pour into packaging as desired.

Scrubs and Body Polishes

Emulsifying Body Scrub

44 gm. Stearic Acid
56 gm. Emulsifying Wax NF
84 gm. Apricot Kernel Oil
60 gm. Jojoba
36 gm. Cocoa Butter
Fragrance Oil
Preservative
1 cup of granulated sugar (for a colored scrub, use white sugar, color sugar and let dry before combining in recipe)

Combine oils, stearic acid, and emulsifying and melt in top of double boiler. Once melted add sugar. Allow to cool. Once cool, add fragrance and preservative if desired.

Scrub will not leave a slick after-feel, but will become a like a lotion in use and rinse off leaving only a trace of itself behind on the new smooth skin.

Lip Balms

Emollient Lip Balm

0.5 oz. Avocado
0.5 oz. Jojoba
1 oz. Beeswax
0.5 oz. Shea Butter
0.5 oz. Cocoa Butter

Place ingredients in a double boiler and heat until wax is melted. Add flavoring if desired. Stir and pour into container

makes approximately 20 ~ .15 oz. tubes

Lip Gloss

4 oz. Sunflower Oil
2 oz. Meadowfoam Oil
2 oz. Jojoba Oil
2 oz Beeswax
Flavor Oil
Mica

Place oils and wax in double boiler and heat until wax is melted. Add Flavor Oil and Mica. Stir and pour into small pots or other containers.

Un-Petroleum Jelly

8 oz. oil (your choice)
2 oz Beeswax

Place ingredients in a double boiler and heat until wax is melted. Stir and pour into container

Deodorants

Translucent Deodorant Stick

2 gm Methylcellulose
28 gm Sodium Stearate
324 gm Glycerin
154 gm Distilled Water
28 gm Alcohol (vodka)
14 gm Glyceryl Monostearate

In a double boiler combine water , glycerin and glyceryl monostearate. Heat until the GMS is melted, then slowly add in the sodium stearate by sprinkling in a small amount at a time while stirring.

Next add the methylcellulose a small amount at a time while stirring. Then add the alcohol and remove from heat. Allow to cool. Scent and package as desired.

Notes: Use a fork to stir this mixture, it will give you better agitation than a spoon. Sprinkling the powdered ingredients in while stirring helps to avoid in any lumps. If you have lumps of the powdered ingredients, don't give up, just keep stirring until they go away.

Balms & Salves

Ouch Grease

Dried Herbs
¼ cup Calendula Petals
¼ cup Lavender Flowers
¼ cup Marshmallow c/s
¼ cup Mullein c/s
¼ cup Plantain c/s
¼ cup Comfrey Leaf c/s
¼ cup Chamomile Flowers

Place dried herbs in a 1 quart canning jar and add 12 ounces of warm olive oil. Infuse for 2 weeks. Strain thru cheese cloth and use oil in recipe below.

8 oz. Infused Oil
2 oz. Emu Oil
1.5 oz. Beeswax
0.2 oz. Phenonip or other oil soluble preservative
½ teaspoon Tea Tree EO
½ teaspoon Peppermint EO
½ teaspoon Lavender EO

Heat infused oil, emu oil and beeswax together in double boiler until melted. Allow to cool. when warm to the touch add essential oils and preservative. Package as desired.

Makes 25 half ounce jars of salve.

To make lotion bars or sticks with this formula, increase beeswax to 4 ounces

For the Face

Dry Clay Oat Milk Mud Mask

1 part Powdered Milk (your choice - cow, goat, soy, coconut)
1 part French Green Clay
1 part Oat Flour

Package in air tight container

Directions for use:

Place teaspoon full of powdered mask in hand. Dampen with tap water. Apply to face in small circular motions avoiding eye area. Let Dry. Rinse off with cool water.

Zit Beater Oil

1 oz. Castor Oil
0.5 oz. Emu Oil
30 drops Tea Tree EO

Mix together and package. Oil readily soaks into skin

Herbal Toner

Ingredients

3 oz. (85 grams) Glycerin
0.6 oz (18 grams) Apple Cider Vinegar
36 oz. (1080 grams) Herbal Tea (see below)
0.2 oz. (5 grams) Germaben II

0.5 oz. (15 grams) EO Blend

Herbal tea for Toner:

48 oz Water
1 oz Rose Petals
0.5 oz Lavender flowers
0.5 oz Calendula Petals
0.5 oz Chamomile Flowers
0.5 oz Marshmallow Root
0.5 oz Comfrey Leaf

EO Blend:

6 parts or 6 grams Rose Geranium EO
3 parts or 3 grams Cypress EO
5 parts or 5 grams Lavender EO
1 part or 1 gram Tea Tree EO

Make tea from herbs and strain. Pour 36 ounces of tea in large bottle, jar or container with tight fitting lid. Add apple cider vinegar, glycerin, germaben II and EO's to tea. Secure lid and shake. Bottle as desired.

Makes

21 - 2 oz bottles
10 - 4 oz bottles
7 - 6 oz bottles
5 - 8 oz bottles

One 4 ounce bottle lasts the average person 4-6 months.

Powders

Silky Smooth Body Powder

8 oz. Arrow Root Powder
8 oz. Corn Starch
4 oz. Kaolin Clay

Put all ingredients together in large Ziploc type freezer bag (do not remove all the air)
Make sure bag is well sealed and toss contents of bag around until well mixed. Scent and package as desired.

Deodorant Bath Powder

6 oz. Arrow Root Powder
6 oz. Corn Starch
3 oz. Kaolin Clay
3 oz. Baking Soda

Put ingredients together in large Ziploc type freezer bag (do not remove all the air)
Make sure bag is well sealed and toss contents of bag around until well mixed. Scent and package as desired.

After Hours Sparkling Body Powder

8 oz. Arrow Root Powder
8 oz. Corn Starch
4 oz. Kaolin Clay
0.5 ounce Sparkling Gold Mica

Put all ingredients together in large Ziploc type freezer bag (do not remove all the air)
Make sure bag is well sealed and toss contents of bag around until well mixed. Scent and package as desired.

Frugal Soaping

Crazy Mixed up Washballs

Don't know what do with all those left over soap trimmings or scraps?

Do you have boxes of soap scraps sitting around that you've been collecting from all your batches? Hate rebatching? Then maybe this is for you!

All the soap scraps you can muster (colored bits look nice)

Water

Fragrance (your choice)

A large bowl or dish pan

A grater or food processor

Gather your soap scraps and run them thru the food processor or grate them all up. The smaller the soap particles the better.

Put the soap bits in a large bowl or dish pan and add just enough water to make them mushy but not totally wet. (Damp). Remember, the more water you add, the longer these balls will have to dry.

Add fragrance of your choice. You will have to judge the amount of fragrance to add in relation to the amount of soap you are working with.

You can also add botanicals, herbs, cornmeal, luffa or pumice if you'd like.

Squish the soap particles together to form balls. Smush them firmly so the soap bits will stick together. Sit the balls of soap on a rack to dry. Package as desired..

Rebatch Your Milk Soaps

Goat's milk soaps or soap that contains any kind of milk rebatch beautifully in a double boiler or crock pot. Shave or finely chop your milk soaps scraps and place them in the top of a double boiler or in a crock pot. Add approximately 1 tablespoon of water. Put the lid on and let the pot heat for about 30 minutes. DON'T stand there and watch it! You know what they say a watched pot never boils. If you stand there, you'll want to pick at the soap, so please.... Just keep the pot on your mind and don't forget you have it going. You don't want the bottom pan of the double boiler to run out of water; the crock pot, you don't have to worry about it much. If the double boiler runs dry in the bottom pot it's really bad news! KABOOM!!!! So, don't let that happen. It should be fine for 30 minutes though. When you go back and look at the pot you should have molten soap that you can scoop out and place in your molds. If the soap is not molten, let it cook for 15 more minutes. If after that time it has not melted, it probably needs more

moisture. Add a bit more water, check bottom of double boiler and make sure it has water, and continue heating 30 more minutes until melted.

Liquid Soap Gel Foot Scrub

When I dilute my liquid soap, I always end up with soap paste that just won't dilute. I take about a cup of this floating soap paste/bubbly gunk, and combine it with the following:

1/2 teaspoon crushed apricot seed shells
1/2 teaspoon crushed walnut shells
1/2 teaspoon cranberry seeds
1/2 teaspoon blueberry seeds
1 tablespoon fine pumice (optional)
color (optional)
fragrance (optional)

Combine by stirring and store in a jar. To use wet feet and scrub!