

1 Soak


6 drops
Essential oil





For recipes with 2 types of herbs, use 1/4tsp herb A and 1/4tsp herb B

For recipes with 2 types of essential oils, use 2 drops essential oil A and 2 drops essential oil B. Be very careful with the essential oils as they can cause skin sensitivities, use only as recommended.


2 Exfoliate

1 full tsp Unscented Gel Base 

1/2 tsp Herbs^ 

1 tsp Sugar 


4 drops Essential oil





Unscented Gel Base
\$49/gallon


Use this to create a pedicure and manicure herbal exfoliate which removes dead skin cells and allows the skin to breathe leaving it soft and supple.

3 Smooth

1 full tsp Unscented Mask Base 

1/2 tsp Herbs^ 


4 drops Essential oil





Unscented Mask Base
\$23/gallon

Use this unscented mask to create a pedicure and manicure herbal mask to nourish the skin and remove impurities. It soothes and regenerates the skin's softness.

4 Massage

1 Tbsp Unscented Massage Oil 


4 drops Essential oil





Unscented Massage Oil
\$41/gallon

Use this unscented massage oil to create herbal massage oils that can be a wonderful, therapeutic way to combat stress, achieve total vitality, and well-being.

5 Hydrate

1 tsp Unscented Lotion 

4 drops Essential oil




Unscented Lotion Base
\$19.⁵⁰/gallon

Use this unscented lotion to create pedicure and manicure herbal lotions to hydrate the skin to replenish lost body fluids. This will make and keep the skin soft, supple, and young.