

# Lavender & Rose Body Moisturizer Recipe

## Ingredients:

- 1/2 cup organic coconut oil\*\* (solid but soft)
- 1/4 cup sweet almond oil\*\* (you can substitute with jojoba oil or any other liquid carrier oil of your choice for added benefits)
- 2 tablespoons dried rose petals\*\* (preferably organic)
- 2 tablespoons dried lavender buds\*\* (preferably organic)
- 10-15 drops lavender essential oil\*\*
- 5-10 drops rose essential oil\*\* (optional, as it can be quite expensive; a good alternative is geranium essential oil for a similar rose-like scent)

## Tools:

- Double boiler (or a glass bowl over a pot of simmering water)
- Strainer or cheesecloth
- Mixing bowl
- Electric mixer or whisk
- Sterilized glass jar for storage

## Instructions:

- 1. Infuse Oils** - Combine the coconut oil, sweet almond oil, dried rose petals, and lavender buds in the top of your double boiler or glass bowl.
  - Gently heat the mixture over low heat for 1-2 hours to infuse the oils with the properties of the herbs. Avoid boiling or overheating to preserve the beneficial qualities of the oils and herbs.
  - After infusing, let the oil cool slightly, then strain it through a strainer or cheesecloth to remove the herb particles. Discard the herbs.
- 2. Mixing:** - Transfer the infused oil mixture to a mixing bowl. If the oil has solidified, gently warm it until it's soft but not liquid.
  - Using an electric mixer or whisk, whip the oil until it becomes creamy and fluffy. This might take several minutes.
- 3. Essential Oils:** - Once you've achieved a whipped consistency, add the lavender and rose (or geranium) essential oils. Continue to whip until the essential oils are well incorporated.
- 4. Storage** - Transfer the moisturizer into a sterilized glass jar. Store it in a cool, dark place. The moisturizer will solidify at cooler temperatures but melts upon contact with the skin.
- 5. Use:** - Apply a small amount to your skin and massage gently. The moisturizer is especially beneficial after bathing to lock in moisture.