

**Shea Butter Soap** (from *Soothing Soaps* by Sandy Maine)

*2 cups glycerin soap base, melted in a double boiler*  
*2 tbsp shea butter, melted separately*  
*Several drops of your favorite essential oil (optional)*

Mix well, pour into molds (you can use regular food storage containers), and cool.

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**Whitening Sage Tooth Powder** (from *Natural Beauty at Home* by Janice Cox)

*Mix together 1 tsp each of baking soda, table salt, and dried sage.*

Scoop onto a dampened toothbrush and brush as usual.

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**Body Butter** (from *Natural Beauty at Home*)

*1/4 cup grated cocoa butter*  
*1 tbsp coconut oil*  
*2 tbsp sesame oil*  
*1 tbsp avocado oil*  
*1 tbsp grated beeswax*

Combine all the ingredients in an ovenproof glass container. Place the container with the mixture in a pan with a 1- to 2-inch water bath. Melt the oils and wax gently.

Pour the melted mixture into a clean jar and allow to cool. Stir the cooled mixture.

Spread the butter on your body and massage into the skin. Yields 4 oz.

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**Basic Deodorant Powder Formula** (from *Better Basics for the Home* by Annie Berthold-Bond)

*1/2 cup baking soda*  
*1/2 cup cornstarch*  
*Antibacterial essential oils such as cinnamon, rose, birch or lavender, as preferred*

Place the baking soda and cornstarch in a glass jar. Add the essential oils; stir and cover. Dampen a powder puff, cotton ball or sea sponge and dab into the mixture (or sprinkle the mixture on the sponge); pat underarms. Makes 1

cup.

## Shampoo

3 lbs cold, distilled water  
500 grams sodium hydroxide  
2 lbs olive oil  
1 lb 8 oz castor oil  
8 oz sweet almond oil  
4 ounces jojoba oil  
4 oz kukui nut oil  
2 lbs coconut oil  
1 lb 8 oz palm oil  
45-50 grams pure essential oil (I use rosemary and peppermint)

- For lotion supplies, visit, <http://www.lotioncrafter.com>

Soap recipes-great websites are:  
[colebrothers.com/soap/blender.html](http://colebrothers.com/soap/blender.html), [mommamuse.com](http://mommamuse.com), [soapmakersguild.com](http://soapmakersguild.com)

Read more: <http://www.motherearthnews.com/Natural-Health/2007-08-01/Recipes-to-Make-Your-Own-Soap-Lotion-and-More.aspx#ixzz1Gp5TKRNP>

## Basic Shampoo

For normal hair, or as a base to add your own scents, use

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite
- 1/2 teaspoon jojoba, grapeseed, or other light vegetable oil

Mix together all the ingredients. Store in a bottle. Shake before use.

This mixture isn't as thick as commercial shampoos - you'll need to just tilt the bottle over your head.

I am really impressed with how much lather I get from it though.

If you would like to thicken up the shampoo so it is not quite so runny you can add 1/4 tsp. of xanthum gum powder that you can get from a local health food store to every cup of the shampoo. It will thicken up quite nicely the direction on the package normally say 1/2 tsp per cup but that makes it really thick start out at 1/4 and go up from there if you feel the need.

To wake up your scalp and your senses, try tea tree and peppermint oil!

This one's my personal favorite, and the one I use daily. It's so refreshing!

## Stimulate Shampoo

Combine

$\frac{1}{4}$  cup distilled water

$\frac{1}{4}$  cup liquid Castile Soap - I use unscented, but you can choose your favorite

2 tsp jojoba oil

$\frac{1}{8}$  tsp peppermint ess oil

$\frac{1}{8}$  tsp tea tree ess. oil

Mix all ingredients, then add  $\frac{1}{4}$  cup distilled water

Store in a bottle. Use as you would any shampoo, rinse well.

## Quench Shampoo

For dry hair, try this:

- $\frac{1}{4}$  cup distilled water
- $\frac{1}{4}$  cup liquid Castile Soap - your favorite scent
- $\frac{1}{4}$  cup aloe vera gel
- 1 teaspoon glycerin
- $\frac{1}{4}$  teaspoon avocado oil or jojoba oil

Mix together all the ingredients. Store in a bottle and always shake well before using.

Apply to hair and allow to sit for a few minutes. Rinse well with cool water.

## Soothe Shampoo

Chamomile makes this 'poo a calming treat. Chamomile also has natural lightening properties, so combine this with lemon juice if you want to lighten your hair!

- 1 cup distilled water
- 1 cup castille soap - try Lavender!
- 6 chamomile tea bags
- 1  $\frac{1}{2}$  tablespoons glycerin

Steep the teabags in 1 cup of boiled water for 20 minutes. Remove the tea bags and discard. Add castille soap to the tea. Stir in glycerin until well blended. Keep in a dark, cool place in a sealed bottle

## Shine shampoo

Fragrant and lively, try this recipe to add shine to your hair

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - try Lemon!
- 2 Tbsp dried rosemary
- 2 Tbps sweet almond oil
- 1/4 t lemon essential oil or fragrance oil

Boil distilled water, add rosemary and steep until fragrant.

Strain leaves and let cool. Mix all ingredients and add to water and stir well.

Store in a bottle. Use as you would any shampoo, rinse well.

## Rejuvenate Shampoo

This is a great shampoo for any hair type.

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite
- 1/2 teaspoon jojoba, grapeseed, or other light vegetable oil
- 3 tbsp rosemary
- 1 tbsp lemongrass
- 2 tsp tea tree oil
- 1/2 tsp vanilla extract

Boil distilled water, add rosemary and and lemongrass (in tea strainer if you have it) and steep until fragrant (about 20-30 minutes)..

Strain leaves and let cool. Mix all ingredients and add to water and stir well.

Mix the tea tree oil and vanilla into the water. Add soap.

Store in a bottle. Use as you would any shampoo, rinse well.

Let the shampoo cool, and then place the top on tightly.

## Yummy shampoo

I can't resist the alluring smell of this luxurious shampoo.

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite
- 2 tsp jojoba oil
- 10 drops vanilla fragrance oil
- 10 drops coconut fragrance oil

Mix together all the ingredients. Store in a bottle. Use as you would any shampoo, rinse well. Dry not to drink this one. It smells tooooo good. . .

## Milk soap

I would recommend that anyone learning to make soap read as many books as you can before you attempt to make soap. Especially if you are using milk of any kind. I have made a couple of recipes using goats milk. These recipes don't use any water. The only liquid is the goat's milk. I always freeze my milk before mixing it with sodium hydroxide. I thaw it before mixing. I mix it in a pan sitting in a sink of ice water to prevent it from getting too hot. It will scorch the milk. Here is a Basic Recipe For Milk Based Soap. 3 lbs pure vegetable shortening 17 oz extra light olive oil 12 oz safflower oil 8 oz canola oil 3 lbs (6 cups) goat or cow milk, prepared for soapmaking 12 oz pure sodium hydroxide 1 oz borax 1/2 oz white sugar 1/2 oz glycerine