

# Natural Lotion Bars, Lip Balms & Deodorants

Adapted from [Wellness Mama Blog](#) -- Variations on Second Page

## Ingredients for Base Formula

- 1 part [beeswax](#)
- 1 part [shea butter](#), [cocoa butter](#), or [mango butter](#) (or a mix of all three)
- 1 part oil, such as [coconut oil](#)
  
- optional: .3 parts lanolin and .2 parts castor oil (If you add castor oil, reduce coconut oil by an equal amount.)
- optional: [essential oils](#) of choice up to 18 drops/ounce. Do not exceed **max rate** of any. (lemongrass and cinnamon a max of 4 drops/oz, and allspice a max of 2 drops/oz.) Some essential oils are **phototoxic**: grapefruit, bergamot, lemon, and lime)

## Instructions for Basic Lotion Bars:

1. Melt beeswax, coconut oil, shea butter, lanolin, and castor oil in oven on 180-200 degrees or in a small crockpot or double-boiler. Heat for 30-60 min. to temper shea butter & avoid graininess.
2. Add essential oils at up to 18 drops/ounce without exceeding max rates for various Eos.
3. Carefully pour into silicon molds, deodorant containers or whatever you will be allowing the lotion bars to harden in. (Both small molds and tubes hold 1 T. (or ½ oz.) each.)
4. Place in fridge or freezer to cool completely in order to avoid graininess in shea butter.

Lotion bars could be made in different shaped molds, poured into deodorant containers, such as [this](#), or poured into a loaf pan and cut into actual bars. You could also pour into lip balm containers for a cuticle balm/butter.

## Instructions for Lip Balm:

1. Follow steps 1-2 above, then pour into [lip balm tubes](#). Each tube holds 1 tsp.
2. Place in fridge or freezer to cool completely in order to avoid graininess in shea butter.

A recipe with 10 g. each of beeswax and shea butter, 8 g. of coconut oil, 3 g. of lanolin, 2 g. of castor oil, and 18 drops of essential oils will make 7 lip balms. For a firmer lip balm, increase beeswax. For a softer lip balm, decrease beeswax. You can make labels from scrapbooking paper cut at **1.75" x 2.25"**

## Instructions for Deodorant:

1. Follow Steps 1-2 above.
2. Stir in 1 part cornstarch (or arrowroot powder) and .75 parts baking soda.
3. Pour into deodorant containers and cool in fridge or freezer. [Small containers](#) hold 1 T.

A recipe with 10 g, each of beeswax & shea butter; 8 g. of coconut oil, 3 g. of lanolin, 2 g. of castor oil, 18 drops of essential oils, 10 g. of cornstarch and 7+ cornstarch/arrowroot powder will make 2 trial size deodorant containers or 3 [small deodorant containers](#). Popular essential oils for deodorants are: tea tree, lavender, sage, lemongrass, peppermint, and citrus oils. You can make labels from scrapbooking paper cut at **1.75" x 4"**

## Lotion Bar Variations

### **Pain Relief Lotion Bar:**

Add Menthol Crystals and/or essential oils with anti-inflammatory and/or analgesic properties. May use up to 10% essential oils for this short-term type of use, but do not exceed the max rate for individual essential oils. Examples: Peppermint (5.4%), Wintergreen (2.4%), Eucalyptus (20%), Clary Sage (8%), Geranium (17.5%), Lavender (10%), Ho Wood (20%), Copaiba (8%), Rosemary (6.5%), Spruce Black (1%), Clove (.5%), Cinnamon (.6%)

### **Skin Relief Lotion Bar:**

Substitute various skin-calming carrier oils for the coconut oil, such as grapeseed, jojoba, avocado, tamanu, etc... Use essential oils that are high in esters and skin calming/regenerating at a dilution rate of 4-10% without exceeding max rate of each oil. (Such essential oils might include lavender, tea tree, geranium, clary sage, eucalyptus, frankincense, copaiba, ho wood, rosemary, and peppermint. Do not use citrus oils)

### **Sunscreen Lotion Bar:**

Add non-nano Zinc Oxide (1 T. per cup), Vitamin E oil (1/3 t. per cup), and a few drops of essential oils.

### **Bug Off Lotion Bar:**

Double the coconut oil from the original recipe. Add an insect shield essential oil blend or make your own blend of citronella, eucalyptus, lemongrass, lavender, and tea tree.

### **Pine Salve:**

For a healing salve base to be used similar to bag balm or anti-bacterial ointment for small injuries or cracked hands and heels, use:

1 part Beeswax to 2 parts pine resin: to 4 parts oils (olive, avocado, etc...)

*EX: 10 g. Beeswax, 20 g. pine resin, and 40 g. of your chosen oils*

Add essential oils with antiseptic, anti-bacterial, anti-fungal, anti-microbial, analgesic, and skin calming/restoring properties at a dilution rate of 4-10% for short-term use. These might include tea tree, lavender, cinnamon leaf, clove, rosemary, eucalyptus, frankincense, ho wood, copaiba, etc...

### **Whipped Body Butter:**

1. Add equal parts shea butter, cocoa butter, coconut oils, and a light oil (jojoba, almond, olive). Melt as per lotion bar instructions.
2. Remove from heat and add desired essential oils.
3. Move to fridge and allow to cool for another hour until it starts to harden around the edges.
4. Use a hand mixer to whip for 10 minutes.
5. Return to fridge for 10-15 minutes to set.
6. Store in a glass jar with a lid and use as you would regular lotion or body butter.