

Body Wash and Sprays

Citrus Blooms Body Splash Recipe

Ingredients:

- 2 cups distilled water
- 3 tablespoons vodka
- 1 tablespoon of each: orange and lemon peel (finely chopped)
- 5 drops lemon verbena essential/fragrance oil
- 10 drops mandarin essential/fragrance oil
- 10 drops orange essential/fragrance oil

Directions:

Combine the fruit peels with the vodka in a jar, cover and let stand for 1 week. Strain the liquid, add the essential oils and water to the liquid

Let stand for 2 weeks shaking jar once a day. Keep in a dark bottle or keep in a cool dark area.

Soothing Summer Body Spray Recipe

Ingredients:

- 1 tablespoon witch hazel
- 1 teaspoon lemon essential/fragrance oil
- 1 teaspoon cucumber essential/fragrance oil
- 1 cup water

Directions:

Combine the fruit peels with the vodka in a jar, cover and let stand for 1 week. Strain the liquid, add the essential oils and water to the liquid.

For a refreshing cool feeling, make an after shower spray by combining all the ingredients. Place in a pump spray bottle.

Note: Don't use if you have sensitive skin, the lemon may irritate it.