

Homemade

by Bridget Davet



Non-Toxic Bath & Body, Beauty,
Home & Cleaning Recipes

Homemade:

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ISBN 978-1-4951-9238-8

Published by Davet Designs
Recipes by Bridget Davet

Photography by Bridget Davet
Book design and layout by Bridget Davet
Made in the United States of America



Christmas 2015

Dedication

Without God, none of this would be possible, so I thank Him beyond words for giving me the strength and skills to produce this book. I would like to dedicate this eBook to my family and friends. A special thanks to my amazing, supportive husband, Jean-Paul, that thought so highly of my skills, he purchased me an ISBN for this book before it was even completed. Thank you for the time you spent watching the kids on your days off while I worked on this book. To my little monkeys, Jean-Luc and Beau-Gaston, you are my heart, my soul and my reason for creating this book. I hope it inspires many to live a natural non-toxic lifestyle. Thanks guys for trying out my creams and “bath diffusers” (bath bombs) and giving your feedback. I love you guys!

***“I can do all things through Christ who strengthens me.”
~ Philippians 4:13***

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Chocolate Mint Sugar Scrub

Chocolate and mint, oh my! This sugar scrub combines my two favorite things, chocolate and mint. This scrub is so amazing you will want to eat it!

This recipe will make 16oz.



Ingredients:

- 2 cup white sugar
- 4 Tbsp cocoa powder {[Amazon link](#)}
- 1 cup almond oil {[Amazon link](#)} or carrier oil of choice, such as grapeseed oil {[Amazon link](#)}, fractionated coconut oil {[Amazon link](#)}, jojoba oil {[Amazon link](#)} or olive oil {[Amazon link](#)}
- 3-4 drops vitamin E oil - optional {[Amazon link](#)}
- 8 drops peppermint essential oil
- 16oz jar {[Amazon link](#)} or {[Amazon link](#)}

Instructions:

Mix together the sugar and cocoa powder in a medium bowl.

Add 1 cup almond oil (or carrier oil of choice) and mix with the sugar/cocoa powder mixture. Add more almond oil one tablespoon at a time until your scrub has the desired consistency, if needed. Add peppermint essential oil and optional vitamin E oil and mix.

Spoon scrub into a jar with a tight fitting lid. Add a decorative label or card including information about how to use the sugar scrub, if desired.

To use, apply the scrub to wet skin and gently massage in a circular motion, focusing on rough areas. Rinse thoroughly and pat dry. Avoid use on cuts or delicate areas. Do not exfoliate sunburned or irritated skin. Do not use directly after shaving skin, wait at least 24 hours after shaving to use scrub. Be careful not to fall on wet or slippery areas caused by the scrub.

Cocoa-Mint Lip Balm



This is my new favorite recipe! I've been making regular lip balm for years, and I love it, but this is a much different one. The cocoa butter gives it a chocolate smell and a super smooth feel.

Ingredients:

- 3 Tbsp chopped raw cocoa butter (9 wafers of this brand) [{Amazon link}](#)
- 3 Tbsp almond oil [{Amazon link}](#)
- 1.5 Tbsp organic white beeswax [{Amazon link}](#)
- 3-4 drops vitamin E oil [{Amazon link}](#)
- 18 drops peppermint essential oil
- 14 - 16 .15oz lip balm tubes [{Amazon link}](#) or [{Amazon link}](#) or [{Amazon link}](#)
- Pipettes [{Amazon link}](#)
- Double boiler [{Amazon link}](#) or glass Pyrex measuring cup [{Amazon link}](#)
- Saucepan [{Amazon link}](#)

Instructions:

Place a 1 cup glass measuring cup (or double boiler) into a saucepan filled with water. Put the beeswax into the measuring cup and heat the beeswax on low-medium to medium heat until the beeswax is melted. Add the almond oil, vitamin E and chopped cocoa butter to the measuring cup and continue to heat until all the items are melted. Stir constantly as they melt. Once everything is melted, remove from the heat. Add in the essential oils and stir.

Using the pipette (like a turkey baster), fill each of the lip balm tubes to the very top. This recipe will make approximately 14 - 16 lip balms. Let the lip balms sit out and cool for a few hours until they are harden. Then place the caps on the tubes. This recipe is super easy and these make great gifts, party favors, giveaways, etc.

If you don't like almond oil, you can use any carrier oil you'd like such as grapeseed oil [{Amazon link}](#), jojoba oil [{Amazon link}](#), etc. Just be aware of the smell of the carrier oil which can affect the overall smell of your cocoa-mint recipe. This recipe is perfect for lip balm tubes. If you'd like to make them in lip balm tins [{Amazon link}](#), then use a little less beeswax to make the balm softer.