



The Apothecary Shoppe & ACHS

# Holiday Gifts to Make at Home

Pamper yourself & others during the holiday season with healthy, organic DIY gifts.

made with  
*Beacon*

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# Welcome to the Apothecary Shoppe

*Your trusted source for organic wellness supplies.*

## About The Apothecary Shoppe

The Apothecary Shoppe is the college store for the American College of Healthcare Sciences (ACHS). The Apothecary Shoppe is Oregon Tilth

Certified Organic and specializes in holistic health and wellness products, including certified organic essential oils, herbs, diffusers, and books. Visit [www.apothecary-shoppe.com](http://www.apothecary-shoppe.com).



## About ACHS

Founded in 1978, The American College of Healthcare Sciences is a Portland, Ore.-based, accredited college offering online, on-campus, and study abroad integrative health education. Specializations include natural products making, aromatherapy, herbal medicine, and more. ACHS is a Certified B Corporation® and was named two of 100 Best Green Workplaces in Oregon 2017 by *Oregon Business* magazine. ACHS is also accredited by the Distance Education Accrediting Commission (DEAC), which is recognized by the U.S. Department of Education and by the Council for Higher Education Accreditation (CHEA).



Request a program catalog of American College of Healthcare Sciences's programs today and start building a career in holistic health and living your passion. Visit [www.achs.edu](http://www.achs.edu) or email [admissions@achs.edu](mailto:admissions@achs.edu) today!

# Introduction

Congratulations! You're on your way to making incredible DIY natural products and gifts for the holiday season. Let's get started.

The next time you're in the skincare aisle at the grocery store, pick up a product at random. Can you pronounce every ingredient? Probably not. It's time to cut out the junk in your skin and bodycare products and have some DIY fun this holiday season.

This is the second edition of our popular eBook, *Holiday Gifts to Make at Home*, and it has been updated with new recipes, tips, safety guidelines, and more. This eBook is your go-to guide for creating beautiful, healthy, and natural skincare products that make ideal holiday gifts for your loved ones or your personal self-care!

## You'll learn to make...

- Fizzing herbal bath bombs
- Holiday essential oil blends for every occasion
- Aromatic bath salts
- Essential oil body and room sprays

And so much more.

If you care about what's in the products you give out during the holiday season, this eBook is for you. We've crafted these recipes with love, and we hope you have as much fun with this eBook as we did creating it.

Happy holidays from The Apothecary Shoppe!

# Seasonal DIY Gifts for Bath Lovers



Whether you're looking to wind down, purge a case of the *blahs!*, or revitalize your spirit, baths are one of the easiest, yet most luxurious wellness tools we have at our disposal.

It's a simple pleasure that's easy to share ... especially during the holiday season. Why buy impersonal, ready-made products for the bath lover on your gift list when you can quickly make a lovely blend at home?

We say, go for it!

Do-it-yourself natural skin care products like bath salts, herbal blends, and fizzing bath bombs only require a few key ingredients, but can be customized a bazillion ways! Plus, they're a fun way to infuse some creativity into your day. We can get a bit bonkers about our to-do list during the winter and holiday seasons, but playtime is important, too.

Make it a group activity! Invite some friends over for a DIY party or pull the whole family into the endeavor with the wafting of some aromatic aromatherapy.

Seriously ... it's easier than you think and the bath lovers in your life will thank you.

Here are some basic recipes to get you started, plus some of our favorite ways to customize your bath products with certified organic or sustainably wildcrafted essential oils. (And, if this is your first time working with essential oils, don't worry – we have a whole [blog series on aromatherapy essential oil safety](#) you can review first.)

## Basic Bath Salts Blend

### Ingredients

- Epsom salts: 1 cup (8 ounces)
- Sea or mineral salts: ½ cup (4 ounces)
- White clay: ⅛ cup (1 ounce)
- Pure essential oils

Mix all ingredients together in bowl and sift. Add four tablespoons to one full bath after the bath water has filled. Essential oils can be added as either single oils or as blends.

These make wonderful party favors for holiday gift swaps or even baby and bridal showers.



*Image by Renee Long*

## Essential Oil Bath Salt Blends

An aromatic bath is one of the best ways to experience essential oils. When you're ready to get blending, you can watch this video below on how to use essential oils *safely* in the bath.

## Calm Down Blend Ingredients

- Geranium *Pelargonium graveolens* essential oil: 3 drops
- Lavender *Lavandula angustifolia* essential oil: 3 drops
- Lemon *Citrus limonum* essential oil: 2 drops
- Sandalwood *Santalum album* essential oil: 2 drops

## Winter Blahs Blend Ingredients

- Grapefruit *Citrus paradisi* essential oil: 6 drops
- Elemi *Canarium luzonicum* essential oil: 6 drops
- Ginger *Zingiber officinale* essential oil: 4 drops
- Sandalwood *Santalum album* essential oil: 2 drops

## Wake Up Blend Ingredients

- Rosemary *Rosmarinus officinalis* essential oil: 5 drops
- Peppermint *Mentha x piperita* essential oil: 4 drops
- Bay *Laurus nobilis* essential oil: 3 drops
- Ginger *Zingiber officinale* essential oil: 2 drops

And if you *really* want to amp up your aroma blending skills, check out new on-demand aromatherapy blending [CE course](#).

***Watch Dorene Petersen in "Safely Using Essential Oils in the Bath" on YouTube.***



## Herbal Bath Blends

Mix the herbs together through a sieve. Weigh out one ounce and package into herbal sachets for the bath. Hang from the faucet when drawing a bath so that the water will filter through the sachet when filling the tub. Then place the sachet in the water, and let it soak in the water while bathing.

## Slow Down Blend Ingredients

Equal parts of:

- Lavender *Lavandula angustifolia* flowers
- Rosemary *Rosmarinus officinalis* leaves
- Peppermint *Mentha x piperita* leaves
- Chamomile (German or Roman) *Matricaria recutita*, *Chamaemelum nobile* flowers
- Calendula *Calendula officinalis* flowers

## Dream Time Blend Ingredients

Equal parts of:

- Rose *Rosa damascena* petals and buds
- Chamomile (German or Roman) *Matricaria recutita*, *Chamaemelum nobile* flowers
- Lavender *Lavandula angustifolia* flowers

## Rejuvenating & Stimulating Blend Ingredients

Equal parts of:

- Sage *Salvia officinalis* leaves
- Rosemary *Rosmarinus officinalis* leaves
- Lavender *Lavandula angustifolia* flowers

## Calming & Relaxing Blend Ingredients

Equal parts of:

- Spearmint *Mentha spicata* leaves
- Comfrey *Symphytum officinale* leaves
- Chamomile (German or Roman) *Matricaria recutita*, *Chamaemelum nobile* flowers
- Valerian *Valeriana officinalis* root



## Fizzing Bath Bombs

*(Find this original recipe and video [on our blog here.](#))*

### Ingredients

- Baking soda: 10 tablespoons
- Citric acid: 4 tablespoons
- Cornstarch: 4 tablespoons
- Mineral salts (fine): 4 tablespoons
- Water: 2 teaspoons
- Sweet almond oil: 2 teaspoons
- 10-15 drops of your favorite holiday bath salts essential oil blend (above)

Combine baking soda, citric acid, cornstarch, and salts in a large bowl and whisk together well. Add the wet ingredients to the dry and mix well with a whisk. The mixture will bubble just a bit and begin to clump together.

Mix and blend the mixture until it is well combined and has the texture of mildly wet sand. It should clump together when you squeeze it with your fingers. ***You DO NOT want to get the mixture too wet or your bombs will not set properly.*** Allow to dry for 2-4 hours, depending on the humidity where you live. The molds will be ready to flip when you feel the exposed bath bomb and it feels dry and firm. Now place the mold right side up, gently pop out and allow to dry for another 2-4 hours.

**Watch a fun video demonstration on how to make these delightful fizzing herbal bath bombs.**

# 3 Irresistible Recipes for Holiday Aromatherapy Sprays



One of the easiest ways to add some comfort and joy to your holidays is with natural aromatherapy products. While for some, a fir or pine tree might take center stage, wafting a crisp, green aroma throughout the home. Others might prefer to display fresh cinnamon brooms around the house or spice-filled candles, like clove and nutmeg.

But, if you're someone who's not so into decorating or who maybe is **going minimalist** this year (or have someone on your gift list!)—then an aromatic spray can help you do more with less.

Aromatic, essential oil room sprays are really simple to make at home. They only require a few ingredients, and you can customize them to your favorite scents.

Let's face it ... the room spray aisle at the local supermarket can be overwhelming. The products have delicious names that can leave you salivating in the aisle, but when you actually spray them ... bleh. A synthetic "pine" comes out that smells more like a mix of toilet cleaner and car freshener than a fresh forest. And it's better to inhale the "real deal" than a cocktail of lab-cooked chemicals, right?

So, this year, make your own aromatherapy spray with organic or wildcrafted essential oils. We tell you how below. It's a quick, fun way to get a room freshener that makes you feel good and is good for you! Plus, it can double as a body spray, so if you get it on your skin, you don't have to go running to the sink in a panic!

And, they make great gifts because they're both crafty *and* personal (and relatively inexpensive!).

## How to Make an Aromatic Room Spray

The first step to making your own aromatherapy room sprays is to prepare an aroma concentrate (essential oil blend). We've included several recommended blends below.

Think about the overall feel you're going for. Do you want an aroma that's light and just barely reminiscent of vanilla cookies or do you want an aroma that smells like you're submerged in a giant bottle of allspice? Or, maybe you want something in-between.

We have some [quick tips on aromatic blending here](#).

### Instructions

Add 10 drops of your essential oil blend to 2 teaspoons of alcohol, Everclear, or vodka. Blend together in a bottle and shake well.

Aromatic room sprays are great for refreshing potpourri, diffusing throughout the home, using in the car or anywhere aromas get can ... ahem ... musty (like gym bags!), or even as a clean body spray. (If you don't want to put alcohol on your skin, try the body spray recipe below.)

## How to Make an Aromatherapy Body Spray

Body sprays are often subtler than room sprays because, well, most people don't want to walk around smelling like they bathed in Christmas tree.

So, when you're making your aroma concentrate or essential oil blend, think about the aromas that typically smell good on your skin and / or the aromas that make you feel a way you like. For example, [jasmine is commonly used in perfumes](#) because it is associated with romance and attraction.

Remember, eucalyptus may smell heavenly in a wreath on your door or do an

amazing job tidying up your gym bag. But, you likely don't want to wear it's characteristic, somewhat medicinal aroma on your clothes.

## Instructions

Add 60 drops of your essential oil blend to two ounces of distilled water or witch hazel hydrosol. Blend together in a bottle and shake well. Spray upward into the air and walk underneath. If the aroma is not strong enough, add more concentrate in 5-drop increments and test again.

## Seasonal Aromatherapy Blends for Room Sprays and Body Sprays

'Tis the season to embrace warming, sweet, and savory aromas, so we've put together some aromatic inspiration for your blends. And remember, always use organic or sustainably wildcrafted essential oils when making natural skincare, wellness, household, and beauty products! Not only does this support your optimal health, it protects the well-being of the environment and our natural resources for generations to come.



## Festive Spice Concentrate

- Sweet orange *Citrus sinensis* essential oil: 6 drops
- Ylang ylang *Cananga odorata* var. *genuina* essential oil: 2 drops
- Cinnamon *Cinnamomum zeylanicum* essential oil: 1 drop
- Lemon *Citrus limonum* essential oil: 1 drop

Blend with 2 teaspoons of alcohol for a room spray or 12 teaspoons of distilled water (or witch hazel hydrosol) for a body spray.

## Holiday Romance

- Rose *Rosa damascena* essential oil: 5 drops
- Ylang ylang *Cananga odorata* var. *genuina*: 3 drops
- Patchouli *Pogostemon cablin* essential oil: 2 drops
- Bergamot *Citrus aurantium* var. *bergamia* essential oil: 2 drops

Blend with 2 teaspoons of alcohol for a room spray or 12 teaspoons of distilled water (or witch hazel hydrosol) for a body spray.

## Holiday Ambience

- Fir needle *Abies balsamea* essential oil: 15 drops
- Sweet orange *Citrus sinensis* essential oil: 7 drops
- Anise *Pimpinella anisum* essential oil: 5 drops
- Cinnamon *Cinnamomum zeylanicum* essential oil: 5 drops
- Black pepper *Piper nigrum* essential oil: 7 drops

Blend with 2 teaspoons of alcohol for a room spray or 12 teaspoons of distilled water (or witch hazel hydrosol) for a body spray.

# How to Make Divine Natural Products with Essential Oils



When we stop to read ingredients labels, it's clear essential oils are used in a lot of skin care products. From cleaners and toners to moisturizers and serums ... they're everywhere! And, while it might be easier to pluck a pretty jar of something from the shelf, what about those other ingredients on the label that you can't even pronounce?

Whether you're a purist or just starting to play with natural health and beauty products, DIY is the way to go. They're clean, green, and mindful. Plus, they're fun and make great gifts! You can even get the whole family involved for a fun holiday (or anytime!) activity. So, whip up a batch of body oil and make a little extra to share with your besties this holiday season.

You don't have to have advanced aromatherapy knowledge\* to start using essential oils in your DIY skin care. You just need a tried-and-true recipe!

\*NOTE: If you are pregnant, breastfeeding, or have any health-related concerns, check with your healthcare provider before using essential oils.

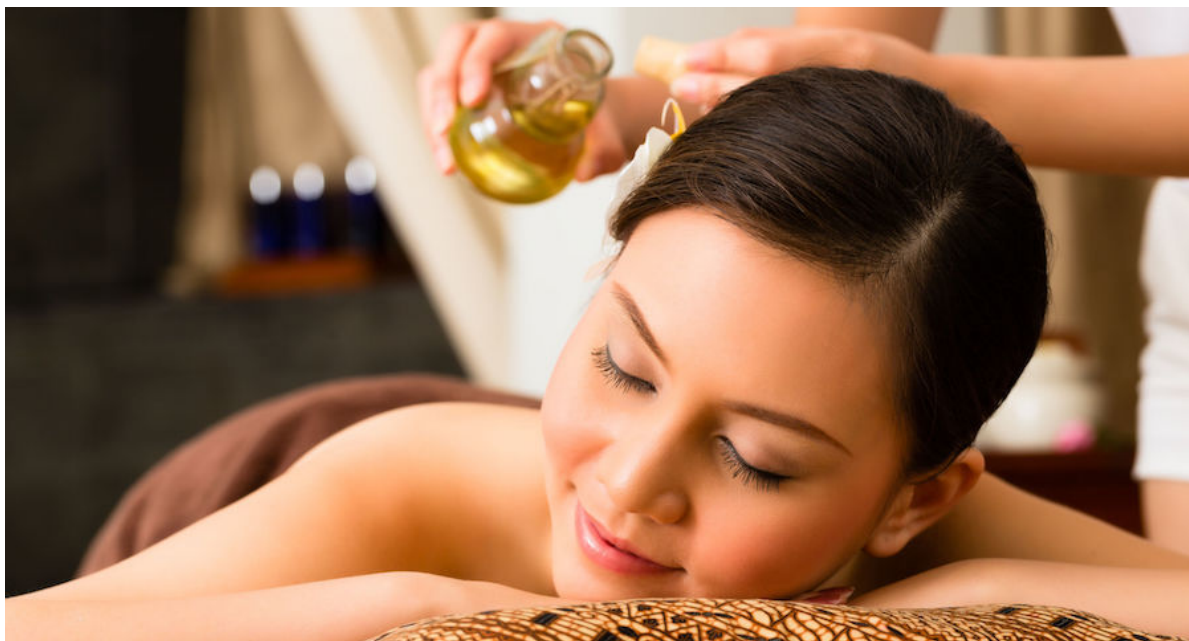
## Basic Body Moisture Oil Recipe

## Ingredients

- Sweet almond *Prunus amygdalus* var. *dulcis* oil: 6 tablespoons
- Jojoba *Simmondsia chinensis* oil: 1 teaspoon

Add 20 drops of essential oil (try one of the recommended blends below!) to a 2-ounce bottle of Basic Body Moisture Oil. Test on your skin to be sure the aroma strength is to your liking.

Here are a few of our favorite essential oil blends you can choose from and add to your Basic Body Moisture Oil:



## Silky Skin Smoothing Oil

- Rosemary *Rosmarinus officinalis* essential oil: 5 drops
- Lemon *Citrus limonum* essential oil: 5 drops
- Fennel *Foeniculum vulgare* essential oil: 4 drops
- Ginger *Zingiber officinale* essential oil: 2 drops
- Cypress *Cupressus sempervirens* essential oil: 2 drops
- Juniper *Juniperus communis* essential oil: 2 drops

## Soothing Sweet Relief Oil

- Lavender *Lavandula angustifolia* essential oil: 10 drops
- Rosemary *Rosmarinus officinalis* essential oil: 8 drops
- Peppermint *Mentha x piperita* essential oil: 4 drops

- Ginger *Zingiber officinale* essential oil: 4 drops
- Black pepper *Piper nigrum* essential oil: 4 drops

## Muscle Toner Oil

- Grapefruit *Citrus paradisi* essential oil: 8 drops
- Ginger *Zingiber officinale* essential oil: 4 drops
- Lemon *Citrus limonum* essential oil: 3 drops
- Cypress *Cupressus sempervirens* essential oil: 3 drops
- Juniper *Juniperus communis* essential oil: 2 drops

## More Ways to Play with Essential Oils in Skin Care

### Face Oil

Blend 10-15 drops of essential oil such as neroli *Citrus aurantium* var. *amara* or immortelle *Helichrysum italicum* with 1 ounce of jojoba *Simmondsia chinensis* oil. Store in an amber or blue glass bottle in a cool, dark location. After cleansing and toning, use 2-5 drops and gently rub on face.

### Facial Steam

Add 5 drops of essential oil such as eucalyptus *Eucalyptus globulus* or lavender *Lavandula angustifolia* to hot water or herbal tea in a wide bowl. Hold your face over the bowl for 10-15 minutes. You can create a tent to trap the steam by holding a towel over your head. For a more comprehensive herbal steam experience, [follow these step-by-step instructions in this blog post](#).

### Face Mask

Add 1-2 drops of essential oil such as chamomile Roman *Chamaemelum nobile* or rose attar *Rosa damascena* into a mask base like ground oatmeal, brewer's yeast, or fuller's earth. For a more comprehensive herbal mask recipe, [check out the Berry Beautiful Exfoliating mask instructions here](#).

### Mouthwash

Add 2 drops of essential oil like mastic *Pistacia lentiscus* var. *chia* oil or clove *Syzygium aromaticum* to ½ cup of cooled green tea. Swish in your mouth after eating but do not swallow.

# How to Have Glowing & Glamorous Skin for the Holidays



The holidays can wreak havoc on our complexion. With all the heavy holiday food, stressful shopping, harsh weather, and general lack of spare time for self-care, our skin can take a beating.

We bet you and your family are yearning for quality natural beauty products in your stockings this year. **Why not make this dream a reality by making DIY natural products with essential oils and herbs** that are perfect stocking stuffers or can be saved for New Year self-care?

## How to Make a Natural DIY Face Scrub

The face gets the most exposure during the harsh winter season. Give your loved-ones the gift of silky, smooth skin with this luxurious natural face scrub recipe.

### Basic Facial Scrub Recipe

- Oatmeal: ½ cup

- Cornmeal: 1/8-1/4 cup
- Liquid Honey: about 2 tablespoons or just enough to make a thick dough

Blend the oatmeal and cornmeal together in a blender on pulse or food processor until very fine but not a powder, pour into a bowl, and add honey to the thick dough mixture. Place the mixture in a wide-mouth jar, scoop from the jar with a spoon or spatula or scoop and place in the palm of your hand, add water, and use to gently scrub face; then rinse.

## How to Make a Natural DIY Body Scrub

Dry, itchy skin is rampant in the winter months. This DIY scrub is full of emollient and restorative ingredients to help keep the body's largest organ glowing and nourished all year long.

### Basic Body Scrub Recipe

- White clay: 1/8 cup
- Ground oatmeal: 1/4 cup
- Ground almonds: 1/4 cup
- Kelp *Laminaria digitata* powder: 1/4 cup
- Comfrey root *Symphytum officinale* powder: 1/4 cup
- Powdered roses *Rosa damascena* petals: 1/4 cup (You can also substitute lavender *Lavandula angustifolia* or peppermint *Mentha x piperita*)
- (Optional) Rose *Rosa damascena* or lavender *Lavandula angustifolia* essential oil: 8 drops
- Filtered water: 1/2 cup

Mix all the ingredients together and then slowly add water until the mixture is moist and makes a paste. Gently rub paste onto arms, legs, and torso. This DIY scrub is also gentle enough to use on your face. Rinse with warm water. Add an additional base oil for an oil-rich scrub. Oils like argan *Argania spinosa*, buriti *Mauritia flexuosa*, and jojoba *Simmondsia chinensis* are good options.

\*NOTE: Due to the pyrrolizidine alkaloid content in comfrey, the American Herbal Products Association recommends it not be used during pregnancy or while breastfeeding. A very small amount can absorb through the skin, so you can substitute marshmallow root powder *Althea officinalis* (L.) or slippery elm *Ulmus fulva* (Michx.) root powder.



## BONUS: How to Dry Skin Brush for Self-Care

While you're formulating high-quality natural cosmetics for holiday gifts, don't forget to take care of your own skin. **Dry skin brushing** is a simple way to help keep the skin soft, smooth, and healthy.

Dry skin brushing gently removes layers of dead cells and stimulates the pores to eliminate toxic products. Traditionally, it has been used to help tone the muscles, redistribute fatty deposits, break up cellulite, and increase and stimulate circulation, especially of the small capillaries under the skin.

To correctly and safely dry skin brush, use a natural-bristled brush, preferably a long-handled bath brush. Natural bristles are essential because nylon tears the skin and disturbs the electro-magnetic balance of the skin.

Take your brush and start in small circles brushing all over the body. Do not brush the face and any tender or inflamed areas, but do brush the soles of the feet. The brush may feel rough to begin with, so just use gentle pressure until you become used to the sensation.

Dry skin brush at least once a day, followed by a hot and then cold shower. If this is too intense for you, just finish off with a shower at usual temperature. The hot and cold temperature is to further stimulate circulation, but it's not vital.

For a more comprehensive dry skin brushing experience, [here is a step-by-step blog post on this technique.](#)



## Take Your DIY Skills to the Next Level

Ready to amp up your DIY passion and start making natural products at the professional level? You can earn your Certificate in Natural Products Manufacturing (CNPM) with ACHS! You'll learn how to use herbs and essential oils to create handcrafted and natural beauty products, lotions, salves, creams, body sprays and perfume blends with essential oils, bath and bodycare products, and so much more.

[CHECK OUT OUR PROGRAMS](#)

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Last updated: December 2017



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