

Natural Beauty Potions



COURTNEY DOW | THE CONSCIOUS COVEN

About

My name is Courtney Dow. I am a mother, wife, wellness advocate, essential oils educator and business mentor.

I am also the founder of Little Earthling Co., a platform dedicated to helping women across Australia connect with information and services that provide with with natural and holistic support for pregnancy, birth and motherhood.

My purpose is to to empower women with natural wellness solutions for their health, their home and their happiness, which is why I am so passionate about educating women about the power of doTERRA essential oils.

If you are not yet a doTERRA customer you can head to my website www.theconsciouscoven.com to sign up. I would love to help support you in bringing natural wellness into your life.

This eBook is a collection of my favourite beauty potions which will not only help you to eliminate the toxins and nasties from your beauty cabinet and save a heap of money, but will result in radiant and healthy skin.

Get ready for some serious magic!



Dilution

doTERRA essential oils are 100% Certified Pure Therapeutic Grade, which means they are incredibly potent. It is important to honour that potency when using the oils topically.

We recommend the following safe dilution ratios:

Babies

1 drop EO
for every
10ml liquid

Kids

2-3 drops EO
for every
10ml liquid

Adults

5 drops EO
for every
10ml liquid



Beauty Recipes

Body Scrub

Glass Jars

1 cup coffee grounds

1 cup raw sugar

1/2 cup coconut oil, melted

15 drops wild orange essential oil

Body Oil

100ml Glass Bottle

20 Drops Frankincense Essential Oil

20 Drops Lavender Essential Oil

10 Drops Wild Orange Essential Oil

Top with Carrier Oil

Body Wash

250ml Glass Pump Bottle

1/2 cup Dr Bronners Liquid Castille Soap

4 tablespoons organic vegetable glycerin

3 tablespoons Fractionated Coconut Oil

5 drops Lavender Essential Oil

5 Drops Wild Orange Essential Oil

5 Drops Tea Tree Essential Oil

Top with Filtered Water

Face Wash

30ml Amber Dropper or Pump Bottle

10ml Dr Bronners Liquid Castille Soap

6 Drops Tea Tree Essential Oil

6 Drops Lemon Essential Oils

3 Drops Lavender Essential Oil

Top with Filtered Water

Face Serum

30ml Amber Dropper Bottle

5 Drops Lavender Essential Oil

5 Drops Frankincense Essential Oil

5 Drops Geranium Essential Oil

Top with Jojoba Oil or Rosehip Oil

Lash Serum

Empty mascara bottle

3 Drops Rosemary Essential Oil

3 Drops Cedarwood Essential Oil

2 Drops Lavender Essential Oil

Top with Castor Oil

Lip Balm

Empty Lip Balm Containers

6 Tbspoons Beeswax

6 Tbspoons Coconut Oil

6 Tbspoons Shea Butter (or more coconut oil)

15 Drops Peppermint Essential Oil

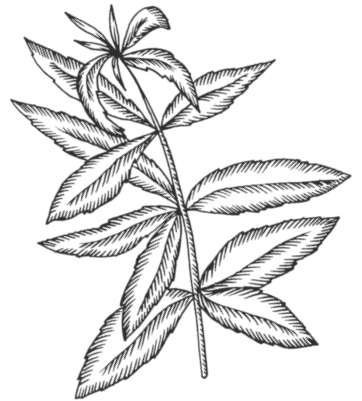


Beauty Recipes



Perfume

10ml Glass Roller Bottle
5 Drops Patchouli Essential Oil
3 Drops Bergamot Essential Oil
2 Drops Ylang Ylang Essential Oil
Top with Fractionate Coconut Oil
(there are no rules with making a perfume.
Go wild and experiment with different scents!)



Dry Shampoo

$\frac{1}{4}$ Cup Arrowroot Powder
Add Raw Cacao Powder to darken colour
2 drops Lavender Essential Oil
2 drops Rosemary Essential Oil
2 drops Peppermint Essential Oil

Make Up Setting Spray

30ml spray bottle
Fill $\frac{1}{4}$ way with Witch Hazel
5 drops Lavender Essential Oil
5 drop Ylang Ylang Essential Oil
Top with filtered water

Make Up Remover Wipes

2 tablespoons Witch Hazel
2 tablespoons Fractionated Coconut Oil
2 tablespoons distilled water
1-2 drops Tea Tree Essential Oil
Roll of paper towels

Make Up Brush Cleanser

2 tablespoons Liquid Castile Soap
5 drops Tea Tree Essential Oil
5 drops Grapefruit Essential Oil



Essential Oils for Beauty

The recipes included in this book are just examples of the different ways you can use essential oils for healthy skin. Try substituting different oils to create your own unique blends.

Here are some of my favourite beautifying essential oils and their properties

Lavender

Lavender is a beautiful calming oil suitable for all skin types and needs. It is well known for its skin soothing and calming properties which reduce skin redness and heal inflammation, leaving skin looking healthy and flawless. It helps regenerate skin cells which makes it great for mature skin, sun spots, and reducing scarring. It also has anti-fungal, anti-inflammatory, and antibacterial qualities and is one of the most beneficial oils to treat acne, since the oil stops bacteria that causes the infection.

Frankincense

Frankincense is a powerful anti-inflammatory with antibacterial properties, making it great for acne-prone skin. It is also a natural toner, decreasing the appearance of pores, evening skin-tone and balancing the skin's pH levels. It encourages new cell growth, collagen production, helps to tighten skin and reduce wrinkles, fine lines & the appearance of scars. Frankincense helps soothe chapped, dry skin.

Tea Tree

Tea tree essential oil is one of the most effective remedies for acne-prone skin. It has antibacterial properties which help ward off acne-causing bacteria and assist wound healing. It also helps to regulate oil production, which can decrease the severity and incidence of breakouts. Tea tree oil can help relieve any type of skin inflammation, including being used as a natural eczema treatment and for reducing psoriasis.

Lemon

Lemon oil is known for its detoxifying and cleansing properties. It is deeply nourishing and can improve complexion by brightening skin tone and repairing discolouration. Lemon essential oil can also improve circulation and prevent the appearance of lines and wrinkles.

Geranium

Geranium is an effective anti-inflammatory and has hormone balancing properties and can help regulate oil production and reduce acne breakouts. It is known to improve skin elasticity and tighten skin, reducing the appearance of fine lines and wrinkles. Geranium promotes blood circulation which aids cell regeneration, making it useful for healing bruises, broken capillaries, dermatitis, and fading scars.

Lemongrass

Lemongrass essential oil is known for its detoxifying and regenerative qualities. It acts as an astringent which helps minimise pores and to help give your skin a glowing appearance. because it contains limonene which helps lighten and brighten skin. Lemongrass oil can help control oil production, and provide a temporary skin-firming effect.

Essential Oils for Beauty

Sandalwood

Sandalwood essential oil has moisturising and hydrating properties which leave skin feeling soft and supple. It can help soothe damaged or irritated skin and smooth the skin's surface by reducing the appearance of scars, fine lines, and wrinkles. Sandalwood is also known to brighten skin by reduce discolouration & hyperpigmentation.

Myrrh

Myrrh essential oil has strong anti-inflammatory properties that help improve skin tone, firmness, and skin elasticity, reducing the appearance of fine lines and wrinkles. Myrrh can also help heal sun damage, chapped skin, rashes, and eczema. boost skin strength, for a smooth and healthy younger-looking complexion

Patchouli

Patchouli is a beautiful essential oil to use for aging skin. It promotes new cell growth and can reduce the appearance of fine lines and wrinkles. It has antiseptic, antifungal, and antibacterial properties, which makes it effective in relieving skin conditions such as eczema, dermatitis, psoriasis, and acne.

Ylang Ylang

Ylang Ylang is a beautiful hormone balancing oil. It can help to control oil production and minimize breakouts while regenerating skin cells, smoothing fine lines and improving skin elasticity. It has antioxidant properties that fight off free radicals which are responsible for premature aging. Ylang Ylang can also help prevent hair loss, treat scalp dryness, and even strengthen the hair.

Juniper Berry

Juniper Berry essential oil is known for its antibacterial and antimicrobial abilities. It is powerful in fighting skin irritations and can be used as a natural treatment for acne. Juniper Berry can also be used to reduce the appearance of stretch marks and help heal conditions caused by hormone imbalances.

Manuka

Manuka essential oil has strong antibacterial, antimicrobial and anti-fungal properties. This makes it perfect for keeping the skin clear and fighting off the bacterial growth that causes acne, blemishes and breakouts. Manuka essential oil also has wound healing properties, it works to promote the growth and regeneration of fresh skin cells and promotes the appearance of smooth, healthy looking skin.

Helichrysum

Helichrysum essential oil has potent antibacterial and antifungal properties which make it an effective natural treatment for acne. It is incredibly soothing, promotes skin healing and can prevent hives, redness, blemishes, rashes and shaving irritation. Helichrysum essential oil's restorative properties also make it very effective in reducing the appearance of scars, wrinkles and fine lines.

Roman Chamomile

Roman Chamomile essential oil has anti-inflammatory and antibacterial properties, making it very effective at soothing itchy, red skin. It is a natural remedy for eczema and promotes smooth, healthy skin.

Essential Oils for Beauty

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Cypress

Cypress essential oil is known to improve circulation and strengthen skin. By stimulating blood flow it can reduce the appearance of varicose veins and broken capillaries under the skin's surface.

Grapefruit

Grapefruit essential oil is an excellent lymphatic stimulant, making it great for reducing the appearance of cellulite. As it is a natural diuretic, it also helps reduce water retention in the body. Grapefruit essential oil has antiseptic properties which can prevent microbial infection when applied to acne. Grapefruit can be used in haircare to get rid of oily scalp & hair.

Rosemary

Rosemary essential oil can help to tighten skin, stimulate cell renewal, and reduce the appearance of fine lines and wrinkles. When used in hair care it encourages a healthy balance of oils in the scalp and can help treat dandruff, soothe inflammation and promote healing. It is well known for stimulating circulation in the scalp and promoting hair growth.

Cedarwood

Cedarwood essential oil is an effective remedy for stimulating the scalp and increasing circulation. It helps promote hair growth and can reduce dry or flaky scalp

Note: Citrus oils such as lemon, wild orange and bergamot can make your skin photosensitive. This means it can react with UV rays resulting in redness or irritation. For this reason we recommend using these particular oils in something you are applying then removing (such as a face wash), or avoiding direct sunlight when applied to your skin.

Choosing a Carrier Oil

When choosing a carrier oil always go for the highest highest quality available. Check the label that the carrier oil is cold-pressed, pure, unrefined oil with no additives.

Cold pressed = unheated = retains beneficial properties

Unrefined = little refining =retains richness and strength

Fractionated Coconut Oil

Unlike coconut oil, fractionated coconut oil is liquid at room temperature

No noticeable aroma

Absorbs well; leaves skin feeling silky and moisturised; non-greasy

High in essential fatty acids

Suitable for roller blends, face, body and hair treatments

Sweet Almond Oil

Slightly sweet, nutty aroma with medium consistency

Absorbs relatively quickly; leaves a slight hint of oil on the skin

Rich in vitamin E and fatty acids

Moisturising

Good all-purpose carrier oil, perfect for body massage and body oils

Apricot Kernel Oil

Light consistency

Easily absorbed and non-greasy

Very rich in vitamin E and vitamin A

Very moisturising

Particularly suitable for sensitive and prematurely aged skin

Rosehip Oil

Warm earthy aroma

Light consistency, absorbs well

High in vitamins, antioxidants and fatty acids

Powerful anti-aging properties

Good for use on face

Jobba Oil

Slightly nutty aroma

Medium consistency and non-greasy absorbtion

similar to the skin's natural oils, mimics sebum

Moisturising for skin and hair

Can help prevent acne and slow down signs of aging

Best use on face

Castor Oil

Strong aroma

Strong, thick consistency

antiviral, antibacterial, and anti-fungal properties

Known to promote hair and lash growth

Best for use in hair/lash treatments, body scrubs and soaps

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www.packmyproduct.com.au

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Local Health Food Stores

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Created by Courtney Dow

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