

Chris Dalziel ♥ Sarah Dalziel



DIY Herbal Spa Book

**HOW TO MAKE EVERYTHING YOU NEED FOR A
LUXURY SPA EXPERIENCE AT HOME**

USING HERBS FROM YOUR GARDEN

DIY Herbal

Spa Book

HOW TO MAKE EVERYTHING YOU NEED FOR
A LUXURY SPA EXPERIENCE AT HOME
USING HERBS FROM YOUR GARDEN

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Greenwood, British Columbia

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Time for YOU

*“When you truly love what you do, not working is hard work.”
— Mokokoma Mokhonoana*

Moms are superheroes, and busy ones at that. From juggling family schedules, to appointments, often to working full or part time jobs, there are a thousand and one demands on a mom’s time. Amid the busyness and demands to keep everyone else happy, healthy, and productive, moms frequently forget to take time for themselves.

The world’s demands make it difficult to prioritize taking time for ourselves. In the work force, it can be challenging to justify even taking sick time, taking time off for injuries, or taking off for a vacation. When we take an hour or a day to be alone and take care of our own well-being, we might feel guilty or selfish. But this time to take care of our health and to focus on self-care is essential for our long term wellbeing.

In the end, your health and wellbeing is not replaceable. You as a mother and friend are not replaceable. But, all employees are replaceable.

In university, one of the things my daughter learned in her ministry leadership courses was the value of taking time away from everything else. It was called a “retreat day,” and the assignment was literally to go somewhere, with a journal, and just spend time with her thoughts for an afternoon, or full day. The goal was to re-charge, reenergize, and to gain vision and perspective for the road ahead.

In a world of busyness, it can be hard to gain perspective beyond the urgent. To take time to dream, to plan, to set goals is essential both for your health and for your progress toward your bigger goals. Just because everyone always wants your attention, doesn’t mean you can’t take time for you. You deserve your attention too.

In this book, we'll focus on the importance of taking time for yourself, whether that is a few minutes in the middle of the afternoon, a mini-retreat while a friend watches the kids, a full day you can dedicate to self-care, or a weekend away from your daily routine. We'll look at strategies you can implement now to schedule that time for yourself.

We'll also look at the essential elements that luxury spas incorporate into their health-giving, pampering treatments, and offer recipes that you can make at home, from herbs in your garden, that are even better than the luxury spa offerings.

Finally we'll give you a printable planner so that you can make it happen in a well-organized and thought-out strategy. The more organized you are, the more relaxed you'll be able to be on your self-care days.

Crafting the DIY spa recipes is a relaxing and fun way to spend an afternoon. You can share this experience with your tween or teenage daughters, with a sister, or a friend to make it more fun. Many of these recipes make lovely gifts for the women in your life too, so consider doubling the recipe and make one for you and one for a friend.



Make an Appointment

“It's a good idea always to do something relaxing prior to making an important decision in your life.”

— Paulo Coelho

If you don't schedule your “me-time,” it won't happen. Some people get around that by scheduling salon appointments, for their hair or nails, or a spa appointment. While you don't need to schedule an appointment with an outside specialist, you do need to schedule it with yourself.

Your spa time, is important because you are important. Invest this time in yourself by putting it on your schedule, and planning for it to happen. This may mean scheduling it to happen during school hours, so your kids are away from home or occupied with online learning. If your children are home or you are homeschooling, you can swap childcare with a friend to have time alone. It may mean taking a personal day off work, or carefully planning it into one of your already scheduled days off.

What type of schedule you make will depend on what type of “me-time” you want. A full day off could include time for relaxation, art, crafts, and journaling. A shorter time frame might just be enough for journaling and relaxing, or creating a face mask and a relaxing aromatherapy bath.

If you have a family, it may be challenging to schedule your “me- time.” For a full day of “me-time,” plan it for a day off, and have your husband take the kids out on a daddy date, if they're not in school. This way you have time alone, while still encouraging bonding time.

If you feel you'd rather use it to spend time and reconnect with old friends, you can plan this too. Some “me-days” need to be with others, while other days are great on your own. Evaluate what you feel will help you recharge the most, and then plan and aim for that. A spa day with friends, at home, could be super fun and relaxing. But, take into account the set up and clean up, so you know if it will be as rejuvenating as you hope.



Stay within your budget

“Ah! There is nothing like staying at home, for real comfort.”

— Jane Austen

You do not need to go to an expensive salon or spa to take time for yourself. You can arrange for it to happen at home. Working your spa day into your budget is part of planning it, but pre-planning can help you ensure that you do not go over-budget.

Simple items like candles, bath bombs, bath salts, and herbal lotions, or infused oils, can all be made in advance for your spa day, using this guide. Many of the recipes included can be made in advance, or in bulk, so that one making-session can give you plenty for later spa days too.

If you can use things you already have on-hand, it saves out of pocket expenses. For example, I keep candles on hand for emergencies and also for mood lighting and relaxation during my weekly “me-time.”

Take the time to set yourself up in a cozy spot, your favorite chair for example. You probably already have a lap blanket and tea around, add a book and candle and your nook is cozy. Naps and staring out the window are both acceptable uses of time during your relaxation days.

You need to decide what will help you relax and recharge the most. Often the smallest things can give just as much relaxation as more expensive options.

Time is the one thing we can never get more of, so make sure you take the time you need to heal, rest, and recharge. Even if that time is simply cuddling up in a blanket, with a cup of tea, and staring out the window for an hour watching the raindrops fall.



The value of mini-retreats

“There is virtue in work and there is virtue in rest. Use both and overlook neither.”

— Alan Cohen

Our world is fast paced, hectic, and crazy. The world behaves as if there is an inherent value in busyness, chaotic productivity, and helter-skelter full-packed days. While busyness is useful on a production line, originally life was not this full of stuff. Our minds crave quiet, lack of stimuli, and peace in which to process the myriad of sights, sounds, smells, and experiences we face on a daily basis.

Historically retreat days are emphasized in more than just Christian culture. Meditation retreats are frequent in Buddhism, and several other religious cultures. If these were considered valuable in previous history, when the pace of life was naturally slower, how much more valuable are they today?

Aspects of retreat days can be worked into your normal schedule. Things like bullet journaling, meditation or prayer, reading a devotional or other short encouraging message, and even coloring can be planned into little minutes of the day. These times should be phoneless, or at least device-less. It is too easy to get caught up in mindless internet scrolling, and not actually take the time for you. While phone apps can help you relax, there is a grounding sense in the physical aspect of coloring that is lacking in the phone versions. Also, a break from device emitted light is good for your eyes.

Remember, scrolling the internet is not “me-time.” It is “giving everyone else my energy” time. Just because something is “mindless” does not mean you will recharge by doing it. Mindfulness is more important for recharging than mindlessness. I have noticed higher levels of mental tiredness after a “relaxing break” on social media than before I wandered down that rabbit trail.

Time to heal can be little minutes. As little as fifteen minutes, or five minutes, can be enough to recharge. Meditation and calming breathing exercises can be done in single minutes.

Try this, while you're reading this take your eyes off the screen. Focus as far away from you as you can, the other side of the room or out a window. Take a deep breathe. As you exhale relax your jaw. Breathe in again, and as you exhale relax your neck and shoulders, let the tension flow out. Keep repeating for 2-3 minutes until you feel relaxed. Then refocus on your screen.

Anxiety and stress are two major contributors to disease, and emotional challenges. When you are under stress or worry your immune system actually stops working. Your digestion and sleep also takes a hit. You may have noticed that when you have trouble sleeping or you are awake because of worry you tend to catch every virus that's going around.

However, taking little minutes of "me-time" throughout the day can help reduce anxiety, ease stress, strengthening your immune system, keeping you healthier. It can also help you sleep better at night. The more aware you become of your body's stress symptoms, the easier it will be for you to take "me-time" that benefits you, your situation, and your body.



How much time?

“Me-time” can also be referred to as a “retreat.” There are several different types of retreats, and what type of retreat you prefer will depend on your goals. Think of a retreat as time away or time set apart from your normal routine.

Many people think of “me-time” as something like a “girl’s night out,” or a girl’s spa day at the nail salon. These types of retreats are beneficial for friendship and socializing. However, their focus is on the group and you will not be able to focus on just you in this scenario. If you are an introvert you may find these types of retreats exhausting.

A second type of retreat is taking fifteen minutes for you. This can be done on a daily basis, and is often the impetus for things like bullet journaling, art journaling, and meditation practice. It gives you a valuable chance to relax and focus on something other than the busyness and worries of the day. As you get into the “zone” your stress hormones calm down and your body repairs itself, on a cellular level.

Longer retreats can create the environment needed for successful planning. A 1-3 hour retreat can give you a chance to work on your goals, make short term plans, and do something you find relaxing. This could be a bath, your nails, a massage, and even aromatherapy. This length of retreat is achievable on a weekly basis, for many people. If there is too much demanding your attention at home, take the time to go for a walk to another spot or place, or take a short hike so you have uninterrupted space for journaling and planning.

A four to six hour (half day) retreat can be done on a monthly basis. It can give you a chance for extended, spa-type personal pampering, and still give you leeway to plan, journal, or stare out the window with a hot cup of tea and relaxing music in the background. Plan this type of retreat into your monthly schedule to relax, distress, take care of your skin, improve your immunity, and renew your mental health.

The last type of retreat is a full day retreat. This type of retreat offers opportunity to rest, relax, pamper yourself, and do what you feel good about. It can also give time to evaluate goals, and reflect on the blessings and joys from the past few months. If you're feeling like you lack focus, this can be a good type of retreat to schedule into your appointment calendar.

An all-day retreat offers time to reset your priorities, work on the self-care you've neglected that can make you healthier and more resilient during stress.

A weekend retreat can look shiny and tempting, but this type of retreat can be expensive. It's normally the best type of retreat for connecting with others, either your girlfriends, business associates, or your family. It can be hard to take a weekend retreat at home, so some options can include camping or booking an Airbnb.

The value of doing nothing

“Every person needs to take one day away. A day in which one consciously separates the past from the future. Jobs, family, employers, and friends can exist one day without any one of us, and if our egos permit us to confess, they could exist eternally in our absence. Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.”

— Maya Angelou

On your retreat day you may be tempted to watch a TV show, or scroll the Pinterest feed all day. While these are enjoyable and mindless, be mindful of your brain's need to take a full break from technology. To fully rest, you may want to have no tech available during your retreat time, except for the music player.

Creativity and joy often hide in the empty minutes. Our brains are not wired to thrive with constant stimulus, like we get with

TV, social media, and the modern world ([source](#)). Give yourself time, on your retreat day, to feel bored.

Along with the challenges of constant stimuli, we cannot release stress easily when our minds are constantly running. Amid an overabundance of information and neural feedback, our stress levels are high. Taking the time to do nothing, to focus on things that are free from technology, can help reduce stress ([source](#)).

In your me-time, don't underestimate the relaxation benefits of scent. Use your bath bombs, or body butters, or even just your diffuser to surround yourself with relaxing aromas. Focus on your senses, and enjoy what you can feel, taste, and touch in the world around you ([source](#); [source](#)). Your "me-time" is for you, and your experience should be filled with the sights, scents, and music you like the best.

Taking time to release stress, to be alone, to be bored, to have nothing to do, is healing:

"During the time of stress, the "fight-or-flight" response is on and the self-repair mechanism is disabled. It is then when we say that the immunity of the body goes down and the body is exposed to the risk for disease. Meditation activates relaxation, when the sympathetic nervous system is turned off and the parasympathetic nervous system is turned on, and natural healing starts." — Annie Wilson

Your retreat time is not a waste of time or effort. You are important, your health is important, and your joy is important. Take the time, schedule and plan it into your life. It can help you de-stress, be healthier, and also give you an opportunity to simply focus on being. Enjoy the mindfulness of retreat time. You are worth it.

Taking time to heal is a form of self-love. Our mental state and stress levels are impacted by the self-talk we do. In January I did a No-Sugar challenge in my Facebook group focused on healthy eating. In one of the Facebook Lives I suggested my group focus on their self-talk and practice speaking kindly to

themselves. Tell themselves, "I'm beautiful" and to love themselves. One woman had been cutting back on sugar and trying to eat better all month. She was disappointed that the scale didn't budge. She took the challenge and started telling herself each morning, "You're beautiful. I love you." In just 1 week since she started speaking kindly to herself, she dropped 20 pounds. Self-love reduces stress and can help reduce inflammation in the body, which naturally helps with weight loss.

Taking time for yourself, to change your self-talk and improve your self-love, can have important positive impacts on your health. If you come from a background with a lot of negative self-talk, this is even more important. You are beautiful, lovable, amazing, and worth taking the time for. Believe it.



An afternoon for YOU

"I love the magic of a hot bath, how time pauses and every grievance melts away."

— *Richelle E. Goodrich*

Women are conditioned, in our modern society, to feel that taking time for ourselves is somehow selfish. Mothers specifically often feel that they need to take care of everyone and everything, and that taking time off is bad. Okay, or maybe just impossible.

A weekend might be impossible, if you have young kids, but an afternoon is possible. First, figure out where to fit it in your schedule, and what arrangements you need to make to be sure it happens. That can be planning it for when the kids are at pre-school or day care, hiring a sitter, or arranging for them to be out with dad or their grandparents for the day. If your budget is super tight, it may mean arranging to trade daycare days with another mom so you both can have "me-time" opportunities.

Once you're alone on your scheduled day, it's time to relax. Do what you want to do for your "me-time." This is your afternoon, not an afternoon of what everyone else thinks is "me-time," this is what you think is "me-time."

For example, if you love sewing and never have time for it, your "me-time" afternoon could be doing a fun project, just for the fun of it. If you're always creating or running around, it could be an afternoon of simply relaxing. Your "me-time," should be as unique as you are, and be what you need to feel rested, rejuvenated, and energized. Wine and sewing? Sure! Journaling by candle light? Sure! Painting, exercise, exploration, hiking, mineral salt bath, a sauna? This is time you are taking to build yourself up and reset.

Plan your food and physical activity with prudence. Decide on what you will eat and get the shopping done ahead of time so that you don't waste your retreat time looking for special ingredients or cooking – unless that's your idea of me-time. If

you plan on adding some physical activity, be sure that what you decide to do is frustration-free and within your skillset.

Use wisdom in deciding how you want your afternoon to look. If you don't walk much, don't try a four hour intensive hike that will leave you exhausted and sore. If you chose to include food as part of your retreat, use wisdom to choose healthy eating that will support your health and reinforce the long term goals you have for yourself.

Plan ahead for your retreat by making the spa recipes ahead of time, using natural, skin healing ingredients that will leave you feeling refreshed, pampered, and rejuvenated.

As you get each recipe completed, package it and date it, then put it aside for your spa day, so that you can find it when you need it. You might want to use a special basket to hold your spa products and place it in a conspicuous place. Everytime you look at it you'll be reminded that you are valuable and worthy of pampering and care.

In the following section you'll find spa recipes to make your retreat day more enjoyable and to help you stay within your budget. Many of these recipes utilize ingredients you may already have in your kitchen like virgin olive oil and sugar. There might be a few ingredients that you need to source before you start. Online suppliers like [Brambleberry](#) are good sources for skin care ingredients. Mountain Rose Herbs carries a supply of clay, herbs, and essential oils. [Plant Therapy](#) and [Rocky Mountain Oils](#) are other reliable sources of quality essential oils, carrier oils, and other ingredients for handmade spa products.

Recipes to make that heal and restore

Use these recipes for your weekly, monthly, and quarterly “Me Day.” You do not need all of the recipes for every Retreat Day. Choose the one or ones you like the most, and make those in advance to enjoy on that day. Some are good for general health and daily pampering as well, not just your weekly, monthly, or quarterly retreat day.

While planning your spa day, remember to plan for time to make your chosen recipes before the date. If you need ingredients for your recipes, remember to include them in your spa day shopping list.

I’ve organized this list of recipes in categories, to make it easy to find the ones that are most applicable to your needs.

Many of these recipes require an herb infused oil. Use dried herbs and a cold pressed oil like extra virgin olive oil, sweet almond oil, or jojoba oil. To make an herb infused oil, place dried herbs in a sanitized wide mouth mason jar. Cover completely with a suitable carrier oil. Cap tightly.

Place the jar in a dark cupboard. Shake the jar once a day for 4 weeks. Strain the oil, press the herb to retain as much of the oil as possible. Discard the herb. Retain the oil. Label and date.

Garden herbs that are used for skin care: Calendula, chamomile, plantain, comfrey, yarrow, violet, self heal, rose, daisy, bachelor buttons, sunflowers.

Cleanse

Soaking Relaxation is the first order of the day. Bath bombs, shower fizzies, and detoxifying bath salts can be made in a few minutes. Label them and add them to your Spa basket ready for your Retreat Day.

All essential oil recommendations are optional. You can create these spa recipes with no essential oils or choose the ones you already have on hand. You shouldn't need to wait for a mail order delivery before you can benefit from these therapeutic recipes.



Bath Bombs

Bath bombs are parcels of fizzy relaxation and aromatherapy in an easily dispersed form. They are simple to make, and fun to use. But they can be a little tricky to master, so if you need a little extra instruction [see this post](#).

Yields 6-8 medium bath bombs

Ingredients:

- 3 cups baking soda
- ¼ cup tapioca starch
- 10 drops lavender essential oil
- 3 drops rose geranium essential oil (or rose absolute)
- 1 cup citric acid.
- Isopropyl alcohol in a spritz bottle.

Directions:

Use a glass bowl, wire whisk, and bath bomb molds.

Place baking soda, tapioca starch, and the essential oils in the bowl. Whisk well so that the mixture is uniform, and there are no clumps.

Whisk the citric acid into the mixture.

Working in a well-ventilated area, spritz the mixture lightly with the alcohol, while whisking to prevent a fizzing reaction. Avoid breathing in the alcohol.

Add only enough alcohol to allow the mixture to clump together when squeezed in your hand. It should have the moisture content of barely damp sand. Try 8 spritzes and then check the consistency. It should be fluffy after spritzing, not dense and wet. Spritz again just a few times and check the consistency after each spritz. The humidity in the room you are working in will affect how many spritzes you need to get the right consistency.

Using the bath bomb mold, scoop up enough of the mixture into each half of the bath bomb, so that both sides are over-full. Really pack it in. Press the two halves of the mold together tightly, to compress the bath bomb mixture into a tight package. Brush off any excess mixture.

Allow the mold to sit undisturbed for 2 minutes. Tap the outside of the mold on both sides with the back of a spoon to loosen the bath bomb. Open the mold and pop out the bath bomb onto a piece of parchment paper-lined baking sheet. Be gentle. The bath bomb will solidify as it dries.

If it crumbles, scoop it back into the bowl and try again.

Allow the bath bombs to dry overnight. Turn each one over and dry for an additional 12 hours. Wrap the bath bombs in plastic wrap or a shrink wrap.

Bath Salts

Simpler to assemble than bath bombs, these bath salts are relaxing, refreshing, and beneficial for your skin and muscles.

Yield is 2 cups finished salts

Ingredients:

- 2 cups Dead Sea Salts or Epsom salts
- ½ teaspoon sunflower lecithin
- 10 drops chamomile essential oil
- 10 drops rose geranium essential oil
- ½ cup dried chamomile flowers, powdered
- 2 tablespoons rose petals, dried

Directions:

Mix all ingredients together and store in a mason jar. Use ½ cup per bath.

Therapeutic Salt Bath for Sore Muscles

The bath salt recipes so far have been useful for relaxation. But the amount of salt used in them is much lower than the amount of salt necessary for a therapeutic, isotonic bath, necessary for relief of soreness or for detoxification. For this you need enough salt to create a .9% salt solution in the water. This is the ideal concentration of salt for the human body.

Yield: 1 bath

Ingredients:

- 1 cup baking soda
- 1 cup Dead Sea Salt, Epsom Salts, or Himalayan Pink Salt
- ½ teaspoon sunflower lecithin
- 10 drops lavender essential oil
- 5 drops eucalyptus essential oil
- ½ cup flower petals (roses, chamomile, calendula for instance)

Directions:

Mix baking soda, salt, lecithin and essential oils together in a bowl. Whisk them together to remove any clumps.

Add flower petals and fold in to distribute. Place in a glass jar.

To Use:

Add full contents of this jar to a full bath tub. Soak in this salted bath for at least 20 minutes for best effects.

Rinse with cold water before exiting the bath, to remove excess salt, if desired.

Shower Melts

Shower melts are a simple method of introducing aromatherapy into the shower. These can make any daily shower feel like a spa-day retreat.

Ingredients:

- 1 tablespoon rose buds, dried, powdered
- 1 teaspoon rose hips, powdered
- 1 cup baking soda
- 1/2 cup Himalayan salt
- 30 drops rose absolute or rose geranium essential oil
- 30 drops lemon essential oil
- 40 drops lavender essential oil
- 2 tablespoons rose hydrosol

Directions:

Add rose buds and rosehips to a blender jar and blend till they are the consistency of coarse powder. Turn out into a 1 quart bowl.

Add baking soda and salt. Stir well to blend.

Add essential oils. Stir again.

Add rose hydrosol. Stir to combine. Mixture should be the consistency of damp sand and hold together when squeezed.

Add 2 tablespoons of mixture to a cup cake liner placed in a muffin tin.

Tamp the mixture firmly into the mold using the small end of a kraut pounder or the back of a spoon. Repeat with remaining mixture. Tamp each mold to make a firm tablet.

Place molds in a 250F oven for 60 minutes. Turn off heat. Allow the oven to cool down naturally before removing the tablets. The tablets continue to dry as they cool.

Remove the liners from the muffin tins. Allow the shower tablets to cool and harden completely. Store in a jar with a tight fitting lid.



Cleansing Oil

Cleansing oil is beneficial for removing make up, removing dirt, and cleansing pores. Gentler on the skin than water base cleansers, try this easy to make cleansing oil for brighter, well moisturized skin. The sunflower lecithin is the magic ingredient in this cleansing oil, allowing it to be easily rinsed away with plain water.

Yield: 4 ounces

Ingredients:

- 5 drops rosemary essential oil
- 5 drops sweet orange oil
- 5 drops rose absolute essential oil
- 10 drops geranium Egyptian essential oil
- 5 drops chamomile essential oil
- 5 drops lavender essential oil
- 2 tablespoons olive oil
- 2 tablespoon sunflower oil
- 2 tablespoon rosehip seed oil
- ½ teaspoon sunflower lecithin

Directions:

Place all ingredients in a 4 ounce spritz bottle. Shake well.
Cap.

To use:

Apply 2-3 pumps to dry skin, massaging face and eyes to dissolve makeup and daily build-up.

Blend in a few drops of water to create a light milk, then rinse thoroughly with water to remove. Avoid direct contact with the eyes. If contact occurs, rinse thoroughly with water.



Moisturize

Replace the lost oils and skin moisture after a bath or shower to seal in moisture and prevent moisture loss. Skin oil also penetrates better when the pores are open and the skin has been softened by soaking. These preparations will help your skin stay soft and hydrated, relieve itching, and resolve damaged skin issues.

Massage Oil

Massage oil is used to reduce friction when massaging with bare hands against bare skin. Using an herb infused oil can increase the benefits of the massage. These oils are quickly absorbed by the skin. They are softening and increase the anti-inflammatory, and relaxing benefits of the massage.

Calendula is a lymphatic that helps remove toxins and encourage lymph drainage. It is a superior massage herb. The essential oils used in this blend encourage relaxation, ease inflammation, pain, and stiffness.

Yield: 4 ounces

Ingredients:

- 20 drops geranium essential oil
- 10 drops myrrh essential oil
- 20 drops Frankincense essential oil
- 4 tablespoons calendula infused sweet almond oil
- 2 tablespoons rosehip seed oil
- 2 tablespoons sunflower oil

Directions:

Place the essential oils into a 4 ounce bottle with a pump top. Add the calendula infused almond oil, rosehip seed oil, and sunflower oil. Cap tightly and shake.

To Use:

Apply the oil to the hands, and rub hands together to warm the oil before applying to bare skin. Then rub hands in a circular motion firmly across the muscles being massaged. Apply more oil as needed to reduce friction, increase relaxation and ease tension.



Lotion Bar

Lotion bars are a firm form of body butter, perfect for use in massage, or for direct application to dry skin. Lotion bars are good to make ahead, and are storage stable. The essential oils in this recipe are at a 2% dilution, for every day use.

Yield: 6 – 1 ounce bars

Ingredients:

- ¼ cup lavender infused olive oil
- ¼ cup shea butter, refined
- ¼ cup beeswax
- 1 teaspoon (5 ml) lavender essential oil

Tools:

- 1 ounce silicone molds
- 2 ounce tins to fit the molded lotion bar
- Glass measuring cup, and a small cooking pot

Directions:

Make a double boiler using a glass measuring cup, a saucepan, and a canning jar ring.

Put the lavender infused oil, shea butter, and beeswax into the measuring cup. Put water in the saucepan so it reaches halfway up the side of the measuring cup.

Simmer over low heat just until the beeswax melts. Stir the ingredients together to blend the beeswax into the oil. Remove from heat.

Stir in essential oil. Pour into prepared molds. Allow to harden at room temperature.

Remove the lotion bars from the mold and wrap in parchment paper. Place in 2 ounce tins and place in your Retreat Basket. These make very nice gifts too. Consider gifting one to your bff in gratitude for child care favors.

Facial Oil

I use this oil for facial cleansing, makeup removal and also for daytime moisture. I have a simple beauty routine – washing, oil, and mineral makeup, on days I wear makeup.

While you could just use rosehip seed oil as a daily facial moisturizer, the combination of oils in this recipe each offer different skin benefits.

Rosehip seed oil is quickly absorbed by the skin and rich in antioxidants and carotenoids. I add a little sea buckthorn oil and evening primrose oil for their premium anti-aging benefits. Pomegranate seed oil is another quickly absorbed oil that is high in antioxidants and anti-aging qualities. Use no more than

1% essential oil for daily facial use. The essential oils are optional but beneficial for aging skin.

Yield: 2 ounces

- *2 tablespoons rose hip seed oil*
- *1 teaspoon sea buck thorn oil*
- *1 teaspoon evening primrose oil*
- *1 tablespoon pomegranate seed oil*
- *5 drops rose absolute essential oil*
- *5 drops frankincense essential oil*
- *5 drops myrrh essential oil*
- *3 drops chamomile essential oil*

Directions:

Add all the ingredients to a 60ml dropper bottle. Cap tight. Shake to combine well. Label.

To use:

Apply to clean, still damp skin. Massage in with a light touch. Allow to soak in for 5 minutes. Apply makeup as usual.



Cuticle balm

Massage this cuticle balm into your fingers and nail beds several times a day to heal dry and damaged skin, hang nails, and weather-damaged hands. Chamomile flowers calm inflamed skin. The jojoba oil is a natural wax that allows the infused oils to go deeper into the nail bed. The more you use it, the more beneficial the effects will be. Sunflower oil is one of the best oils for healing damaged skin.

Yield: 2 ounce tube

Ingredients:

- 3 tablespoon jojoba oil
- 2 teaspoons cocoa butter (8 grams)
- 2 teaspoons dried chamomile flowers
- 1 tablespoon beeswax pastilles (12 grams)
- 15 drops chamomile essential oil
- 10 drops lemon verbena essential oil

Directions:

Create a double boiler using a glass measuring cup. Add jojoba oil and cocoa butter to the cup.

Place the loose chamomile flowers in a paper tea bag, and place the tea bag in the measuring cup with the oils. Simmer on medium heat for one hour. Turn off the heat and let the infused oil come to room temperature naturally.

Remove the tea bag and press it between two spoons over the cup to get as much oil as possible from it. Discard the tea bag.

Add the beeswax to the measuring cup with the oil. Return the saucepan to the heat. Simmer over low heat just long enough to melt the beeswax.

Remove from the heat. Whisk the butter together while it cools to keep the texture creamy. When it is just warm to the touch, stir in the essential oils.

Pour into a push-up tube. Label and date.

Exfoliate

Your skin renews itself every 27 days. The skin you actually see is dead skin. Removing dead skin and allowing the fresh, new skin underneath to come to the surface is the purpose of facial masks, body scrubs, and body polish. This fresh young skin has more moisture and blood flow and is healthier and softer.

French Clay Facial Mask

Embrace the spa-day spirit with this rejuvenating rose and clay facial mask. Tighten and tone your skin, cleanse pores, while enjoying the sweet aroma of roses and lavender. Make this just before you need it. The clay mask doesn't keep.

Yield: 1 mask

Ingredients:

- 1 tablespoon rose hydrosol
- 1 teaspoon French green clay
- 1 drops rosemary essential oil
- 2 drops lavender essential oil

Directions:

Place the rose hydrosol in a small bowl. Add the French green clay a little at a time to fully incorporate the clay, until the mixture is the consistency of pudding. Only use as much clay as you need.

Add the essential oils. Stir well. Store in a lidded jar.

How To Use:

Apply to clean skin. Cover face with a small amount of facial mask at a time, in an even layer. Smooth the clay over your skin using a circular motion, avoiding the area around the eyes. Let the mask remain on your face until the clay dries, or between ten and fifteen minutes.

Rinse off with warm water, being careful to avoid washing it into the eyes, or ingesting it. Use an old face cloth to help with removal.

Follow with a cold water rinse to tighten pores. Pat skin dry and apply moisturizer.

Sugar Scrub

This is an easy to make, and use, exfoliating treat for dry and rough skin. Use on garden-weary hands to refresh your skin and smooth the cracks and roughness. Sugar scrub is gently exfoliating to brighten the skin and increase circulation.

Yield: 4 ounces

Ingredients:

- ½ cup organic sugar
- 2 tablespoons olive oil
- 10 drops lavender essential oil
- 5 drops rose geranium essential oil

Directions:

In a small mixing bowl combine the sugar and olive oil.

Measure the essential oils directly into the sugar and oil mixture. Stir to combine.

Spoon the finished sugar scrub into a 4 ounce mason jar. Use a table-spoon sized amount on damp hands as a hand scrub, or use in the shower to exfoliate dry skin. If you use it in the shower, be sure you are on a non-slip mat, as the oil can make shower tiles slippery.

Use the scrub without the water running, rinse the sugar scrub off with warm water.

Skin Brightening Coffee Polish

The caffeine in coffee helps to lift saggy skin and improve the texture where the skin dimples and cellulite is present. Use this in the shower and rinse off. Use freshly ground coffee for an uplifting experience. Used coffee grounds have already leached their caffeine and are no longer therapeutic.

Yield: 4 ounces

Ingredients:

- ¼ cup freshly ground coffee
- ¼ cup fine Himalayan salt
- 2 tablespoon coffee infused olive oil
- 15 drops coffee essential oil (optional)

Directions:

Mix all the ingredients in a small bowl. Transfer to a 4 ounce glass jar. Label.

To use:

Apply the coffee scrub to hands, thighs, arms, feet, and torso. Avoid face. Use a circular motion to exfoliate and brighten dull, sagging skin.





Tinted Lip Scrub

Exfoliate and brighten lips with this tinted lip scrub that's sweet like sugar and tinted with lip safe mica pigments.

Yield: 2 ounces

Ingredients

- 4 tablespoon sugar (organic is best)
- 1 tablespoon herb-infused olive oil
- 5 drops sweet orange essential oil
- 1/4 teaspoon mica pigment (lip safe)

Directions

Mix all ingredients in a small bowl. Transfer to a glass jar. Label.

To use:

Apply to clean, damp lips in a gentle circular motion to remove dead skin, freshen, and moisturize.

This is another skin care recipe that makes a nice gift for your BFF.

Relax

Free the mind and reduce tension in the body. Candles, essential oils, soft music or nature sounds, running water, warmth, and light entice us to let go of stress. When we calm down the stress we allow our body to rest and heal. This is the goal of the Spa. When we achieve this sense of relaxed well being it frees the mind to problem solve and listen to that still small voice.

Candles have are a big part of relaxation, focus, and ideas. But first remember to never leave a burning candle unattended.

Tea Cup Candles

Half the fun of a spa day is creating your perfect relaxing ambiance. These self-contained tea-cup candles are perfect for creating soft light in any room. Add the essential oil scent of choice to create an even more personalized ambiance for your spa day.



Ingredients and Tools:

- A wax melting pot or saucepan with a glass measuring cup
- A source of heat
- One wick for each candle
- 1 teacup for each candle
- 6 to 8 ounces of beeswax per candle
- 7 ml essential oil (optional, lavender, peppermint, or rose geranium are good for relaxation).

Directions:

Place beeswax in wax melting pot. Place the wax melting pot in a saucepan filled with water. Simmer the saucepan over low heat until the wax is fully melted. Remove the wax melting pot from the saucepan.

Prepare the teacup by dipping the wick tab into the melted wax. Center the wick tab with wick in the bottom of the teacup. Center the wick in the teacup and hold it in place with two small dowels. If necessary tape the ends of the dowels together to anchor the wick in the center of the tea cup.

Pour the melted beeswax into the teacup to the lower portion of the design in the interior of the tea cup or within 1 1/2 inches of the rim. Add the essential oils directly to the cup by dripping the essential oil around the cup, so that it is dispersed evenly. Pouring it all in one place will cause the wax to congeal. Stir the essential oils into the liquid wax with a skewer or small dowel.

Allow the beeswax to cool slowly, away from drafts. This will minimize cracking. If it cools too quickly the wax around the wick can develop deep fissures.

Top up with additional wax if cracks form as the wax cools. Allow this second application of wax to completely cool. Trim the wick to 1/4 inch above the surface of the beeswax. Your teacup candle is now ready.

Planning

“As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep.” — Akiroq Brost

You need to have a plan for your “me-time,” especially if you are having it at home. At home there are lots of distractions that can steal the day from you. Set a plan, or even a schedule, for your “me-time” to help you make sure you take it.

This can be as simple as deciding when to run the bath and light the candles, or as complex as setting up a scheduled time for each part of your day, and “me-time” goals.

If you’re planning for one of the longer retreat options, you may want to take time leading up to that day to make some of the pampering recipes outlined above. Many of the recipes can be made in larger batches, so you have extra for your next pampering session (or for other purposes).

If you don’t find the idea of a schedule relaxing for your spa day, maybe simply turning off devices or the wifi will encourage you to focus on you, and avoid the distraction black holes that could present themselves.

Some examples could include a relaxing bath, followed by journaling, then some-time with nail polish or makeup and hair styling. Your “me-time” should leave you feeling rested, pampered, and beautiful. Alternatively, if you’re not so into the makeup side, take time for art and creative expression as part of your day, like free hand painting or sketching, or working in a craft medium you normally don’t have time for.

If you make a project a goal for your day, remember to make it something fun and easily achievable. Theme it after your spa-day for extra fun, like making scented candles, or soaps, and enjoy the downtime in between steps. Don’t start a super difficult project, or a new craft medium during your spa day, you want this day to be as fun, relaxing, and low-key as possible.

Don't forget to take time to simply sit and stare out the window and enjoy the moments of doing nothing. Savor your tea, or drink of choice, and focus on what is around you.

Must have item check lists

You can create a checklist of your preferred items for YOU. The following are some of my ideas, but I'm not you, so get creative and add your own ideas while you are planning your retreat day.

As a guide, make sure you have one thing to pamper you, one thing to relax, one thing warm and cozy, and one thing to eat and/or drink. Some ideas of things to include might be:

- Blanket
- Towels
- Massage Aids
- Herbal Tea
- Candles
- Bath salts or bombs
- Facial mask or clay body mask
- Salt scrub, body polish
- Aroma Therapy diffuser and essential oils
- Lotion bar or massage oil
- Journal with a nice pen
- Relaxing music

Check lists for a day

Your monthly “me-time” should take longer than your weekly time. It may overlap with one of your weekly times, and that is normal. Plan to spend at least a few hours to an afternoon if it's your monthly recharge time.

Some items to include might be:

- Blanket
- Towels
- Massage Aids
- Tea
- Candles
- Bath salts or bombs
- Sugar scrub or body polish
- Clay facial mask
- Lotion bar or massage oil
- Nail file
- Rose water spritz
- Anti-aging serum
- Journal with a nice pen
- Relaxing music
- A favorite snack
- A favorite book
- A creative project

Check lists for a quarterly retreat

Quarterly retreats can help you focus, regenerate, and make sure you are working toward your goals. This day may overlap with one of your weekly times, and/or one of your monthly retreat times. Plan your quarterly retreat to take a full day.

Some items to include might be:

- Blanket
- Towel
- Massage Aids
- Tea
- Candles
- Bath salts or bombs
- Sugar scrub or body polish
- Lotion bar or massage oil
- Journal with a nice pen
- Relaxing music
- A favorite snack
- A favorite book
- A creative project
- Wine or herbal tea
- Your goal sheet for the previous quarter, and a blank one for the next quarter.
- Notes of your long term plans, yearly and/or five year plans.
- A stress ball (to throw at anyone who interrupts you)

Spa Retreat Plan

Dates:

Affirmation:

Plan:

DIY Recipes to Make Ahead

Must Haves

Goal:



A decorative graphic of pink cherry blossoms with green leaves, located at the bottom right of the page.

Dates:

Spa Retreat Plan

Affirmation:

Plan:

DIY Recipes to Make Ahead

Must Haves

Goal:

PLANNING FOR A WEEKEND

 **Spa Retreat Day 1** Date: _____

Affirmation:

Plan:

DIY Recipes to Make Ahead

Must Haves

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Healthy Snacks/Meals



Gratitude:





Date: _____

Spa Retreat Day 2

Affirmation:

Plan:

DIY Recipes to Make Ahead

Must Haves

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Healthy Snacks/Meals



Gratitude:





Spa Retreat Day 3

Date: _____

Affirmation:

Plan:

DIY Recipes to Make Ahead

Must Haves

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Healthy Snacks/Meals



Gratitude:





Date: _____

Spa Retreat Day 4

Affirmation:

Plan:

DIY Recipes to Make Ahead

Must Haves

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Healthy Snacks/Meals



Gratitude:





Date: _____

Spa Retreat Day 5

Affirmation:

Plan:

DIY Recipes to Make Ahead

Must Haves

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Healthy Snacks/Meals



Gratitude:



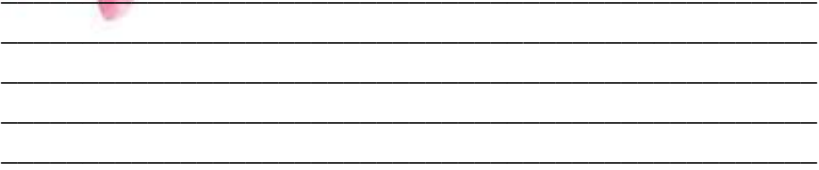


My Ideal spa day looks like:

[illegible]

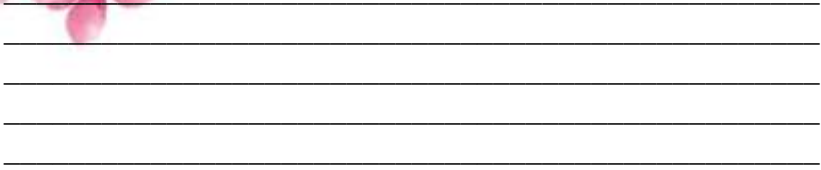
My relaxation must haves are:

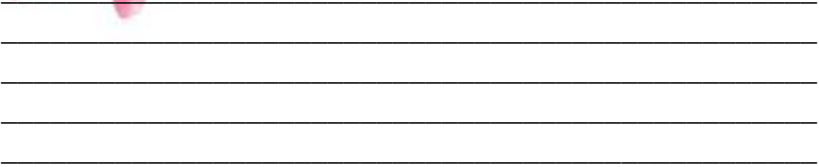
A delicate illustration of pink cherry blossoms and buds, positioned in the top right corner of the page. The blossoms are in various stages of bloom, with soft pink petals and green leaves.




This image shows a blank sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



[illegible]



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.





ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can shift away from the corporate health paradigm and create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the DIY Herbal Fellowship, the Joybilee Farm blog, and an instructor at Joybilee Academy. Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015) and *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017)

