

A glass jar of honey, a white daisy flower, and a bundle of dried herbs on a wooden surface.

Be Well

Simple DIY recipes
for Personal Care

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Welcome!

Thank you for downloading this guide!

It doesn't have to be complicated or overwhelming to start implementing healthier habits. I wanted to share some of what I've learned, both from my personal journey as well as from my education, experience and mentors in the field of health, wellness and nutrition.

Your skin is the largest organ in your body. The skin consists of two layers: the epidermis and the dermis. The epidermis is what we see, feel and touch. The dermis layer is below the epidermis and contains small blood vessels, nerve endings, oil and sweat glands and hair follicles. The dermis also contains collagen and elastic tissue that keeps the skin firm and strong. Beneath the dermis lies the hypodermis and subcutaneous fatty tissue. The skin has three main functions: protection, regulation and sensation.

Getting ready in the morning is one of the toxic enriched activities we can do to ourselves. Often times we shower with warm or hot water, doing this opens our pores and welcomes anything we put on our bodies. There are so many harmful chemicals in shampoos, conditioners, lotions, makeup and other products we use. These harmful ingredients are absorbed into our bodies when we apply them to our skin.

In this e-book, I share several several of my favorite non-toxic personal care recipes.

I'd love to hear from you!

Stop by my Facebook page with questions, comments or to share progress. You can find me under [Be Well with Deanna Snyder](#).

Harmful Ingredients

- Artificial Colors
- Diethanolamine (DEA)
- Formaldehyde Donors
- Phthalates
- Propylene Glycol
- Polyethylene Glycol (PEG)
- Sodium Laureth Ether Sulfate (SLES)
- Sodium Lauryl Sulfate (SLS)
- Toluene
- Triethanolamine (TEA)
- Coal Tar (FD&C Red No. 6) has a "CI" followed by a 5-digit number
- Ethoxylated Surfactants
- 1,4-Dioxane (anything containing the letters "eth")
- Parfum / Fragrance
- Hydroquinone (used for lightening skin)
- Lead
- Mercury
- Mineral Oil / Petroleum
- Oxybenzone
- Parabens
- Paraphenylenediamine (PPD)
- Placental Extract
- Silicone-derived emollients
- Talc
- Triclosan
- BHA & BHT
- Dibutyl Phthalate
- Siloxanes or Methicone



Natural Body Wash

- 8 oz. stainless steel or glass pump bottle
- ½ cup unscented Castile soap
- 4 tablespoons vegetable glycerin
- 3 tablespoons fractionated coconut oil (can substitute almond, jojoba, or olive oil)
- 10 drops of your favorite essential oil

Note: You can find vegetable glycerin at most health food stores. Vegetable glycerin will help the body wash be thicker, creamier, and lather better.

Combine ingredients into glass pump bottle. Add desired essential oil(s).

Shake to combine. You're done! Make sure to shake before each use, as the ingredients will separate.

For an uplifting body wash try these essential oils: Citrus Bliss, Peppermint, Grapefruit, Lime, or Eucalyptus.

For a relaxing body wash try these: Lavender, Serenity, Bergamot, Geranium, or Roman Chamomile.



Hand Sanitizer

- 5 Tablespoons Aloe Vera Gel
- 4 Tablespoon Water (more or less depending on the consistency you like)
- ¼ teaspoon Vitamin E oil
- 8-10 drops On Guard Protective Blend
- Small Squeeze Container

In a bowl combine Aloe Vera Gel and Vitamin E oil. Add 8-10 drops of On Guard Protective Blend to the Aloe Vera mixture.

Add water and mix well to combine.

Add more or less water depending on the consistency you want.

Pour into container and you're done!



Mouthwash

- 10 drops of essential oil(s)
- 2 cups water (distilled, filtered, or boiled water)
- 16 ounce dark glass bottle

Put 10 drops of the dōTERRA essential oil(s) of your choice into the glass bottle.

Pour in 2 cups of distilled, filtered, or boiled water into glass bottle. *Note: If you boiled water, make sure you let the water come to room temperature before adding to bottle.*

When using, shake first and take a small sip of your homemade mouthwash. Swish around your mouth and gargle for 30 seconds.

Suggested oils: Lemon, Melaleuca, On Guard, Peppermint, Wintergreen, Wild Orange, Cinnamon

Note: Be careful when using Cinnamon essential oil as it can be irritating if too much is used. Start with 1 drop and gradually increase if desired.

Alternative Uses: Toothbrush cleaner, counter-top cleaner



Dry Shampoo for Dark Hair

- 2 tablespoons cocoa powder
- 2 tablespoons arrowroot or corn starch
- 5 drops of essential oils
- An old makeup brush to apply (optional)

Mix the cocoa powder, arrowroot/cornstarch and essential oils (if using). Store in a small jar or old powder container and apply with the make-up brush. Comb through hair and style as usual.

Suggested Oils: basil, cypress, lemon, rosemary



Sugar Scrub

- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup solid coconut oil
- 2 Tbsp fractionated coconut oil
- 30 drops essential oil

Melt coconut oil, stir in sugar, FCO, and essential oils. Mix well.

Suggestions: Elevation, Whisper, Balance and Serenity, Lavender, Eucalyptus

Alternative Uses: Lip scrub, Cuticle Conditioning Scrub



Body Butter

- ½ cup shea butter
- ½ cup cocoa butter
- ½ cup coconut oil
- ½ cup fractionated coconut oil
- 30 drops essential oil

Melt all solids. Remove from heat and allow to cool 5-10 minutes. Add essential oils, then refrigerate until solid. Once cool, whip the butter with a mixer until fluffy.

Oil suggestions: 25 drops lavender and 5 drops peppermint

Alternative uses: Diaper Balm (lavender and melaleuca)



Simple Shaving Cream

- 1 cup organic coconut oil
- 30 drops essential oil

Add organic coconut oil in a bowl with 15 drops of Frankincense and 15 drops of Lavender.

Stir ingredients together and place in a small glass jar.



Super Special Skin Spray

- 2-4 oz 100% aloe vera gel
- 1 Tbsp fractionated coconut oil
- 3-4 drops each peppermint and lavender essential oils
- Top with purified water

Add all ingredient to 8 oz spray bottle and shake to mix.

Spray on skin and rub in for a luxurious treat for your skin that is cooling and healing.

Other oils: Repellant Blend (TerraShield) for Insect Repellant



I find that so often, people want to live a healthier life, but they just aren't sure how to fit all the pieces together to make a plan or they don't know where to begin. It can be quite overwhelming!

In those instances, it's great to have a knowledgeable advisor, like a health coach, to walk you through a step-by-step plan to implement healthier eating and lifestyle habits.

Contact me today to schedule your **free** Wellness Discovery Session to explore how I can assist you in achieving your health and fitness goals.

Be well, balanced and happy,

A handwritten signature in dark ink, appearing to read 'Deanna', with a long, sweeping horizontal stroke extending to the right.

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Transforming lives using natural solutions!