



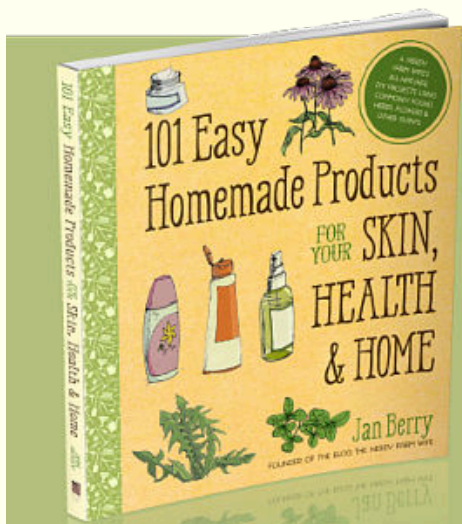
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Homemade Products Using Flowers & Herbs From Your Garden

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for
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Rose Salt Scrub Cubes

Ingredients

- 1 cup salt (table, canning, sea or Epsom all work)
- 1/2 cup fresh rose petals
- 2 tbsp (24 g) shea, cocoa or mango butter
- 1/2 tbsp (7 ml) oil, such as olive, sunflower or sweet almond

Directions

Step 1: Using a mini-food processor, blend the salt & rose petals until the salt is evenly colored. Spread the rose salt onto wax paper and allow to air dry 1 to 2 days.

Step 2: Measure the shea butter, oil and 1/4 cup of rose salt into a heatproof canning jar or upcycled tin can. Set the jar down in a small saucepan containing an inch or two of water. Place the pan over a medium-low burner and heat until the butter is melted.

Step 3: Remove from heat, stir, pour into silicone molds (or ice trays) and let firm.

Tips

- Store finished scrub cubes in a cool place or your refrigerator, to prevent melting.
- Use 1 to 2 cubes to exfoliate heels or other rough, dry areas, while showering or bathing. Use caution when exiting the tub as the oil may make the surface slippery.
- For a gentler scrub, try replacing the salt with cane sugar instead.
- The leftover naturally colored rose salts should keep their pretty color for several months, when stored in a jar, out of direct sunlight.



Cooling Calendula Gel

Ingredients

- 1/2 cup (3 g) loosely packed calendula flower petals
- 1/2 cup (120 ml) aloe vera gel

Directions

Step 1: Place the calendula petals and aloe vera gel in the bowl of a mini food processor and blend them together thoroughly. The mixture might get frothy, but that's okay.

Step 2: Strain the now yellow-orange aloe through a fine mesh strainer. Depending on how thick your brand of aloe vera gel is, you may need to add a few drops of water. Use your fingers to press and squeeze out all of the aloe from the petals. (This part is a little messy!)

Step 3: Spoon the infused aloe into ice trays and freeze until solid.

Tips

- Calendula is well-known for its inflammation and skin soothing properties. If you don't have any on hand, try rose or violet petals or plantain leaves for a similar effect.
- Store cooling calendula gel cubes in the freezer, removing one at a time, or as needed, to rub on bug bites, rashes, chafed skin, minor scrapes and sunburn.



Basil Mint Liniment

Ingredients

- handful of fresh mint & basil leaves
- 1/4 cup (60 ml) apple cider vinegar
- around 1/2 cup (120 ml) witch hazel
- half-pint (250 ml) canning jar

Directions

Step 1: Place the fresh leaves in the half-pint canning jar.

Step 2: Heat the vinegar in a small saucepan until warm and pour over the fresh leaves. Top off the rest of the jar with witch hazel. Allow to cool briefly, then cap and store in a cool, dark place for around a week or two.

Step 3: Strain and store in a tightly capped jar. Shelf life should be 6 to 9 months.

Tips

- Basil was chosen for this recipe because of its anti-inflammatory effects, while mint was selected for its cooling properties. As substitutes, or for more muscle-soothing power, try using one or more of the following in your infusion as well: arnica, goldenrod tops, dandelion flowers, comfrey leaf and St John's wort.
- Using cotton balls, rub over sore muscles and joints. This particular combination is also helpful for relieving the itchiness of bug bites and chiggers.



Pansy & Lavender Bath Salts

Ingredients

- 1 cup Epsom (or sea) salt
- 3 to 4 fresh purple pansy flowers
- a few drops lavender essential oil

Directions

Step 1: Using a mini-food processor, blend the salt & pansy petals until the salt is evenly colored. Spread the tinted salt onto wax paper and allow to air dry 1 to 2 days.

Step 2: Place the salts into a jar and stir in a few drops of lavender essential oil. Cover tightly with a lid to keep the scent from evaporating.

Step 3: Pour the salts into the warm running water as your bath fills. You can also dump the salts into a muslin tea bag or tie them up in an old sock, to make a bath bag.

Tips

- The water may temporarily turn a light purple as the tub fills, but it won't stain your tub or skin.
- Try different colored pansies for different naturally colored bath salts.
- You can use a different essential oil than lavender, or leave it out, if you'd like.



Dandelion Salt Bars

Ingredients

- 1 cup freshly dried dandelion flowers
- 28 oz (794 g) coconut oil
- 28 oz (794 g) table or sea salt
- 4.10 oz (116 g) sodium hydroxide (20% superfat)
- 10.5 oz (298 g) distilled water

Directions

*(If you've never made soap before, please read **Soap Making 101** first.)*

Step 1: Place the dried dandelions in a large heatproof jar. Melt the coconut oil and pour over the dandelion flowers.

Step 2: Set the jar down into a saucepan containing a few inches of water and place the pan over a low burner. Heat the oil and dandelions for around 2 hours, or until the coconut oil has developed a bright yellow hue. Strain the oil.

Step 3: Wearing proper soap making gear of goggles, gloves and long sleeves, weigh the water into a heatproof plastic or stainless steel pitcher. Weigh the lye and stir into the water. Avoid breathing in the temporary strong fumes that develop. Set the lye solution aside to cool for 30 to 45 minutes.

Dandelion Salt Bars continued...

Step 4: Weigh the dandelion-infused oil, adding more plain coconut oil if needed, to equal 28 ounces. Heat just until melted.

Step 5: Pour the lye solution into the warm oil and blend just until light trace is reached.

Step 6: Stir in the salt then immediately spoon into individual molds.

Step 7: Once firm, you can unmold your dandelion salt bars, but they'll need to cure at least 4 weeks before using.

Tips

- Salt bars are a special kind of soap made with large amounts of coconut oil (70 to 100%) and salt. Because coconut oil can become drying when used in excess, the soap is superfatted in the 15 to 20% range.
- Once made, salt bars get hard, fast. Individual molds are highly recommended. If you do use a loaf mold, pop your gloves back on and cut the soap as soon as you see it has firmed up enough (usually within 1 to 3 hours), or you risk crumbling.
- If you'd like to naturally scent your salt bar, try stirring in 1 to 2 tbsp (15 to 30 ml) lemongrass or other favorite essential oil, before stirring in the salt.



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Jan, The Nerdy Farm Wife

