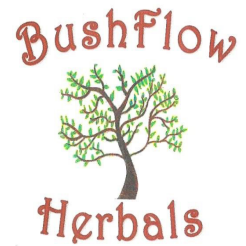




Garden Goddesses – DIY Personal Products

Rainbow Serpent Workshop 2016
with Laila H and Catherine Mason



Goddess Spread

Excite your senses.

Ingredients:

- * 1/3 cup of virgin coconut oil
- * 1 tbsp of cacao powder
- * 2 tbsp of olive oil
- * 1 -2 tbsp of bees wax, depending on how hot your climate is ♡
- * Favourite essential oils

Instructions:

1. Place coconut oil, cacao powder, olive oil and 1tbsp of bees wax into a double boiler. If you live in a hot climate add 2 tbsp of beeswax to the recipe.
2. Allow the ingredients to melt, occasionally mixing them.
3. Remove from heat. Add a few drops of your favourite essential oil (peppermint, ylang ylang).
4. Pour ingredients into a clean jar. Once cooled, ready to use on any part of your body.

Mermaid Hair Potion

Nourish and hydrate your hair.

Ingredients:

- * 1/2 cup melted virgin coconut oil
- * 4 tbsp avocado oil
- * 1 tsp kelp or seaweed powder
- * 5 drops rosemary essential oil

Instructions:

1. Pour all ingredients into a bowl.
2. Carefully pour into a squirt bottle.
3. Shake and squirt lotion to the length of your mermaid hair. Rosemary oil tend to cover the smell of kelp.
4. Leave the potion in for a couple hours, just before you go surfing or overnight for deep hydration.
5. Rinse out with cold-warm water.

Want more recipes? You can find us @

Laila



www.dnareboot.com

and on *facebook*

www.facebook.com/dnareboot/



Cat

<https://bushflowerbals.wordpress.com>

and on *facebook*

www.facebook.com/bushflowerbals/

All Purpose Healing Balm

Heals cuts, bruises and stings.

Ingredients:

- * 1 cup of olive oil or almond oil
- * 28 gms of beeswax
- * 2 Tbsp dried chamomile
- * 2 Tbsp dried rose
- * 1 Tbsp dried calendula
- * Lavender Essential Oil
- * Small Glass jars or tins

Instructions

1. Combine the herbs and oil into the double boiler. Place on *low heat* for 2-3 hours, stirring occasionally.
2. Strain and squeeze the oil out of the herbs into a bowl, using cheesecloth or a fine mesh strainer.
3. Wash and dry your double boiler.
4. Pour the oil into double boiler on low-med heat and add beeswax.
5. Stir until it is all melted and mixed together.
6. Add essential oil 5-15 drops.
7. Pour into clean dry jars.

Body Lotion

Nourish your skin.

Ingredients:

- * 3/4 cup of virgin coconut oil
- * 1 tsp of vitamin E oil
- * 20-30 drops total of your favorite essential oils

Instructions

1. Place all three ingredients in a medium bowl.
2. Beat oils for approx. 3 minutes or until they are very creamy.
3. If possible, place in small glass or metal jar ♡

Note:



Where possible use organic ingredients.



If using plastic containers to store cosmetics or lotions find **BPA free** containers.



If irritation occurs, discontinue use.



Skin Deep Data Base - find out what is inside your cosmetics <http://www.ewg.org/skindeep/>



General rule: if you can eat it, you can wear it!