



Dr. Axe's **ESSENTIAL OIL** DIY Guide

Homemade Recipes for Shampoo, Cleaners, Deodorant, Toothpaste,
Body Butter and much, much more!



Homemade Frankincense Soap Bar

Total Time: 30 minutes Servings: 30

INGREDIENTS:

20-30 drops frankincense essential oil
soap base
5 drops pomegranate oil
oval bar molds or decorative soap molds

DIRECTIONS:

1. Put soap base in glass bowl. Then place the bowl in a saucepan with water.
2. Heat stove to medium and allow base to melt.
3. Remove from heat and let cool slightly. Then add the frankincense and pomegranate oil.
4. Mix well and transfer to soap molds.
5. Let mixture cool fully before popping bars out of molds.
Keep at room temp.

Homemade Lavender Soap Bar

Total Time: 30 minutes Servings: 30

INGREDIENTS:

20-30 drops lavender essential oil
soap base
3 drops vitamin E oil
oval bar molds or decorative soap molds

DIRECTIONS:

1. Put soap base in glass bowl. Then place that bowl in saucepan with water.
2. Heat stove to medium and allow base to melt.
3. Remove from heat and let cool slightly. Then add the lavender and vitamin E oil.
4. Mix well and transfer to soap molds.
5. Let mixture cool fully before popping bars out of molds.
Keep at room temp.





Homemade Honey Citrus Shampoo

Total Time: 2 minutes Servings: 20-30

INGREDIENTS:

1 cup water
5 tablespoons honey
5 drops lemon essential oil
5 drops melaleuca essential oil
glass bottle with dispenser

DIRECTIONS:

1. Combine all ingredients in a bowl and mix well.
2. Transfer to a container. Mix well before each use.

Homemade Sunburn Spray

Total Time: 2 minutes Servings: 30

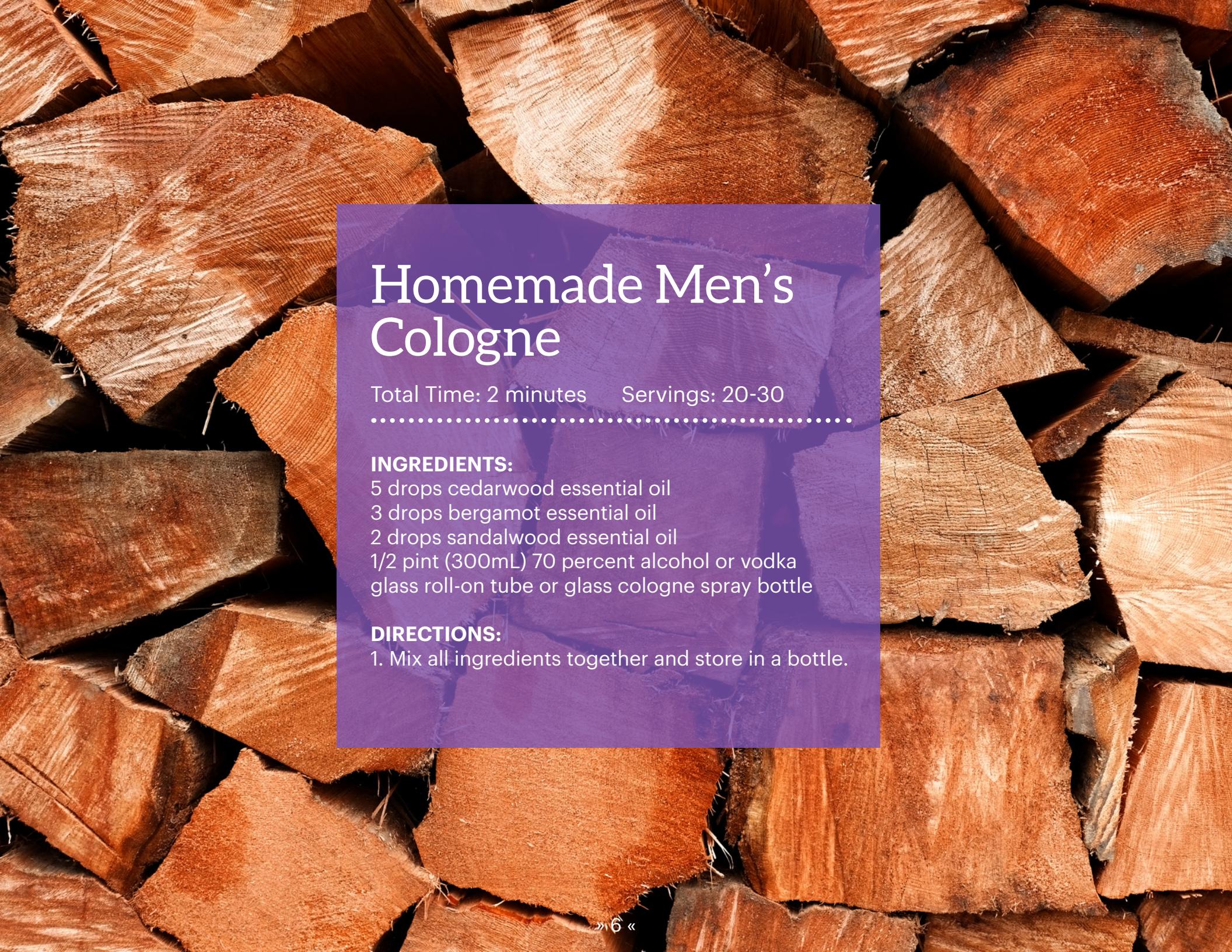
INGREDIENTS:

1/2 cup water
1/3 cup aloe vera gel
10 drops lavender essential oil
10 drops frankincense essential oil
5 drops peppermint essential oil
blue glass spray bottle

DIRECTIONS:

1. Place all ingredients in a bowl and mix together.
2. Transfer to a spray bottle. Shake well before each use.





Homemade Men's Cologne

Total Time: 2 minutes Servings: 20-30

INGREDIENTS:

5 drops cedarwood essential oil
3 drops bergamot essential oil
2 drops sandalwood essential oil
1/2 pint (300mL) 70 percent alcohol or vodka
glass roll-on tube or glass cologne spray bottle

DIRECTIONS:

1. Mix all ingredients together and store in a bottle.

Homemade Pomegranate Lip Balm

Total Time: 20 minutes Servings: 3-6 lip balm tins

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INGREDIENTS:

1 tablespoon olive oil
2 tablespoons beeswax
1 teaspoon honey
1 teaspoon coconut oil
7 drops pomegranate oil
lip balm tins or lip balm tubes

DIRECTIONS:

1. In a small pot over medium-low heat, melt beeswax, coconut oil and olive oil. Use chopstick or other small, long stick to stir.
2. Remove from heat and add honey and pomegranate oil.
3. Whisk well with chopstick and try to distribute oil throughout the mixture.
4. Pour quickly into tins or jars. Let cool on counter until hard.



Homemade Lavender Mint Lip Balm

Total Time: 20 minutes Servings: 4-6 lip balm
tins.....

INGREDIENTS:

1 tablespoon coconut oil
1 tablespoon beeswax
2 tablespoons shea butter
7 drops peppermint essential oil
7 drops lavender essential oil
lip balm tins or lip balm tubes

DIRECTIONS:

1. In a small pot over medium-low heat, melt beeswax, coconut oil and shea butter. Use chopstick or other small, long stick to stir.
2. Remove from heat and add lavender and peppermint oils. Whisk well with chopstick and try to distribute oil throughout the mixture — this is tricky.
3. Pour quickly into tins or jars. Let cool on counter until hard.





Homemade Lavender Lemon Lip Balm

Total Time: 15 minutes Servings: 2-3 lip balm tins

INGREDIENTS:

3 tablespoons beeswax
4 tablespoons coconut oil
7 drops lavender essential oil
7 drops lemon essential oil
2 drops vitamin E oil
lip balm tins

DIRECTIONS:

1. In a small pot over medium-low heat, melt beeswax, coconut oil and vitamin E oil. Use chopstick or other small, long stick to stir.
2. Remove from heat and add essential oils. Whisk well with chopstick and try to distribute oil throughout the mixture — this is tricky.
3. Pour quickly into tins or jars. Let cool on counter until hard.



Homemade Frankincense and Myrrh Lotion

Total Time: 90 minutes Servings: 30

INGREDIENTS:

1/4 cup olive oil
1/4 cup coconut oil
1/4 cup beeswax
1/4 cup shea butter
2 tablespoons vitamin E oil
20 drops frankincense essential oil
20 drops myrrh essential oil
BPA-free plastic lotion dispenser bottles

DIRECTIONS:

1. Put olive oil, coconut oil, beeswax and shea butter in glass bowl. Then place that bowl in saucepan with water.
2. Heat stove to medium and mix ingredients together.
3. Once mixed, put in refrigerator for an hour until solid.
4. With a regular mixer or hand mixer, beat the mixture until it is whipped and fluffy. Then add essential oils and vitamin E oil and mix.
5. Fill container and store in cool place.

Homemade Avocado Face Mask

Total Time: 2 minutes Servings: 1

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INGREDIENTS:

2 teaspoons mashed avocado
1 teaspoon kefir
1 tablespoon honey
1 teaspoon olive oil
glass jar

DIRECTIONS:

1. Mix all ingredients and put on face (avoiding eyes).
Leave on for 20-30 minutes and rinse with water.





Homemade Conditioner

Total Time: 2 minutes Servings: 20-30

INGREDIENTS:

1 cup water
2 tablespoons apple cider vinegar
10 drops of essential oils
Customize your conditioner: rosemary or sage essential oils for all types of hair; lemon, bergamot or tea tree essential oils for oily hair; lavender, sandalwood or geranium essential oils for dry hair or dandruff
BPA-free plastic bottles or glass bottle with dispenser

DIRECTIONS:

1. Mix ingredients together in 8-ounce spray bottle.
2. Shake bottle before using and then spray hair.
3. Leave in hair for 5 minutes, then rinse.



Homemade Probiotic Toothpaste

Total Time: 2 minutes Servings: 20

INGREDIENTS:

1/4 cup coconut oil
3 tablespoons bentonite clay
2 capsules of live probiotics
10 drops of peppermint essential oil
toothpaste tube

DIRECTIONS:

1. Mix all ingredients together.
2. Put into rubber tube or sealed glass container.
3. Brush teeth for 2 minutes two to three times daily.

Homemade Natural Shaving Cream

Total Time: 30-45 minutes Servings: 30

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INGREDIENTS:

1/3 cup coconut oil
1/3 cup shea butter
2 tablespoons olive oil
15 drops lavender oil
glass jar

DIRECTIONS:

1. In a small saucepan, melt shea butter and coconut oil on medium-low heat.
2. Once melted remove from heat and put into bowl.
3. Add olive oil and lavender oil and place in refrigerator until solid.
4. Remove from refrigerator and whip about 3-4 minutes until fluffy.



Homemade Muscle Rub

Total Time: 20-30 minutes Servings: 30

INGREDIENTS:

1/2 cup coconut oil
1/4 cup grated beeswax
2 teaspoons cayenne powder
2 teaspoons ginger or turmeric powder
15 drops peppermint essential oil
15 drops lavender essential oil
glass jar

DIRECTIONS:

1. Pour all oils (except essential oils) into a jar. Place a saucepan with 2 inches of water over medium-low heat.
2. Place jar in saucepan and allow contents to melt. Stir to combine. Add the cayenne and ginger/turmeric.
3. Once combined, allow to cool slightly and then add in essential oils. Mix well.
4. Pour mixture into metal tins or storage containers and allow to set.





Homemade Vapor Rub

Total Time: 30 minutes Servings: 30-60

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INGREDIENTS:

1/4 cup olive oil
1/2 cup coconut oil
1/4 cup grated beeswax
20 drops peppermint essential oil
20 drops eucalyptus essential oil
glass jar

DIRECTIONS:

1. Pour all oils into a jar. Place a saucepan with 2 inches of water over medium-low heat.
2. Place jar in saucepan and allow oils to melt. Stir to combine.
3. Once combined, allow to cool slightly and add in essential oils.
4. Pour mixture into metal tins or storage containers and allow to set.

Homemade Honey Face Wash for Clear Skin

Total Time: 2 minutes Servings: 30

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INGREDIENTS:

1 tablespoon coconut oil
3 tablespoons honey
1 tablespoon apple cider vinegar
20 drops melaleuca essential oil
2 capsules of live probiotics
bottle

DIRECTIONS:

1. Mix all ingredients together and blend with a hand blender.
2. Pour into a convenient bottle and store in a cool place.





Homemade Body Wash

Total Time: 2 minutes Servings: 30

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INGREDIENTS:

1 cup water
1/4 cup honey
2/3 cup liquid Castile soap
30 drops lavender oil, chamomile or geranium
essential oils
1 teaspoon vitamin E oil
2 teaspoons jojoba oil
BPA free plastic lotion dispenser or glass bottle
with dispenser

DIRECTIONS:

1. Mix ingredients until smooth and store in 8-ounce plastic bottle.

Homemade Hand Soap

Total Time: 2 minutes Servings: 30-60

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INGREDIENTS:

1/4 part Castile soap
3/4 part water
5 drops peppermint essential oil
BPA-free plastic dispenser or glass bottle with dispenser

DIRECTIONS:

1. Mix soap and water. Add in oils and mix.
2. Pour into dispenser.





Homemade Cough Syrup

Total Time: 2 minutes Servings: 1

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INGREDIENTS:

1 drop of lemon essential oil
1 drop of frankincense essential oil
1 drop peppermint essential oil
1 drop lavender essential oil
1 spoonful of honey
glass jar

DIRECTIONS:

1. Add the oils and honey to the jar. Mix contents and then consume and swallow.

Grapefruit Cellulite Cream

Total Time: 2 minutes Servings: 30

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INGREDIENTS:

30 drops grapefruit essential oil
1 cup coconut oil
glass jar

DIRECTIONS:

1. Mix grapefruit essential oil and coconut oil together.
Store in glass container.
2. Rub into areas of cellulite for 5 minutes daily.





Homemade Sunscreen

Total Time: 20-30 minutes Servings: 10

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INGREDIENTS:

10 drops lavender
1 tablespoon pomegranate oil
3/4 cup coconut oil
2 tablespoons zinc oxide
2 tablespoons shea butter
glass jar

DIRECTIONS:

1. Combine all ingredients except zinc oxide in a jar.
2. Place a saucepan with 2 inches of water on stove over medium-low heat.
3. Place jar in saucepan and stir contents until ingredients start to melt.
4. Once all ingredients are combined, add in zinc oxide and stir well. Store in a cool place.

Homemade Anti-Aging Serum

Total Time: 2 minutes Servings: 15

INGREDIENTS:

1/4 ounce jojoba oil
1/4 ounce evening primrose oil
1/4 ounce pomegranate oil
15 drops vitamin E oil
20 drops lavender oil or frankincense oil
10 drops carrot seed oil

DIRECTIONS:

1. Mix all of the ingredients together in a dark glass bottle. Use every morning and night on face, neck and chest.





Homemade Healing Bath Salts

Total Time: 2 minutes Servings: 4

INGREDIENTS:

3 cups epsom salts
1 cup baking soda
water to fill bath (as hot as you can stand without burning yourself)
40 drops lavender essential oil
large glass jar

DIRECTIONS:

1. Combine dry ingredients and store in a closed container.
2. At bath time, add 1 cup of dry ingredients and the lavender to the water.
3. Soak for 20-40 minutes (the longer, the better).



Homemade CALM Body Butter

Total Time: 45 minutes Servings: 30

INGREDIENTS:

1/4 cup avocado oil
1/4 cup magnesium oil
3/4 cup cocoa butter
30 drops of lavender essential oil
large glass jar or plastic container

DIRECTIONS:

1. In saucepan with water over low heat, place a jar containing the cocoa butter.
2. Once melted, pour into bowl and let cool in fridge for 30 minutes.
3. Using a standard mixer, blend and whip it.
4. Once whipped, add in magnesium oil, avocado oil and essential oils and mix.
5. Transfer to glass jar or plastic container and keep in refrigerator for 90 days.

Homemade Teeth Whitener

Total Time: 2 minutes Servings: 1-2

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INGREDIENTS:

1 teaspoon baking soda
1 mashed strawberry
3 drops lemon essential oil

DIRECTIONS:

1. Mix baking soda with strawberry until a paste forms.
2. Add in essential oil drops. Put paste mixture on your toothbrush and brush teeth for 2 minutes.
3. Rinse mouth and brush teeth with normal tooth paste.
4. Use immediately after preparing ingredients. May store in refrigerated space for an additional 1-3 days. Mix before each use.



Homemade Laundry Soap

Total Time: 5 minutes Servings: 12-15

INGREDIENTS:

1 bar of grated Castile soap bar (or, I like to get a deal and buy them in bulk)
2 cups borax
2 cups washing soda
1 cup baking soda
15 drops lavender essential oil
15 drops peppermint essential oil

DIRECTIONS:

1. Combine all ingredients and store in an airtight container.



Homemade Burn Salve

Total Time: 2 minutes Servings: 30

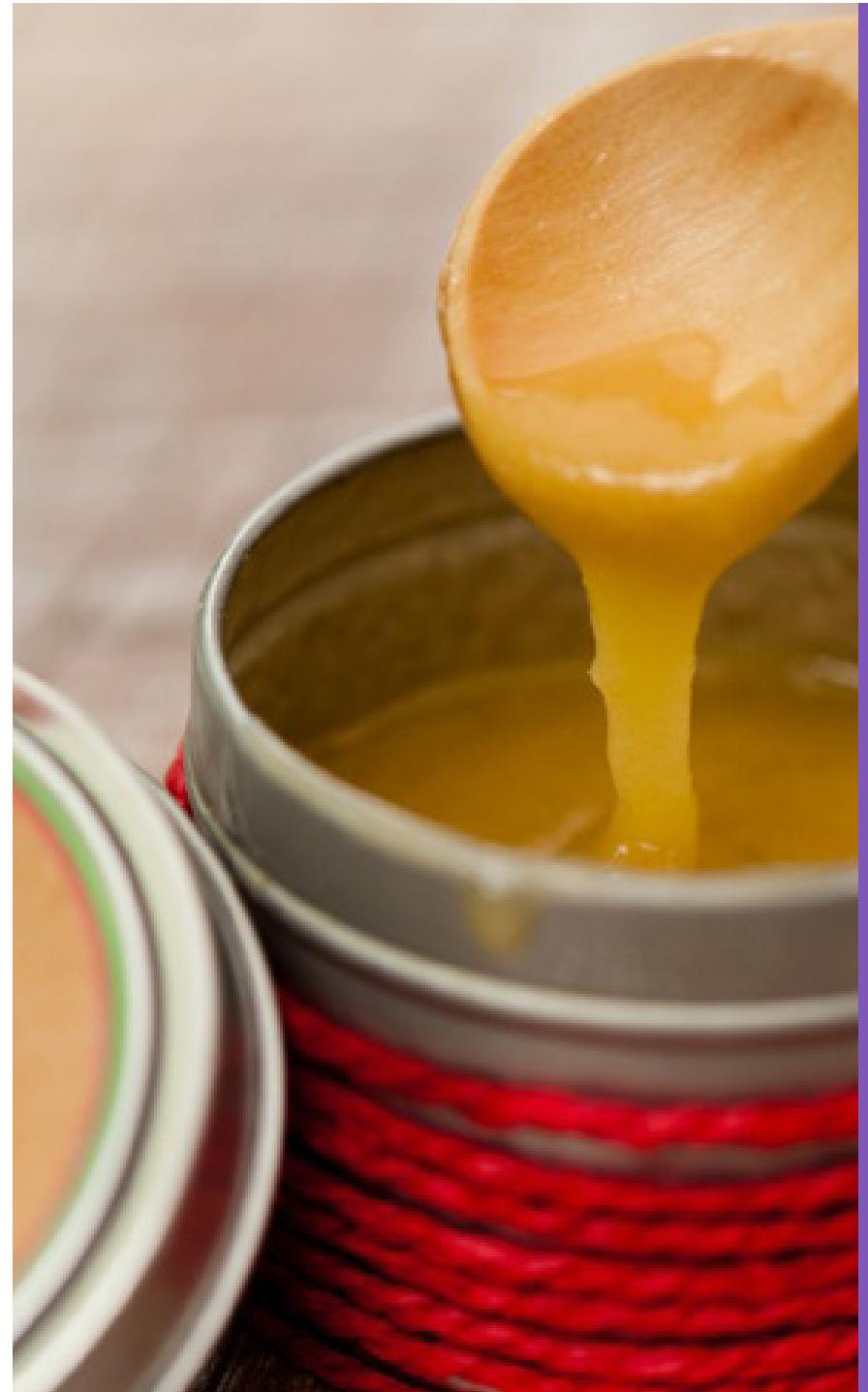
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INGREDIENTS:

2 ounces honey
2 tablespoons extra virgin olive oil
20 drops lavender essential oil
glass jar

DIRECTIONS:

1. Mix all ingredients together and spread lavishly over injury.
2. Cover injury site with dressing or band-aid.



Homemade Bug Spray

Total Time: 2 minutes Servings: 30

INGREDIENTS:

1/2 cup witch hazel
1/2 cup apple cider vinegar
40 drops essential oils (eucalyptus, lemongrass, citronella, tea tree or rosemary)
8-ounce glass spray bottle

DIRECTIONS:

1. Mix all ingredients in 8-ounce spray bottle.
2. Spray over all portions of the body, but avoid repellent in eyes and mouth.



Homemade Hand Sanitizer

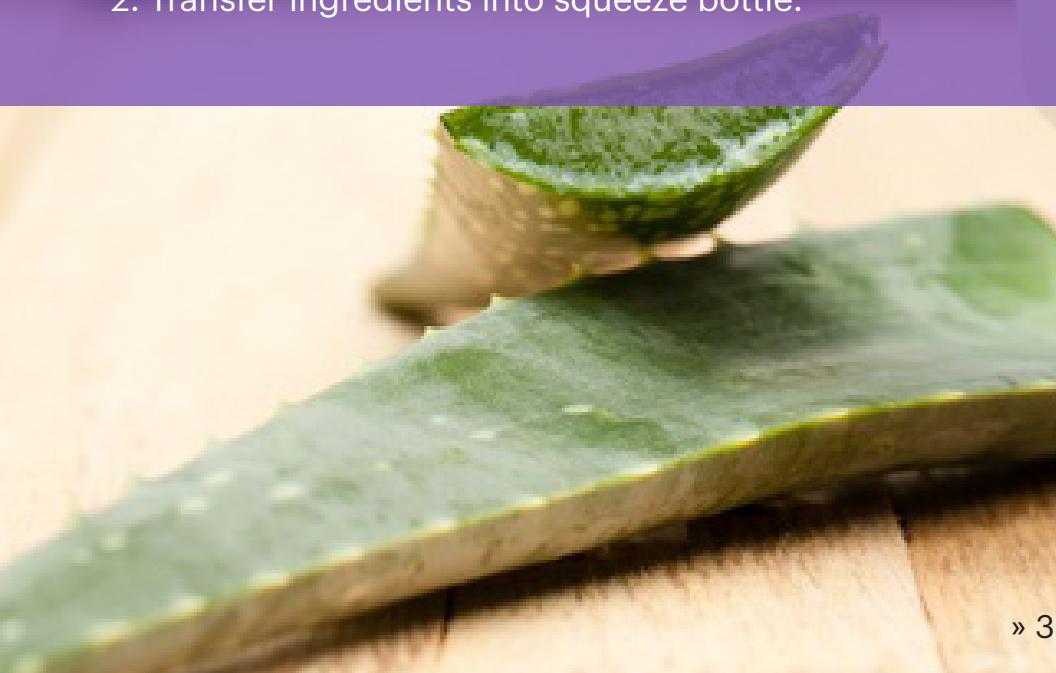
Total Time: 2 minutes Servings: 30

INGREDIENTS:

3 tablespoons aloe vera gel
1 tablespoon filtered water
5 drops tea tree essential oil
1 teaspoon vitamin E oil
dispenser tube

DIRECTIONS:

1. Combine all ingredients together and mix.
2. Transfer ingredients into squeeze bottle.





Homemade Face Wash

Total Time: 5 minutes Servings: 30

INGREDIENTS:

1 cup coconut oil
1 tablespoon baking soda
5 drops lavender essential oil
5 drops frankincense essential oil
5 drops lemon essential oil
glass jar or dispenser
(if acne prone, replace frankincense and lemon oils with
10 drops of tea tree essential oil)

DIRECTIONS:

1. Melt the coconut oil in a pan over low heat.
2. Once melted, remove from heat and add in the remaining ingredients.
3. Store in wash dispenser or airtight jar and keep it in a cool place.

Homemade Rosemary Mint Shampoo

Total Time: 2 minutes Servings: 10-15

INGREDIENTS:

6 ounces aloe vera gel
3 tablespoons olive oil
10 tablespoons baking soda
20 drops rosemary oil
10 drops peppermint oil
BPA-free plastic dispenser bottle or 8-ounce glass bottle

DIRECTIONS:

1. Mix all ingredients together.
2. Store in an 8-ounce glass or plastic bottle.





Homemade Melaleuca Lemon Household Cleaner

Total Time: 2 minutes Servings: 30-90

INGREDIENTS:

8 ounces water
4 ounces distilled white vinegar
15 drops tea tree oil
15 drops lemon
glass cleaning spray bottle

DIRECTIONS:

1. Fill spray bottle with ingredients.
2. Close bottle and shake to mix.
3. Swirl/shake bottle before each spray.

Homemade Body Butter Lotion

Total Time: 1 hour 30 minutes Servings: 30-90

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INGREDIENTS:

1/2 cup shea butter
1/8 cup jojoba oil
1/2 cup coconut oil
20 drops essential oil (choose oils based on scent of choice)
large glass jar or small glass jar

DIRECTIONS:

1. Put shea butter, coconut oil and jojoba oil in glass bowl. Then place that bowl in saucepan filled with water.
2. Heat stove to medium and mix oils together.
3. Once mixed, put in refrigerator for an hour or until solid.
4. With a regular mixer or hand mixer, beat the oils until they are whipped and fluffy. Add essential oils and mix in.
5. Fill container with body butter mixture and store at room temperature.





Homemade Deodorant

Total Time: 5 minutes Servings: 30-90

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INGREDIENTS:

1/2 cup coconut oil
1/2 cup baking soda
40-60 drops essential oils — your choice of scents
Scent recommendations: female scents: lavender, lemon and sage; male scents: cypress, rosemary and bergamot
empty deodorant containers

DIRECTIONS:

1. Put coconut oil in bowl.
2. Mix in baking soda.
3. Add in essential oils.
4. Store in a deodorant container or in a glass jar.

Homemade Probiotic Deodorant

Total Time: 4 hours Servings: 30-90

INGREDIENTS:

1/4 cup baking soda
1/4 cup coconut oil
1/4 cup grated beeswax
1/4 cup shea butter
3 tablespoons arrowroot powder
3 capsules of live probiotics
10 drops tea tree oil
10 drops of: lavender or citrus for women and cypress or bergamot for men
empty deodorant containers

DIRECTIONS:

1. Begin by melting coconut oil and beeswax together over a double boiler.
2. Then, stir gently until totally melted.
3. Then, add in other ingredients and stir.
4. Once mixed, quickly pour into empty deodorant container.
5. Keep container upright and allow mixture to cool and harden before use.



Homemade Mouthwash

Total Time: 1 minutes Servings: 30

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INGREDIENTS:

5 drops peppermint essential oil
5 drops tea tree essential oil
2 cups spring water
BPA-free plastic dispenser bottles

DIRECTIONS:

1. Pour all ingredients into a bottle. Shake to mix.
2. Take a small sip, swish mixture around in your mouth, gargle for 30 seconds and spit out. Do not swallow.

