



DIY
Herbal
Fellowship

DIY Herbal Gifts for Men

Chris Dalziel

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Chris J. Dalziel

JOYBILEE FARM MEDIA
Greenwood, British Columbia

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Christine J. Dalziel / Joybilee Farm Media
Box 667
Greenwood, BC, V0H 1J0
JoybileeFarm.com

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DIY Herbal Gifts for Men

Christine J. Dalziel. — 2nd ed.

Contents

DIY Herbal Gifts for Men	7
The measurements in this book	8
Safe essential oil dilutions	8
Packaging	9
Shaving	10
Pre-Shave Oil	11
Aftershave Toner	12
Shaving Soap	13
The Bearded Man.....	15
Beard oil	16
Beard balm	17
Moustache wax	18
Hair	19
Sea Salt Spray	20
Herbal Hair Tonic.....	21
Hairstyling Styling Pomade.....	22
Skin Care.....	23

Calendula Facial Soap.....	24
Solid Lotion Bar	26
Lip Balm	27
Hands:	28
Moisturizing Cuticle Oil	29
Cuticle Balm.....	30
Rock Climber's Balm.....	31
Feet	32
Foot Soak.....	33
Peppermint Foot Balm	34
Antifungal Salve.....	35
Body	36
Bath Crush	37
Natural Deodorant	39
Whipped Body Butter.....	40
Exfoliating Scrubs.....	41
Lemon Salt Scrub.....	42
Lavender Sugar Scrub.....	43
Fragrance	44
Bay Rum Solid Cologne.....	45

Woodsy Spray Cologne 46

Forest Glade Room Spray 47

Potty Spray 48

Final thoughts: 50

DIY Herbal Gifts for Men

Men are some of the hardest people to DIY for. But it's not that men don't like natural, safe toiletries. It's that we often don't think to DIY for them. But men need safe alternatives to lab created toiletries and cosmetics too.

It's my hope that this short ebook will give you inspiration to DIY for the men in your life. Many of these recipes are easy for the DIY beginner to make. A few like the shaving soap and complexion soap are advance DIY projects. If it's your first-time making soap [try this recipe](#) before you venture in on the soap making projects in this ebook.

If this is your very first time DIYing you may need to buy some ingredients before you begin. If you've been DIYing for a little while you probably have most of these ingredients in your supply cupboards. I tried to stick with a few basic carrier oils, butters, and essential oils that would be common in most folk's supply cupboards.

If you see a recipe that calls for a liquid oil, feel free to use the herb infused oils that you already have in your supply cupboard. For instance, if a recipe calls for extra virgin olive oil, you can freely substitute calendula infused oil for the oil the recipe calls for, with just one exception.

Don't make substitutions with soap recipes without adjusting the lye amount by putting your new recipe through a lye calculator, [like this one](#).

The measurements in this book

Most of the recipes in this book are measured by volume, with the exception of the soap recipes which are always measured by weight in grams. You will need a gram scale to make the soap recipes

Safe essential oil dilutions

While many of the recipes in this book use a 2% essential oil dilution, the perfume recipes and fragrance recipes rely on a higher amount of essential oils. These products are sprayed or dabbed on pulse points and are not used over the whole body, so the dilution is safe for most adults. However, these products are not recommended for children.

If you choose to make any of these recipes for children under 15, please half the essential oils that the recipe calls for. If a recipe calls for 20 drops of an essential oil, use only 10 drops if you are making the recipe for a child under 15.

None of these recipes should be made for a child under 5 years of age.

The intended audience

The recipes in this book are intended for the DIYer to make as gifts for friends and family members. They are not intended to be made as products for sale. None of these recipes has been tested for shelf life or allergies as would be needed in a product made for commercial sale. Please don't rely on these formulas for commercial use.

Packaging

For gifting toiletries and cosmetics, it can be fun to upcycle glass and tin containers gathered from other products. Mint candy tins make fabulous lotion bar and balm containers, for instance. Small glass jars and glass bottles can be repurposed for cologne or room spray.

Labels can be fun to create by hand or with a printer. Use your creativity for beautiful gift packaging and labels.

This ebook is divided into multiple parts. The table of contents will help you find the best recipes for your needs.

I'm excited to see what you make from these recipes.

Shaving



Pre-Shave Oil

Preshave oil softens the skin and adds a protective barrier to prevent razor rash. This pre-shave oil is made with rich antiaging oils that fight free radical damage and help with the effects of aging, sun exposure, and environmental damage.

These oils are a little dearer than cooking oil, specifically because they are also used as skin protectors, to fight free radical damage, and help with the aging and environmental effects on the skin. If you prefer to substitute with less costly oils use [this article to help you decide](#).

Yield: 2 ounces

Ingredients:

- 1 tablespoon jojoba oil
- 1 tablespoon argan oil
- 1 tablespoon rosehip seed oil
- 1 teaspoon raspberry seed oil
- 1 teaspoon tamanu oil
- ¼ teaspoon vitamin E oil
- 10 drops sandalwood essential oil
- 10 drops frankincense essential oil
- 10 drops sweet orange essential oil

Directions:

In a 2-ounce glass bottle, with a dropper lid, add jojoba oil, argan oil, rosehip seed oil, raspberry seed oil, tamanu oil, and vitamin E oil. Add the essential oils. Cap and shake well to blend all the ingredients.

Label and date. This should last 6 months to a year.

To use:

Place a dropper full of the oil into the palm of the hand. Warm the oil with the hands. Spread on clean face immediately before shaving.

Aftershave Toner

The purpose of an aftershave is to tighten and close pores after shaving and to gently close off any nicks or scrapes to prevent bleeding.

Yield 8 ounces

Ingredients:

- ¼ cup witch hazel
- ¼ cup aloe vera gel
- ¼ cup lavender hydrosol
- 2 tablespoons vodka
- 20 drops bay West Indies essential oil
- 20 drops cedarwood essential oil
- 10 drops sweet orange essential oil
- 2 drops clove essential oil

Directions:

Place all ingredients in a 10-ounce glass bottle. Cap tightly. Shake well.

To Use:

Shake well. Place a small amount of the after-shave toner in the palm and apply to face using light, circular movement.

Or use a cotton pad to apply the mixture to the face.

Green Tea Shaving Soap

Shaving soap is a little different than shampoo bars or regular cold processed soap. It has more rich butters and fewer simple oils so that it moisturizes and preps the skin for the blade, without drying the skin.

This soap is nice if it is poured into a tube mold that allows the bars of soap to fit into a shaving mug. Tube molds must be generously sprayed with silicone mold-release to allow the soap to slide easily out of the mold.

Yield 3 pounds of soap or 10 – 5 ounce bars

Ingredients:

Lye portion:

- 300 mls green tea, cooled
- 138 grams sodium hydroxide

Fat portion:

- 300 grams coconut oil
- 200 grams castor oil
- 200 grams mango butter
- 200 grams cocoa butter
- 100 grams avocado butter

Essential oils

- 1 teaspoon frankincense essential oil
- ½ teaspoon pine essential oil
- ½ teaspoon cedarwood essential oil

Directions:

While wearing safety goggles and rubber gloves, weigh lye on paper plate. Add lye to water in glass measuring cup. (Fold the plate over on itself to create a spout and pour the lye slowly into the water.) The lye will heat up the water and release caustic fumes. Do not breathe in the fumes.

Stir the lye in the cup of green tea with a wooden spoon to completely dissolve all lye crystals. Allow the lye solution to reduce in temperature to 105°F.

In a separate heat safe pan, melt the coconut oil, castor oil, mango butter, cocoa butter, and avocado butter together just until all the ingredients are liquid. Stir and remove from the heat.

Allow the oil mixture to cool naturally until it reaches 110°F.

Pour the lye mixture into the oil. Stir with an immersion blender until the mixture reaches trace.

At this point, stir in the essential oils. Continue blending with a stick blender until the soap is well blended and a trail of soap dripped on the surface of the soap, remains on the surface. Just a few more minutes after trace.

Pour the soap into prepared molds. Cover and insulate molds to retain heat. Allow to sit over night or up to 24 hours.

Remove from the mold. Cut into bars. Set bars of shaving soap aside to complete the saponification process up to 3 weeks. Package, label.

(If this is your first-time making soap [try this recipe](#) first to learn the basic techniques before attempting this intermediate recipe.)

The Bearded Man



Beard oil

Beard oil makes beard hair softer and more manageable.

Yield 4 ounces

Ingredients:

- 50 drops bay West Indies essential oil
- 25 drops spruce bud essential oil
- 15 drops rosemary essential oil
- 2 tablespoons jojoba oil
- 1 teaspoon castor oil
- 5 teaspoons argan oil
- ¼ cup sweet almond oil (infused with calendula flowers)

Directions:

In a 4 ounce bottle add the essential oils. Pour in castor oil, jojoba oil, and argan oil. Add the sweet almond oil. Cap tightly and shake to blend the oils together. Place a drop reducer cap on the bottle to prevent spilling.

To use:

Shake well. Sprinkle several drops of the beard oil into the palm. Rub hands together. Apply through beard hair.

Beard balm

Beard balm is similar to beard oil. It is used to make the wiry hair of the beard softer and more manageable. Beard balm also conditions the skin under the beard and has more staying power to promote healthy conditioning.

Yield 4 ounces

Ingredients:

- ½ cup hempseed oil
- ¼ cup calendula flowers
- 1 tablespoon beeswax
- 7 drops cedarwood atlas essential oil
- 5 drops rosemary essential oil
- 7 drops frankincense essential oil

Directions:

Make a double boiler out of a glass measuring cup and a saucepan. Place hempseed oil and calendula flowers in the measuring cup. Put water into the saucepan so it comes halfway up the side of the measuring cup. Simmer the saucepan for 30 minutes so that the calendula flowers infuse into the hempseed oil.

Remove the saucepan from the heat and allow to cool naturally. Strain the flowers from the hempseed oil.

Pour the hempseed oil back into the glass measuring cup. Add the beeswax. Simmer over medium heat until the beeswax melts. Remove from the heat.

Add essential oils. Pour into 2 x 2 ounce tins. Label and date.

Moustache wax

Moustache wax is essential for handlebar moustaches. It helps to keep moustache hair in place. Similar to hair pomade, moustache wax stiffens hair as a styling aid.

Yield: 4 ounces

Ingredients:

- 3 tablespoons Beeswax
- 1 tablespoon pine resin
- 1 tablespoon jojoba oil
- 2 tablespoons sweet almond oil
- 1 tablespoon shea butter
- 20 drops pine essential oil
- 20 drops sandalwood essential oil
- 10 drops sweet orange essential oil

Directions:

Make a double boiler using a glass measuring cup. Place beeswax, pine resin, jojoba oil, almond oil, and shea butter in the measuring cup. Simmer over medium heat until the pine resin and beeswax melts completely. Pine resin may need a higher temperature to melt than the beeswax does. Stir to thoroughly blend the ingredients.

Remove from heat. Add the essential oils. Pour into shallow tins.

To use:

Take a very tiny amount of the moustache wax from the tin. Soften in the fingers and rub through moustache hair. Style as desired.

Hair



Sea Salt Spray

Sea salt spray is a texturizing hair spray that offers hold and body. Mix up the dry package and add directions for using it.

Yield: 8 ounces

Ingredients:

- 2 tablespoons Dead Sea Salts, fine
- 20 drops sweet orange essential oil
- 20 drops lemon essential oil
- 10 drops eucalyptus essential oil
- 1 cup water, hot
- 1 teaspoon aloe vera gel
- 1 teaspoon vodka

Directions:

Mix salt and essential oils in a small bowl. Place the salt mixture into a 10 ounce glass bottle. Add hot water, not boiling water. Add aloe gel and vodka. Cap tightly and shake well to dissolve the salt.

The aloe gel may form clumps. Shake vigorously to completely disperse these in the bottle. Place a spray top on the glass bottle.

To use:

Spritz hair while damp. Run fingers through hair to evenly distribute the salt spray. Allow to dry naturally.



Herbal Hair Tonic

A hair tonic to encourage hair growth and revitalization. Helpful for stress related hair thinning, or color changes.

Yield: 2 ounces

Ingredients:

- 16 drops Lavender essential oil (#ad)
- 16 drops Rosemary essential oil
- 10 drops Thyme essential oil
- 10 drops Cedarwood Atlas essential oil
- 10 drops of Marjoram essential oil (see note)
- 4 drops Vitamin E, natural source (optional)
- 2 ounce Aloe Vera gel

Directions:

Place the essential oils in a 60 ml silicone tube. Add the vitamin E. Add the organic aloe vera gel up to the collar of the bottle. Replace the cap. I've made this both with and without the vitamin e and I haven't noticed any difference in the results. Shake well to evenly distribute the essential oils and the vitamin E.

May be kept at room temperature. This bottle should last 2 weeks, with daily use on short hair. If you have longer hair it may be used up faster.

To use:

Place small amount of aloe gel in the palm and massage into the scalp. As you massage, don't stress the hair follicles by rubbing the hair. Instead press firmly on the scalp and move the scalp under the fingers. This will increase the circulation on the scalp without stressing the roots of the hair. Finish by rubbing the fingers gently through the hair to coat each strand. Repeat once daily.

Hairstyling Styling Pomade

Hair pomade offers natural hold without the use of chemicals. It is a must for men's hair styles that rely on lift and volume. Hair pomade tames the frizz while adding shine.

Yield: 3 (2-ounce) tins

Ingredients:

- 2 tablespoons beeswax
- 3 tablespoons cocoa butter
- 2 tablespoons jojoba oil
- 1 tablespoon argan oil
- 20 drops sandalwood essential oil
- 20 drops rosemary essential oil

Directions:

Make a double boiler using a glass measuring cup. Simmer the beeswax, cocoa butter, jojoba oil, and argan oil in the measuring cup. Simmer over low heat, stirring until the beeswax is melted and the oils and butters combine. Remove the glass measuring cup from the saucepan. Add the essential oils.

Using a stick blender, blend the mixture as it cools so that it lightens in color and stiffens. Spoon the mixture into three 2-ounce tins. Allow to cool completely.

Label and date. Shelf life: 1 year.

To use:

Scoop a small pea-size amount into your hands and allow the pomade to melt at body temperature. Using your fingers rub the pomade through your hair and style as usual.

Skin Care



Calendula Facial Soap

A healing complexion bar of soap for sensitive skin.

Yield: 9 – 5 ounce bars

Ingredients:

Water/Lye Portion

- 300 ml calendula flower tea (use ¼ cup calendula blossoms and 2 cups of water)
- 150 grams sodium hydroxide (lye)

Oil portion:

- 500 grams coconut oil
- 300 grams calendula flower infused olive oil
- 200 grams sunflower oil

Essential oils (2%)

- 1 teaspoon tea tree essential oil
- ½ teaspoon frankincense essential oil
- ½ teaspoon lavender essential oil

Directions:

While wearing safety goggles and rubber gloves, weigh lye on paper plate. Add lye to cooled tea in glass measuring cup. The lye will heat up the tea and release caustic fumes. Do not breathe in the fumes.

Stir the lye in the cup of tea with a wooden spoon to completely dissolve all lye crystals. Allow the lye solution to reduce in temperature to 100°F to 105°F.

Meanwhile, measure the oils in an 8-cup glass measuring cup. Place the glass measuring cup in a warm place or in the microwave to fully melt the oils. Remove the oils from the heat when some of the oils remain solid and are floating on the top of the oil. Stir the oils to melt the remaining oils using residual heat. Allow the oils to cool to 100°F to 105°F.

When both the oil and the lye are cooled to 100°F to 105°F, pour the lye solution into the liquid oils. Use a stick blender to blend the lye solution and the oils together.

Continue stirring until the mixture reaches thin trace.

At this point, stir in the essential oils that you are using. Continue blending with a stick blender until the soap is well blended and a trail of soap dripped on the surface of the soap, remains on the surface. Just a few more minutes after trace.

Pour the soap recipe into a prepared mold. Scrape the sides of the bowl to get as much of the soap as possible into the mold. Cover the soap with plastic wrap or a lid, and allow to set completely.

Keep the soap warm by wrapping the mold in a towel.

The soap will go through a gel phase indicative of saponification.

Leave the soap overnight to complete saponification. In the morning remove the soap from the molds.

Cut into bars. Stack the bars on a flat surface to cure for 3 to 6 weeks before packaging it.



Solid Lotion Bar

Lotion bars are effective for dry skin, chapped and broken skin, rough elbows, and heels. They are also very useful for rock climbers, hikers, and other outdoor sports enthusiasts.

Use an attractive 3 D silicone mold or package lotion bars in push up tubes for ease of transport and ease of use.

Yield 6 – 1 ounce lotion bars

Ingredients:

- ¼ cup cocoa butter
- ¼ cup olive oil, infused with herbs of your choice
- ¼ cup beeswax
- 30 drops frankincense essential oil
- 30 drops myrrh essential oil
- 30 drops tea tree essential oil
- 20 drops lavender essential oil

Directions:

Make a double boiler from a glass measuring cup.

Place cocoa butter, herb infused olive oil, and beeswax in the glass measuring cup. Simmer the saucepan over medium heat, until the beeswax and cocoa butter are melted. Add essential oils. Stir to fully blend.

Pour into prepared molds. Allow to cool at room temperature.

Package. Label. Date.

Lip Balm

Lip balms are lotion bars that are made in a smaller package, a lip tube or a small tin. While many guys don't use lip balms regularly, these are great to have on hand for chapped lips or chapped noses from colds and flu. Add peppermint essential oil for a cooling, pain relieving lip balm.

Yield: 7 lip balm tubes

Ingredients:

- 1 tablespoon cocoa butter
- 1 tablespoon coconut oil
- 1 tablespoon beeswax
- 20 drops peppermint essential oil

Directions:

Make a double boiler using a glass measuring cup.

Add cocoa butter, coconut oil and beeswax to the glass cup. Heat over medium heat until the beeswax melts. Remove from heat. Stir to fully combine. Add essential oils. Pour into lip balm tubes.

Allow to harden naturally.
Label, date.



Hands:



Moisturizing Cuticle Oil

When cuticles get dry they have a tendency to split and crack, leaving a person open to infection and pain. Using cuticle oil daily can prevent splits and breaks. This is also useful for split toe nails and finger nails that keep breaking.

Yield: 2 ounces

Ingredients:

- 20 drops lemon essential oil
- 20 drops lavender essential oil
- 10 drops tea tree essential oil
- 2 tablespoons argan oil
- 1 tablespoon rosehip seed oil
- 1 tablespoon extra virgin olive oil

Directions:

In a 60 ml or 2 ounce bottle measure the essential oils. Add argan oil, rosehip seed oil, and enough olive oil to top up the bottle. Cap tightly. Shake.

Label and date. Mixture should last 6 months at room temperature.

Cuticle Balm

A cuticle balm is used the same way as cuticle oil to keep the nail beds moisturized and prevent splitting and cracking. However, a cuticle balm contains beeswax to keep it stable and offer ease of use. Feel free to substitute herb infused oils for any of the oils used in this recipe.

Yield: 4 ounces

Ingredients:

- 2 tablespoons argan oil
- 2 tablespoons rosehip seed oil
- 1 tablespoons olive oil
- 1 tablespoon cocoa butter
- 1 tablespoon beeswax
- 20 drops frankincense essential oil
- 20 drops grapefruit essential oil
- 10 drops spruce bud essential oil

Directions:

Make a double boiler using a glass measuring cup.

Place argan oil, rosehip seed oil, olive oil, cocoa butter, and beeswax in the glass measuring cup. Simmer the saucepan over medium heat until the beeswax melts. Stir to combine.

Remove from the heat. Add essential oils. Stir to combine. Pour into prepared tins. Allow to harden at room temperature. Label and date.

Rock Climber's Balm

This balm is much like a rich lotion bar. It can be made in a mold and packaged in a 2 ounce tin for ease of use OR package in a push up tube like a lip balm but larger.

Yield 3 x 2 ounce containers

Ingredients:

- ¼ cup cocoa butter
- ¼ cup beeswax
- ¼ cup calendula infused olive oil
- 20 drops frankincense essential oil
- 20 drops myrrh essential oil
- 20 drops tangerine essential oil

Directions:

Make a double boiler using a glass measuring cup. Place cocoa butter, beeswax, and olive oil in the measuring cup. Simmer the saucepan over medium heat until the beeswax and cocoa butter melts. Remove from heat.

Add essential oils. Stir well to fully blend. Pour into prepared molds or pour into push up tubes. Allow to cool naturally.

Package,
label and
date.



Feet



Foot Soak

Make a foot soak by mixing the dry ingredients in a glass jar. Provide an attractive wooden scoop or thrift store silver spoon and tie up with a bow.

Yield: 2 cups

Ingredients:

- 2 cups Dead Sea Salts, fine grain
- 1 teaspoon liquid castile soap
- 1 teaspoon tea tree essential oil
- 1 teaspoon lavender essential oil
- 1 teaspoon grapefruit essential oil

Directions:

Mix all ingredients into a medium size bowl. Once blended, pour the salt mixture into a wide mouth pint jar. Cap tightly.

To use:

Add one teaspoon of salt mixture for each quart of warm water in the foot bath. Soak feet for 15 minutes, adding more hot water as necessary to keep the foot bath warm. Dry feet thoroughly after foot bath.

Foot baths and foot soaks are useful for relaxing and calming the body. The meridians in the feet benefit from a foot soak and so help the whole body. Foot soaks can also be antifungal and anti-inflammatory depending on the essential oils used.

Peppermint Foot Balm

This is a good balm to make use of the infused oils from your summer time herb harvest. Choose anti-inflammatory herbs to promote both healing and relaxation.

Yield 4 ounces

Ingredients:

- 6 tablespoons herb infused olive oil (St. John's Wort, calendula, yarrow, comfrey, or plantain for instance)
- 1 tablespoon beeswax (12 grams)
- 20 drops peppermint essential oil
- 20 drops rosemary essential oil
- 10 drops tea tree essential oil

Directions:

Use either infused olive oil or plain olive oil.

Make a double boiler using a glass measuring cup. Add olive oil and beeswax to the measuring cup. Simmer the beeswax over medium heat until the beeswax melts. Remove from heat.

Stir in essential oils. Pour into 2-ounce tins. Label and date.



Antifungal Salve

This is a good balm to combat athlete's foot and toe nail fungus.

Yield 4 ounces

Ingredients:

- ½ cup olive oil
- 2 tablespoons black walnut hulls, dried and crushed
- 2 tablespoons chaparral herb, pieces
- 1 tablespoon beeswax (12 grams)
- 20 drops eucalyptus essential oil
- 20 drops rosemary essential oil
- 10 drops tea tree essential oil

Directions:

Make a double boiler using a glass measuring cup. Add olive oil and herbs to the measuring cup. Simmer over medium heat for 30 minutes.

Turn off heat. Allow to come to room temperature naturally. Strain herbs and retain the infused oil.

Return the oil to a clean, dry measuring cup.

Add the beeswax to the infused oil. Simmer the beeswax over medium heat until the beeswax melts. Remove from heat.

Stir in essential oils. Pour into 2 ounce tins. Label and date.

Body



Bath Crush

A bath crush is like the marriage between a bath bomb and a bath salt. Served up as a loose bath additive, it is rich in emollients, and suspended herbs that make the bath a spa experience. Soothing to the skin and to the spirit, this bath crush has both moisturizing and detoxifying properties. Package it up in a mason jar with a upcycled silver tablespoon OR a crafted wooden scoop

To get the soap flakes for this recipe grate a bar of homemade cold processed soap on the fine edge of a box grater.

Yield: 12 -- ½ cup servings

Ingredients:

- 2 cups baking soda
- 1 cup citric acid
- 1 cup Dead Sea salt, fine grain
- 1 cup Himalayan salt, fine grain
- ½ cup kaolin clay
- 2 tablespoons argan seed oil
- 4 tablespoons grapeseed oil
- ½ teaspoon sunflower lecithin, liquid
- 2 tablespoons natural soap flakes, fine grain
- ½ teaspoon sweet orange essential oil
- ½ teaspoon rosemary essential oil
- ½ teaspoon cedarwood essential oil
- ½ teaspoon pine essential oil

Directions:

Mix all ingredients into large bowl. Blend thoroughly. Package in mason jar with ½ cup size wooden scoop.

Alternatively, package in small plastic bags or cloth bags using ½ cup measure per package.

Label and date.

To use:

Place ½ cup in full bath tub immediately before entering the water.
Get naked. Get in. Soak for 20 minutes.



Natural Deodorant

Avoid toxic deodorants by making your own deodorant with natural ingredients. A little dab is all that is needed to provide several hours of odor protection. This is not an antiperspirant.

This has a soft, creamy texture and I haven't found it to stain clothing. However, your mileage may be different. Always test a new product before committing to a large batch.

Yield: 2 x 2 ounce tins

Ingredients:

- 2 tablespoon shea butter
- 2 tablespoons coconut oil
- 2 teaspoons beeswax (8 grams)
- ½ teaspoon baking soda
- 4 teaspoons tapioca, potato, or arrowroot starch
- 50 drops of organic frankincense essential oil

Directions:

Make a double boiler using a glass measuring cup. In the glass measuring cup put shea butter, coconut oil, and beeswax. Simmer over medium heat until the beeswax is fully melted.

Remove from the heat. Stir in baking soda and starch. Stir to fully incorporate into the mixture.

Once the mixture is unified, add frankincense essential oil. Continue stirring until mixture becomes opaque.

Pour into 2 — 2 ounce tins or push up tubes. Label and date.

This deodorant should last 12 months if kept sealed in a cool and dry place, out of direct sunlight.

Whipped Body Butter

This body butter has a masculine, smoky, woody fragrance that is also anti-inflammatory, antimicrobial, and anti-fungal for all over moisturizing.

Yield: 2 cups

- ¼ cup shea butter
- ¼ cup cocoa butter
- ¼ cup extra virgin olive oil
- ¼ cup coconut oil
- 20 drops frankincense essential oil
- 20 drops spruce bud essential oil
- 10 drops ginger essential oil
- 10 drops myrrh essential oil
- 20 drops tangerine essential oil

Directions:

Place shea butter, cocoa butter, olive oil and coconut oil in a saucepan over low heat. Heat just until all the butters are melted. Stir to combine. Remove from the heat.

Allow to cool just until the mixture begins to set up. Add essential oils.

Using a hand beater, whip the mixture together until it is light and fluffy and stiff peaks form.

Spoon into pint jar. Cap with an air tight lid. Label and date. Store in a cool place out of direct sunlight.

Exfoliating Scrubs



Lemon Salt Scrub

Use to clean and condition rough skin that is caked in mechanic's grease, soil, or other manly dirt. The acid of the lemon juice softens skin. It can sting if there are open cuts though. If open cuts are a probability use the sugar scrub recipe below instead.

Yield: 2 cups

Ingredients

- Juice and zest from 1 lemon
- ½ cup olive oil
- 1 cup Himalayan Salt
- 1 teaspoon liquid castile soap
- 20 drops lemon essential oil

Directions:

Place juice and zest of lemon in a mixing bowl. Beat in olive oil a little at a time. Stir in salt. Add castile soap. Spoon into pint jar. Cap with a tight lid.

Use to clean and condition rough skin that is caked in mechanic's grease, soil, or other manly dirt. The acid of the lemon juice softens skin.

Lavender Sugar Scrub

This is a soothing sugar scrub for itchy, flaky dry skin, psoriasis, or eczema. The sugar doesn't sting in the same way salt will.

Yield: 2 cups

Ingredients:

- 2 cups organic sugar
- ½ cup calendula infused olive oil
- ½ teaspoon lavender essential oil
- 20 drops frankincense essential oil

Directions:

Mix all ingredients together in a small mixing bowl. Spoon into pint jar with a tight fitting lid.

To use:

Place a ½ teaspoon into the palm of the hand. Rub over damp skin in a circular motion. Rinse with warm water. Pat dry.



Fragrance



Bay Rum Solid Cologne

Solid cologne is easy to carry in a kit bag for travel. There's no worries about spills. And since you don't need much a small container lasts a very long time.

Yield 2 ounces (*package in small ½ ounce containers*)

- 2 tablespoons jojoba oil
- 2 tablespoons extra virgin olive oil
- 2 tablespoons beeswax (24 grams)
- 30 drops bay west indies essential oil (*Pimenta racemosa*)
- 20 drops cinnamon essential oil
- 20 drops tangerine essential oil
- 2 drops clove bud essential oil

Directions:

Make a double boiler using a glass measuring cup. Place jojoba oil, olive oil, and beeswax in the measuring cup. Simmer over medium heat until the beeswax is melted. Remove from heat.

Stir to fully blend beeswax into the oils. Add essential oils. Stir well. Pour into flat tins. Label and date.

Woody Spray Cologne

Masculine scents in a spray cologne that is easy to make in just a few minutes. Let the mixture sit for at least 24 hours before using, to blend the scents.

Yield: 2 ounces

Ingredients

- 20 drops spruce bud essential oil
- 20 drops pine needle essential oil
- 10 drops cedarwood essential oil
- 5 drops ginger essential oil
- 1 teaspoon vegetable glycerin
- 1 tablespoon vodka
- 2 tablespoons witch hazel

Directions:

In a 2 ounce or 60 ml glass bottle with a spray lid, add the essential oils. Add the glycerine, vodka, and witch hazel. Cap tightly. Shake to combine.

Allow the scents to co-mingle for 24 to 48 hours before using. Label. Date. Keep notes so that you can repeat your favorite scents.



Forest Glade Room Spray

A little room spray to freshen up the air.

Yield: 8 ounces

Ingredients

- 20 drops pine needle essential oil
- 10 drops spruce bud essential oil
- 10 drops juniper berry essential oil
- 2 tablespoon vodka
- ½ teaspoon liquid castile soap
- ¾ cup distilled water

Directions:

In an 8 ounce glass bottle with a spray lid, add the essential oils. Add the vodka and castile soap. Fill to the shoulder of the bottle with distilled water. Cap tightly.

Shake to distribute the essential oils through the bottle.



Potty Spray

This recipe is not for skin care or perfume. This is made specifically to spray into toilet water to remove odors. Spray the toilet water before you go. It creates an oil barrier that prevents the bad odors. This is a great way to use up the cheap essential oils that you bought before you knew what quality essential oils were.

Yield: 8 ounces

Ingredients:

- 1 teaspoon cedarwood essential oil
- 1 teaspoon lemon essential oil
- 1 teaspoon clove bud essential oil
- 1 teaspoon spearmint essential oil
- 1 tablespoon glycerin
- 2 tablespoons isopropyl alcohol (91%)
- $\frac{3}{4}$ cup distilled water

Directions:

Add all ingredients to a 16 ounce bottle. Cap and shake the bottle to evenly distribute the ingredients. Pour into smaller 2-ounce bottles for gift giving.

Label with a fun label and add the directions below.

To make odor vanish:

Shake. Spritz 3-5 sprays onto the toilet water's surface. Use the Loo. Flush.' Each 2 ounce bottle gives 100 uses.

Alternative fragrances

Orange Peppermint

Substitute the essential oils in the preceding recipe with these:

- ☐ 1 tablespoon sweet orange essential oil
- ☐ 1 teaspoon peppermint essential oil

Rosemary – Eucalyptus

- ☐ 2 teaspoons rosemary essential oil
- ☐ 1 teaspoon peppermint essential oil
- ☐ 1 teaspoon eucalyptus essential oil



Final thoughts:

This ebook offered you 25 + DIY herbal gifts for the men in your life that will help them avoid toxic cosmetic ingredients like sodium lauryl sulfate, butylated hydroxyanisole (BHA), triclosan, triclocarban, aminophenol, diaminobenzene, phenylenediamine (coal tar), parabens, 1,4-dioxane, polyethylene, retinyl palmitate, retinyl acetate, retinoic acid and retinol, petroleum distillates, fragrance, and other potential carcinogens and hormone disruptors found in commercial grooming products.

As we clean up our own cosmetics, it's important that we also help those we love get clean of toxins, too. In this way we can bring healing to our own spheres of influence.

These recipes are only the beginning of the power we have in our own hands to make a significant contribution to the health and wellness of our own family and our own community.

I created another resource for you to help you continue this journey toward greater self reliance and non-toxic skin care. Go here to download the ebook, [14 Homegrown Healing Salves from Local Plants](#) and learn more about using common garden weeds and native plants for healing and wellness support.



Learning to make DIY healing salves from plants you have growing near you is a game changer. With this essential knowledge you will be able to make easy homemade salves that soften and hydrate your skin.

These basic salves can be customized to soothe many minor issues, too, like bruises, cuts, scrapes, slivers, sore muscles, headaches, and chapped skin by adding in local weeds and herbs to your recipes. Clear step by step instructions are given to show you how to make salves that are unique, effective, and useful.

Herbal salves contain skin softening plant butters, oils, and natural beeswax that nourish and hydrate your skin, supporting your body's own natural healing process. Plus the proven techniques you'll learn in this short ebook transfer over into making other personal care products like lip balms, deodorant, moisturizers, and more.

Salve making is a foundational technique in the DIY repertoire. When you understand the techniques needed to make your own DIY salves

you'll be able to gather herbs and craft the exact salve you need and want.

- You'll be tapping into the ancient wisdom of your ancestors.
- You'll gain useful skills that will help you in your creation of other DIY projects.
- You'll save money.
- And you'll gain confidence as you practice the basic skills our fore-mothers had
- Handmade, garden fresh salves and balms are thoughtful gifts for family and friends.

[Download your copy here](#)



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 DIY Herb of the Month Club, [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 *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)

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