

A close-up photograph of a hand with light-colored nail polish holding several pink flowers. The background is a soft, out-of-focus light blue-grey. The text is overlaid on the image.

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AROMATIC BEAUTY & HEALING ESSENTIALS

AROMATIC SOLUTIONS THAT WILL MAKE YOU LOOK AND FEEL BEAUTIFUL

SUMMARY

1. The essential oils of beauty, their properties, their applications
2. Recipes for skin cleans
3. Recipes to nourish, purify, and hydrate the skin
4. Recipes for bath products
5. Recipes for makeup and perfume



Essential oils contain reserves of well-known benefits for the skin (cell regeneration, anti-aging, decongestion). But one of the great advantages of being an aromatherapist is that I know which ones are the real “MVPs”, that is to say, those which allow you to marry important therapeutic benefits with your skin goals. And it's not just about having something that smells good like a candle! We're going to go much further, and you will be the one to

take your first steps into the joys of “tailor-made” products. You'll see!

Here you will learn how to make your beauty products as daily general balance care - as powerful and gentle as brushing your teeth. So, give a new dimension to your creams, deodorants and bath products! You will wonder why you've been paying so much for polluting and unnecessary products from mass distribution.

**** Just as a side note: please store your essential oils in a dark and cooled area of the room, as to avoid oxidation of the oil, resulting in it loosing its therapeutic qualities!**

The Fragrance

Before the interference of chemistry, essential oils were the original perfumery ingredients. Balancing the light notes and base notes: to help you do so, each oil is associated with a dilution ratio, the number that follows the botanical name of the essential oil.

This ratio allows you to balance the amount of drops of oil in relation to another. For example, you'll count 12 drops of Bergamot for 1 drop of Rose; not an equal amount of both oils in the same preparation.

This is an easy way to identify the *top notes* from the *base notes*, those who will dominate and those that will give depth.

Therefore, essential oils with a dilution ratio between 1 and 3 are base notes, and should be used sparingly.

Starting at ratio 4, the oils can be used a lot more liberally, meaning they stand out from the base notes.

- * **tea tree** (*melaleuca alternifolia*) 4
- * **palmarosa** (*cymbopogon martinii*) 4
- * **curcuma** (*curcuma longa* L.) 4

- **bergamot** (*citrus bergamia*) 12
- **cinnamon** (*cinnamomum cassia*) 1
- **true lavender** (*lavandula angustifolia*) 7
- **spike lavender** (*lavandula latifolia*) 7
- **orange** (*citrus aurantium amara*) 7
- **neroli** (*citrus aurantium aurantium*) 3
- **may chang** (*litsea cubeba*) 3
- **ylang ylang** (*cananga odorata*) 3
- **jasmine** (*jasminum grandiflorum*) 2
- **peppermint** (*mentha piperita*) 2
- **rose** (*rosa damascena*) 1
- **patchouli** (*pogostemon cablin*) 3
- **angelica** (*angelica archangelica*) 2
- **geranium** (*pelargonium asperum*) 4
- **vetiver** (*vetivera zizanoidea*) 1
- **sandalwood** (*santalum album*) 8
- **frankincense** (*boswellia carterii*) 4
- **grapefruit** (*citrus paradisi*) 4
- **cypress** (*cupressus sempervirens*) 7
- **black pepper** (*piper nigrum*) 7
- **ginger** (*zingiber officinalis*) 4
- **cardamom** (*elettaria cardamomum*) 1
- **german chamomile** (*matricaria chamomilla*) 2
- **immortelle** (*helichrysum italicum*) 4
- **rosemary** (*rosmarinus officinale*) 4
- **atlas cedarwood** (*cendrus atlantica*) 5
- **rockrose** (*cistus ladaniferus*) 2

Skin essential oils

Some may smell like roses (literally), and others may put you off with their smell, but you still may want to choose them for their therapeutic actions!

If this is the case, some oils may pair well with others to promote or improve their fragrances.

For example, I don't like the smell of rockrose, but it is such a powerful anti-aging essential oil that I still use it in my face cream (it's never too early to start anti-aging). How do I live with the smell? I hide its fragrance with oils that I like better and will complement it harmoniously, such as patchouli and angelica root. This is only one example of how you can personalize your beauty products!

Before we start looking on the therapeutic aspects of our homemade products, I would like to specify that **these aromatic recipes are for the skin beauty and skin care - NOT to resolve skin diseases such as eczema or psoriasis.**

Here is a selection of what are, in my opinion, the most powerful essential oils for skin care.

- **Neroli** (stretch marks, aging, acne)
- **May chang** (acne)
- **Sandalwood** (wrinkles, aging, acne, increases collagen retention)
- **True lavender** (stretch marks, acne, scars, aging)
- **Spike lavender** (acne, wrinkles, scars, aging)
- **Frankincense** (stretch marks, aging, wrinkles)
- **Patchouli** (stretch marks, varicose veins, wrinkles, hair loss, acne)
- **Immortelle** (varicose veins, bruises, wrinkles, stains, scars, acne)
- **Geranium** (aging acne, deodorant)
- **Cypress** (varicose veins, cellulite, deodorant)
- **Rosemary** (scars, acne)
- **German Chamomile** (scars, acne, rosacea)
- **Carrot seeds** (rosacea, stains),
- **Atlas cedarwood** (cellulite, scars)
- **Rockrose** (wrinkles, scars)
- **Ylang ylang** (acne)
- **Manuka** (acne, aging)
- **Tea tree** (acne)
- **Palmarosa** (acne, aging)
- **Rose** (wrinkles, acne)

Healing essential oils

Here are some essential oils that I have selected not only for their symptomatic therapeutic properties.

Of course, some will be more appropriate than others to be added to a bath or for make a mask.

Here is what you need to know:

If you really need a regular therapeutic action, what about a deodorant (a good way to balance the hormones in teenagers), an essential oils loaded day cream for your emotional well being or a night cream to help you sleep while targeting your wrinkles (or preventing them)... women are amazing multitaskers!

Here are some examples of when to use therapeutic essential oils:

- For a boost before a night out after a long day
- to relax
- to stimulate your blood circulation
- to benefit from a diuretic or fat-loss action and why not to get an anti-viral or anti-bacterial protection.

What you'll have to do is to properly combine the means of administration with the right choice of essential oils.

Here are some ideas you can adapt to your needs:

- You are invited to a night out, but you're stressed and tired from the day.

The solution is an effervescent bath bomb (see the recipe later in this book), loaded with an anti-stress essential oil such as Ylang-Ylang, paired with the balancing Mandarin. Stimulating and relaxing is one step.

Let's go a little further...

Lets say you have a poor digestive system, your liver is playing tricks on you when you eat out or you tend to drink too much? Consider this when adding essential oils to your little mixes: Choose Neroli, a deeply relaxing oil which supports your liver as well as your digestive system.

If you suffer from anxiety, load your bath bomb with angelica and patchouli to accompany Neroli.

If your stress levels are knocking the wind out of you, add a drop of Ylang-Ylang to your formula. Needless to say, you should “meal prep” a few of these ahead of time!

If you have irregular periods, which leads you to have a series of mood swings, make yourself a deodorant containing a hormone regulator such as geranium, added emotional support with bergamot, and a good anti-bacterial such as spike lavender.

If you want to lose weight and/or are on a diet, you just know that your body will love a little scrub or body cream. There is nothing like a good anti-cellulite home made cream or oil to smooth out your thighs. So, give your body a boost with anti-toxic oils like peppermint, black pepper and angelica root in your body scrub.

If you tend to have dry lips, do better than simply use basic ingredients in your lip balm: add also Palmarosa essential oil for added moisture and restorative properties.

If you suffer emotionally and need moral support (or want to help someone who is suffering in the hospital), a lip balm enriched with anti-depressant and immuno-stimulant oils can do miracles. Choose Cinnamon, Cardamom and Geranium for example.

This is also the time for a solid fragrance.

A solid fragrance can be a real aromatic care by itself!

A wonderful gift to a sick person who needs a better immunity (as it is often the case), a little mood lift, better digestion, less anxiety... and without disturbing other patients by spraying perfume in the air!

As a reminder...

Do not overlook the fact that the oils you choose for your beauty routine can also benefit you as much internally and emotionally.

Consider the power of these Essential oils:

- **Ylang-ylang:** Antidepressant, hypotensive, cardiac regulator, sedative, adrenal stimulant, stimulate blood circulation
- **Vetiver:** Mental and physical exhaustion, nervous system balance, muscle aches
- **Sandalwood:** Adrenal tonic, urinary antiseptic, anti-depressant
- **Rose:** Anti-depressant, anxiolytic, help resolve old traumas, baby blues, sadness
- **Rosemary:** Hypertensive, mental fatigue, bad memory, exhaustion
- **Jasmine:** Anti-depressant, emotional pain, heart-ache, emotional coldness, apathy
- **Black pepper:** Appetite stimulant, ease life changes, bring warmth, diuretic, anti-toxic
- **Patchouli :** Grounding, aphrodisiac, anti-depressant, nervous tonic
- **Neroli:** Adrenal exhaustion, emotional wound, antidepressant, insomnia, sadness
- **Spykenard:** Insomnia, stress, strong anti-spasmodic, nervous system balancing.
- **Peppermint:** Local anesthetic, toxic product detox (drugs, antibiotics)
- **Mandarin:** Sympathetic nervous system balance, nervous insomnia, diuretic

- **Palmarosa:** Strong antibacterial, antiviral
- **May chang:** Nervous depression, cardiac tonic, uplifting
- **Spike lavender:** Analgesic, antiviral, staphylococcus aureus resistant
- **True lavender:** Anti-depressant, nervous tension
- **Immortelle:** Detoxifies from nicotine and drugs, fear, anxiety, emotional and physical wounds
- **Ginger:** Increases body temperature. Hangover. Nauseas
- **Geranium:** Menstrual regulator. Diuretic, anti-infectious, anti-depressant. Baby blues. Emotional exhaustion.
- **Frankincense:** Immune-stimulant. Anxiety, emotional exhaustion, fear of the future, easy tears, nightmares. Ease transition toward new phases in life.
- **Atlas cedar wood:** diuretic, lipolytic, aphrodisiac, balances fear, anger, and anxiety.
- **Cardamom:** aphrodisiac, emotionally warming, immune-stimulant, nervous tonic
- **Cypress:** period regulation, diuretic, targets anger, nervous tension and depression, helps to concentrate
- **Rock rose:** immune-regulator, parasympathetic regulation, psychic and physical trauma wounds (sexual abuse).
- **German chamomile:** nauseas, anger, insomnia, nervous tension
- **Cinnamon:** aphrodisiac, general tonic, powerful antibacterial
- **Bergamot:** anti-stress, uplifting, frustration and anger. Attention - phototoxic. Use at night. Do not stay under the sun.
- **Tea tree:** immune-stimulant, emotional exhaustion, pessimism, anxiety

- **Angelica root:** helps to detoxify the body after a contagious disease and in cases of alcoholism. Sedative for CNS. Gives a sense of inner balance. Relieves heartache.

Additional ingredients list:

- **Sugar or salt:** to exfoliate
- **Avocado Oil:** very rich and moisturizing
- **Sweet Almond Oil:** reduces the effects of UVB and helps to improve the complexion,
- **Coconut Oil:** contains lots of anti-oxidants that help slow the signs of aging
- **Olive oil:** good for very dry skin
- **Shea butter:** makes the skin more elastic, stimulates collagen synthesis, promotes anti-aging, hydrate the skin, reduces the depth of wrinkles, protects against UV rays.
- **The arrowroot plant** is a thickening agent used in cooking
- **Baking soda** is one of the most versatile to use substances, it can work as a teeth whitener or deodorant.
- **Castor oil** is an antiviral, antibacterial and antifungal. It is used to treat a myriad of skin problems, reduce pain and boost the immune system.
- **Glycerin** is a humectant. It helps you keep your skin hydrated while protecting it.

- **Marshmallow root** is used against pain and inflammation of the airways. It is also useful in cases of inflammation of the intestinal tract in cases of stomach ulcer , diarrhea and constipation.
- **The epsom salts** are known to detoxify, help toxins out of the body. We put them in a hot bath to relieve aches.
- Beeswax
- Natural food colorants such as beet juice or spinach juice (extracted with a centrifuge)
- Kiwi and strawberries to brighten the complexion
- Pineapple, to heal acne and remove dead cells
- Tomato, to protect from UV
- Cucumber, to decongest
- Honey scrubs, stimulates tissue regeneration, maintains hydration
- Hydrosols are water mixed with essential oils extraction



Tools

A BLENDER

A FOOD PROCESSOR

AN ASSORTMENT OF LITTLE CONTAINERS



Skin Cleansing Recipes

These products should be used immediately! Can be kept for up to 1-2 days in the fridge

Yoghurt and pear cleanser -

for dry to normal skin

50 ml of yoghurt

5 thin slices of pear

5 thin slices of apple

5 thin slices of cucumber

1 teaspoon dried mint or 1 drop of peppermint essential oil

A touch of honey

Mix everything in a blender.

Spread on the face with your fingers, then wipe away with a tissue.
Rinse with a hydrosol (rose hydrosol would be nice here).

Cucumber and coconut tonic -

for dry to normal skin

8 slices of peeled cucumber

100 ml of coconut water

1 drop of Ylang Ylang essential oil

Mix everything in a blender. Apply with a cotton pad and rinse with water.

Green tea and lavender astringent lotion -

for oily and combination skin

2 green tea bags soaked in 250 ml of boiling water, then cooled.

50 ml of lavender hydrosol.

The juice of half a grapefruit.

Mix the tea (without the bag), hydrosol and grapefruit juice.
Apply on the face with cotton, let it dry, then rinse with water.

Purify, Nourish & Hydrate

These products should be used immediately! Can be kept for up to 1-2 days in the fridge

Masks and scrubs

Tomato and olive oil scrub

Cut a tomato in half and draw the flesh with a spoon.

Mash the pulp with a spoon, mix with olive oil, coffee and 3 teaspoons of salt.

Take a little of this mixture to apply on your face, gently rubbing in a circular motion. Rinse with fresh water.

Strawberry Scrub

Mash 5 strawberries with 3 teaspoons of brown sugar.

Add 1 tablespoon of avocado oil and 1 drop of Geranium essential oil.

Rub a little of this mixture on your over the entire surface of your skin, then rinse.

Yogurt and raspberry firming mask

In the bowl of a blender, pour in a cup of plain yogurt

2 tablespoons of honey

3 tablespoons of raspberry purée (mash some raspberries)

Add 1 tablespoon of lemon juice

With your hands, apply this mixture on your face. Let dry for 10 to 15 minutes, then rinse with warm water.

Face and hair moisturizing mask

You will need:

- 2 tablespoons of avocado oil and 5 drops of curcuma essential oil
- 100 ml of homemade mayonnaise (see recipe)
- 1 tablespoon of raw honey

Homemade mayonnaise: Use 1 egg yolk and 100 ml of olive oil, whisking the oil gradually into the egg yolk.

In a bowl, mix all the mask ingredients together

For the face: Apply on the skin in a circular massage. Leave on for 30 minutes to 1 hour, then rinse with warm water. Repeat once or twice per week.

For your hair: Wet hair with warm water and pat down with an old t-shirt (softer than a towel). Apply the mask on your hair starting at the roots, then wrap your hair in a wet towel humidified with hot water.

Keep 30 minutes to 2 hours, then rinse and wash with a mild shampoo.

Eyelash & Eyebrow care

Keep this in a dark and cool room, away from sunlight.

Do you know of castor oil? Nothing is more effective in stimulating the growth of eyelashes and eyebrows. It will help your eyelashes and eyebrows grow thicker and longer while preventing breakage. Castor oil also helps to regrow eyebrows.

After washing your face and applying your night cream, soak a CLEAN mascara brush with castor oil, and brush on your eyelashes and eyebrows.

Your Hair

Keep in a glass container away from sunlight. This can keep for up to 1 month.

Detangling spray -

for fine and fragile hair

Use a small amount of conditioner, choose the most neutral and natural as possible.

You will need:

- 500 ml bottle with sprayer
- 350 ml distilled water
- 3 tablespoons marshmallow root powder
- 2 tbsp natural conditioner
- 5 drops of geranium essential oil and 5 drops of bergamot essential oil

Boil water and marshmallow root in a small saucepan

Reduce heat and simmer 20-30 minutes.

Filter through a fine cloth or a fine strainer.

While it is hot, pour in your bottle, then add the conditioner and essential oils. Shake well together. Spray on hair to remove tangles after shampoo.

Bath Time

Keep in a glass container away from sunlight. This can keep for up to 2 months.

Aromatic Foaming bath

You will need:

- A bottle of transparent and natural dishwashing liquid (with a coconut oil base if you wish)
- 50 ml glycerine
- 1 tablespoon sugar
- 10 drops of essential oil of your choice (neroli, orange, peppermint etc...)
- food coloring, if you want.

Pour everything into a bottle and shake to dissolve the sugar, which together with glycerin, will give you the ultimate bubble bath experience.

Body Scrub

Keep in a glass container away from sunlight. This can keep for up to 2 months.

This scrub is perfect for spring, and prepares your skin for the summer.

You will need a large jar with a tight lid.

Start by spooning some coconut oil, unmelted, in the bottom of the jar. Cover with a thick layer (two inches) of granulated brown sugar.

Add some almond oil over it, wait until the oil penetrates into the sugar.

If you have Rose essential oil, go ahead and treat yourself, and add 3 drops into the almond oil. But you may choose any other essential oil... Patchouli or bergamot would be nice here too!

When you use it, take a little in your hand and rub the rough parts of your body before you rinse in the shower.

Fizzy Bath Bombs

Treat this as you would a regular bath bomb - away from water in a dry spot. Can keep for up to 1 month.

These are small fragrant bombs that will fizzle in your bath water.

You'll need :

- A blender
- 5 large tablespoons of cornstarch
- 3 tablespoons of epsom salts
- 1 cup of baking soda
- 1/2 of citric acid powder
- 1 teaspoon of water
- 10 drops of essential oils of your choice (think of an assortment according to what you need)
- 3 tablespoons olive oil
- An ice cream spoon

Put the salt in a food processor (or blender) and powder it. Mix together the dry ingredients and in another bowl the liquid ingredients.

Add the liquid into the powder very quickly because it will start to bubble.

Stir everything very quickly with a whisk, until you get a wet sand. Form some ball shapes with the ice cream spoon and compact each one tightly. You may also press the mixture into silicone prints or

For Your Face

These products should be stored in glass containers, away from heat and sunlight. Keeps 3 months.

Daytime Anti-Aging Face Cream

- 50 ml of sweet almond oil
- 2 tablespoons of coconut oil
- 2 tablespoons of beeswax
- 1/2 teaspoon of vitamin E (oil)
- 1 tablespoon shea butter
- 3 drops of Rockrose essential oil
- 3 drops of Rose essential oil
- 8 drops of patchouli essential oils
- 10 drops of true lavender essential oil

Put all the ingredients in a closed jar.

Put water in a saucepan and when the water simmers, place your jar in the pan.

Wait until the ingredients melt. Stir and pour into a glass jar with a lid. Leave to cool at room temperature.

Nighttime Anti-Aging Face Cream

Use the same base ingredients as the day cream, and add the following essential oils:

- 6 drops of Neroli
- 3 drops of Immortelle
- 10 drops Roman chamomile
- 6 drops of Sandalwood

Proceed as for the day cream.

Anti-Aging Lip Balm

This can keep for up to 2-3 months.

- 1 tablespoon of coconut oil
- 2 tablespoons of beeswax
- 1 tablespoon shea butter
- Orange, bergamot, cinnamon, peppermint or rose essential oil
- Natural Food Dyes
- 1 teaspoon of almond oil

This recipe can fill 6 small container

Pour into a bowl that you place in a water bath of simmering water and let it melt.

Add the essential oils of your choice (one or two drops per container) and a few drops of dye if you wish.

Keep in little containers or lip tubes.

Perfume Your Body!

Keep away from sunlight or heat. This can keep for up to 2 months.

Natural deodorant

We all know what usually goes into a traditional deodorant that we find in stores... fortunately, making your own is very easy, especially with essential oils. No risk of poisoning yourself with aluminum salts!

3 tablespoons of coconut oil

2 tablespoons of shea butter

2 tablespoons of arrowroot

3 tablespoons of baking soda

10 drops of antibacterial essential oils of your choice: lavender, rosemary, clary sage, geranium, cypress, bergamot, tea tree.

Melt the shea butter in a bain-marie. Add the baking soda, arrowroot and essential oils. Mix well and pour into a tube for deodorant. Allow to cool.

Solid fragrance to rub on your skin

You will need: coconut oil, beeswax, small recipients with lids, essential oils, a bowl to put in a water bath

Saucepan for bath

A nice perfume box (or small box)

Place the bowl in a water bath over medium heat. Add a tablespoon of beeswax and coconut oil wax to melt. Mix well.

Add your choice of essential oils, and pour into a small pot. Let cool and cover.

Perfume yourself by sliding your finger on the solid perfume before applying it on the base of your neck or wrist.

Fragrance suggestions

For a flowery fragrance: 10 drops lavender, 10 drops geranium, 5 drops may chang, 2 drops of rose

For a very fresh scent: 10 drops bergamot, 10 drops of orange, 5 drops of ginger, 5 drops of grapefruit

For a spicy exotic fragrance: 10 drops of patchouli, 5 drops of cinnamon, 5 drops of angelica, 2 drops of ylang ylang

For a fresh masculine scent: 10 drops of cypress, 10 drops grapefruit, 5 drops vetiver, 2 drops of black pepper

Perfume for baby: 10 drops Neroli, 5 drops of may chang, 1 drop of patchouli

- About Cécile -

Cécile Ellert, is a Franco-American NAHA certified aromatherapist, she holds a Ph.D in quantum aromatherapy, teacher and practitioner of holistic and quantum aromatherapy, author of 7 books, creator of a quantum healing method called Aroma Soul Therapy which you can discover in her last book “Breathe, Love, Heal”. She is nurturing the new generation of remote therapists and other talented women willing to make this world better.

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