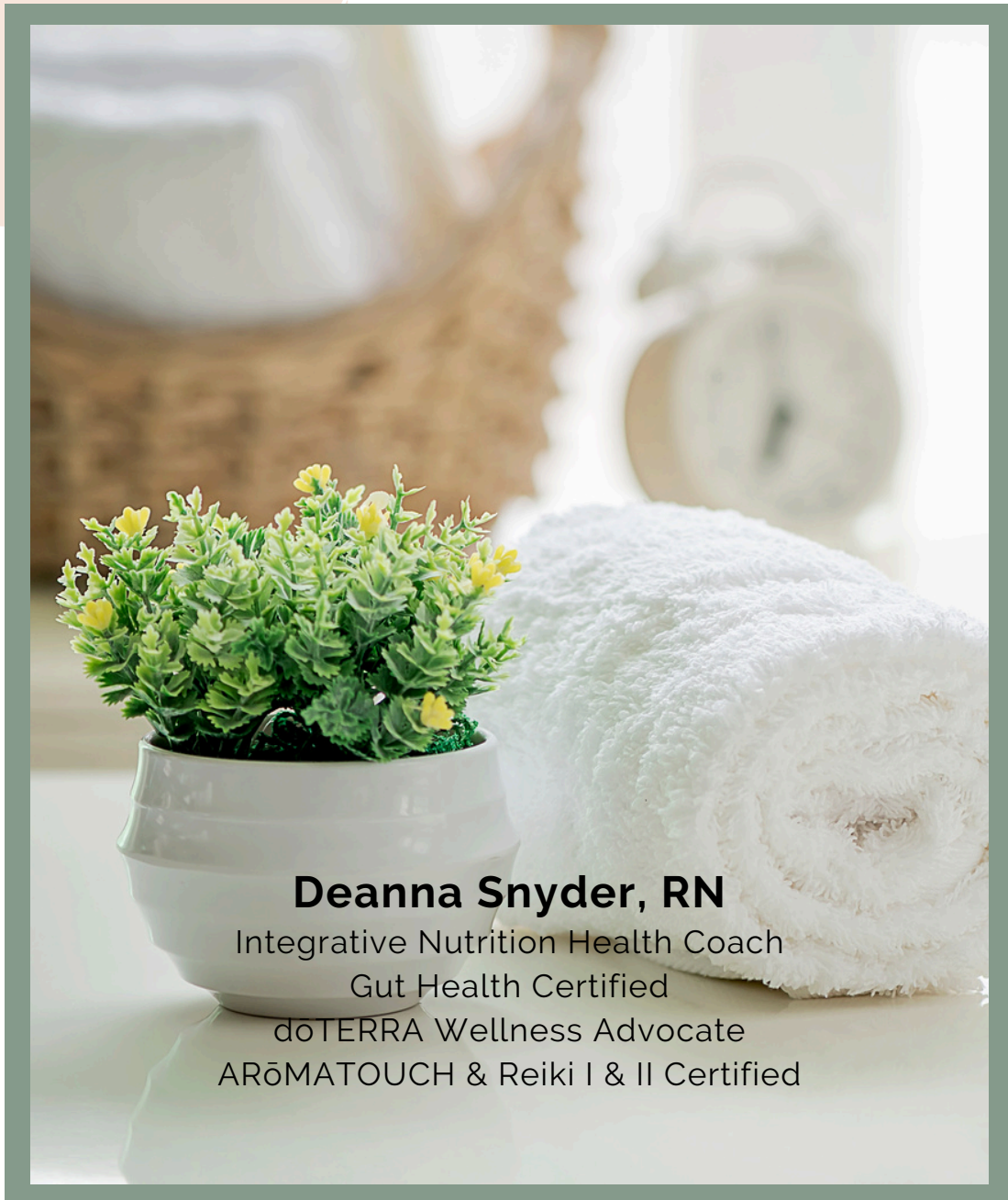


Toxin Free Beauty

Simple DIY Recipes for Your Body



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Welcome

Thank you for downloading this guide!

Starting to implement healthier habits doesn't have to be complicated or daunting. I'm excited to share insights from my personal journey, along with knowledge gained from my education, experience, and mentors in the health, wellness, and nutrition fields.

Did you know that your skin is the largest organ of your body? It consists of two primary layers: the epidermis and the dermis. The epidermis is the visible outer layer that we see, feel, and touch. Beneath it lies the dermis, which houses small blood vessels, nerve endings, oil and sweat glands, and hair follicles. Additionally, the dermis contains collagen and elastic tissue that help keep the skin firm and resilient. Below the dermis, you'll find the hypodermis and subcutaneous fatty tissue. The skin serves three essential functions: protection, regulation, and sensation.

One of the most toxic activities we often engage in is our morning routine. For instance, showering with warm or hot water opens our pores, allowing whatever we apply to our skin to be absorbed more easily. Unfortunately, many shampoos, conditioners, lotions, makeup, and other personal care products are laden with harmful chemicals that can enter our bodies through our skin.

In this e-book, I'm excited to share several of my favorite non-toxic personal care recipes.

I look forward to hearing from you!

I invite you to visit my Facebook or Instagram pages if you have questions, comments, or want to share your progress.



What You Will Need

CONTAINERS

- 4 ounce glass spray bottles
- 8 ounce glass spray bottles
- 16 ounce glass spray bottles
- Glass mason jars
- Glass foamer bottle
- Airtight storage container

INGREDIENTS

- Olive Oil
- Fractionated Coconut Oil
- Jojoba Oil
- Almond Oil
- Aloe Vera Gel
- Shea Butter
- Vitamin E Oil
- Vinegar
- Baking Soda
- Castile Soap
- Water
- Epsom Salt
- Witch Hazel
- Vegetable Glycerin
- Cocoa Powder
- Arrowroot
- Sugar

ESSENTIAL OILS

- Lemon
- OnGuard Protective Blend
- Purify Cleansing Blend
- Citrus Bliss Invigorating Blend
- Elevation Joyful Blend
- Whisper Blend for Women
- Citrus Oils: Lime, Grapefruit, Wild Orange
- Tea Tree Melaleuca
- Lavender
- Peppermint
- Adaptiv®
- Lemongrass
- Rosemary
- Spearmint
- Eucalyptus
- Geranium

Harmful Ingredients



- Artificial Colors
- Diethanolamine (DEA)
- Formaldehyde Donors
- Phthalates
- Propylene Glycol
- Polyethylene Glycol (PEG)
- Sodium Laureth Ether Sulfate (SLES)
- Sodium Lauryl Sulfate (SLS)
- Toluene
- Triethanolamine (TEA)
- Coal Tar (FD&C Red No. 6) has a "CI" followed by a 5-digit number
- Ethoxylated Surfactants
- 1,4-Dioxane (anything containing the letters "eth")
- Parfum / Fragrance
- Hydroquinone (used for lightening skin)
- Lead
- Mercury
- Mineral Oil / Petroleum
- Oxybenzone
- Parabens
- Paraphenylenediamine (PPD)
- Placental Extract
- Silicone-derived emollients
- Talc
- Triclosan
- BHA & BHT
- Dibutyl Phthalate
- Siloxanes or Methicone

Is Your Beauty Care

SLOWLY POISONING YOU?



Artificially
Scented Candles



Lip Scrub



Scent
Warmers



Reed diffusers with
artificial fragrances



Lotions



Adulterated
Essential Oils



Hairspray
Beauty Products



Cleaning
Supplies



Dryer
Sheets



Perfumes
& Colognes



Air Freshener
Plug Ins



Soaps

Let's go on a **toxin hunt** and **detox** your home.
Check out the labels and if you notice that any fragrance,
perfume or parfum ingredients are listed, toss them!

Fragrances can cause:

- Hormone disruption
- Reproductive issues
- Allergies
- Headaches
- DNA damage
- Respiratory issues

Candles vs. Diffusers



- Fire hazard
- Toxic synthetic scent
- Dangerous pollutants
- Can be costly
- Soot can contain benzene / toluene which can damage the brain and lungs.



- Purifies the air
- Safe for everyone
- Uplifts mood
- Pennies per drop
- Customized scent
- No synthetics added
- Lowers stress
- Boosts immune system

BathTime Favorites

Add 1 cup of Epsom Salts for better absorption.



Bedtime

5 drops Frankincense
3 drops Vetiver

Detox

3 drops Juniper Berry
3 drops Zendocrin
2 drops Balance

Sore Muscles

5 drops AromaTouch
3 drops Copiaba

At Ease

5 drops Balance
3 drops Anchor
1 drop Vetiver

Girl Time

4 drops Clary Sage
4 drops Ylang Ylang
4 drops Passion

Calm

3 drops Serenity
3 drops Balance
3 drops Adaptiv

Ahhh

5 drops Lavender
4 drops Geranium

Calming Twist

5 drops Cedarwood
4 drops Lime

Warming Hug

4 drops Cinnamon Bark
4 drops Wild Orange

Have fun and experiment and get creative!

Let your intuition be your guide.

Body Scrubs



Dead Sea Salt

2 cups Dead Sea Salt
1/2 cup Solid Coconut Oil
15 drops Grapefruit Essential Oil

Sugar

2 cups Raw Sugar
1/2 cup Solid Coconut Oil
15 drops Grapefruit Essential Oil

Coffee & Sugar

1 cup Coffee Grounds
1 cup Raw Sugar
1/2 cup Solid Coconut Oil
15 drops Peppermint Essential Oil

Coffee & Dead Sea Salt

1 cup Coffee Grounds
1 cup Dead Sea Salt
1/2 cup Solid Coconut Oil
15 drops Peppermint Essential Oil

- Mix together dry ingredients first in a bowl.
- Add Coconut Oil and Essential Oils and mix until well combined.
- Depending on your climate, your Coconut Oil may be really solid or even liquid.
- You want it just soft enough so that you can spoon it out. If you live in a hot climate and it is always liquid, use half of the amount and work your way up to your desired consistency. You want it to resemble wet sand.

Roller Recipes

Add all ingredients to a 10 mL roller bottle and fill with Fractionated Coconut Oil



Be Well Purefume

5 drops Balance
5 drops Citrus Bliss
5 drops Elevation
3 drops Whisper

Calm

5 drops Balance
5 drops Serenity
5 drops Adaptiv

Happy

5 drops Bergamot
3 drops Frankincense
3 drops Citrus Bliss
2 drops Wild Orange

Pick Me Up

10 drops Wild Orange
8 drops Peppermint
OR
15 drops Motivate

If don't have these blends, here is some information about each blend mentioned above so you can pick one similar.

Balance - Grounding Blend for calming with tree oils

Citrus Bliss - Invigorating Blend with all of the citrus oils

Whisper - Women's Blend with a musky floral undertone

Serenity - Relaxing Blend with Lavender & other calming oils

Motivate - Encouraging Blend with citrus oils and a hint of mint



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RECIPE

Natural Body Wash

- 8 ounce stainless steel or glass pump bottle
- ½ cup unscented Castile soap
- 4 tablespoons vegetable glycerin
- 3 tablespoons fractionated coconut oil (can substitute almond, jojoba, or olive oil)
- 10 drops of your favorite dōTERRA essential oil

Note: You can find vegetable glycerin at most health food stores. Vegetable glycerin will help the body wash be thicker, creamier, and lather better.

Combine ingredients into glass pump bottle. Add desired essential oil(s). Shake to combine. You're done! Make sure to shake before each use, as the ingredients will separate.

For an uplifting body wash try these essential oils: Citrus Bliss, Peppermint, Grapefruit, Lime, or Eucalyptus.

For a relaxing body wash try these: Lavender, Serenity, Bergamot, Geranium, or Roman Chamomile.



RECIPE Hand Sanitizer

- 5 Tablespoons Aloe Vera Gel
- 4 Tablespoon Water (more or less depending on the consistency you like)
- ¼ teaspoon Vitamin E oil
- 8-10 drops On Guard Protective Blend
- Small Squeeze Container

In a bowl combine Aloe Vera Gel and Vitamin E oil. Add 8-10 drops of On Guard Protective Blend to the Aloe Vera mixture.

Add water and mix well to combine.

Add more or less water depending on the consistency you want.

Pour into container and you're done!



RECIPE Room Spray

- 15-25 Drops of Essential Oils
- 1 tsp Witch Hazel
- Fill with Distilled Water or Cooled Boiled Water

Add all ingredients to glass spray bottle and shake before use.

My favorite oils to use for a room spray are:

- Serenity & Citrus Bliss
- Serenity & Eucalyptus
- Citrus Bliss
- Wild Orange & Peppermint
- Lime & Peppermint
- Spearmint & Citrus Bliss
- Serenity & Copaiba (for a restful sleep spray)



RECIPE Foot Soak

- ½ cup Baking Soda
- 1 cup Magnesium Flakes

OR

- 1 cup Epsom Salt
- 3 tablespoons Dead Sea Salts

Mix together dry ingredients first in a bowl.

Add Essential Oils and mix until combined.

My favorite oils to use for a foot soak:

- Deep Blue® Soothing Blend
- Peppermint
- Frankincense
- Aromatouch® Massage Blend
- Grapefruit
- Balance ® Grounding Blend

Pick one, or blend a few.



RECIPE

Mouthwash

- 10 drops of essential oil
- 2 cups water (distilled, filtered, or boiled water)
- 16 ounce dark glass bottle

Put 10 drops of the dōTERRA essential oil(s) of your choice into the glass bottle.

Pour in 2 cups of distilled, filtered, or boiled water into glass bottle. Note: If you boiled water, make sure you let the water come to room temperature before adding to bottle.

When using, shake first and take a small sip of your homemade mouthwash. Swish around your mouth and gargle for 30 seconds.

Suggested oils: Lemon, Melaleuca, On Guard, Peppermint, Wintergreen, Wild Orange, Cinnamon

Note: Be careful when using Cinnamon essential oil as it can be irritating if too much is used. Start with 1 drop and gradually increase if desired.

Alternative Uses: Toothbrush cleaner, counter-top cleaner



RECIPE

Dry Shampoo

- 2 tablespoons arrowroot
- 3 drops Wild Orange
- 1 drop Rosemary
- 2 drops Clementine
- 5 drops of essential oils
- An old makeup brush to apply (optional)

Mix the arrowroot and essential oils.

Store in a small jar or old powder container and apply with the make-up brush. Comb through hair and style as usual.

Suggested Other Oils: Lavender, Peppermint, Geranium, Basil, Cypress, Lemon, Rosemary



RECIPE

Dry Shampoo for Dark Hair

- 2 tablespoons cocoa powder
- 3 drops Wild Orange
- 1 drop Rosemary
- 2 drops Clementine
- 5 drops of essential oils
- An old makeup brush to apply (optional)

Mix the cocoa powder and essential oils. Store in a small jar or old powder container and apply with the make-up brush. Comb through hair and style as usual.

Suggested Other Oils: Lavender, Peppermint, Geranium, Basil, Cypress, Lemon, Rosemary



RECIPE

Sugar Scrub

- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup solid coconut oil
- 2 tablespoons fractionated coconut oil
- 30 drops essential oil

Melt coconut oil, stir in sugar, FCO, and essential oils. Mix well.

Suggestions: Elevation, Whisper, Balance and Serenity, Lavender, Eucalyptus

Alternative Uses: Lip scrub, Cuticle Conditioning Scrub



RECIPE Body Butter

- ½ cup shea butter
- ½ cup cocoa butter
- ½ cup coconut oil
- ½ cup fractionated coconut oil
- 30 drops essential oil

Melt all solids. Remove from heat and allow to cool 5-10 minutes. Add essential oils, then refrigerate until solid. Once cool, whip the butter with a mixer until fluffy.

Oil suggestions: 25 drops
Lavender and 5 drops
Peppermint

Alternative uses: Diaper Balm
(Lavender and Tea Tree .
Melaleuca)



RECIPE

Simple Shaving Cream

- 1 cup organic coconut oil
- 30 drops essential oil

Add organic coconut oil in a bowl with 15 drops of Frankincense and 15 drops of Lavender.

Stir ingredients together and place in a small glass jar.



RECIPE

Skin Spray

- 2-4 oz 100% aloe vera gel
- 1 tablespoon fractionated coconut oil
- 3-4 drops Peppermint
- 3-4 drops Lavender
- Top with purified water

Add all ingredient to 8 oz spray bottle and shake to mix.

Spray on skin and rub in for a luxurious treat for your skin that is cooling and healing.

Other oils: Repellant Blend (TerraShield) for Insect Repellant



RECIPE

MakeUp Remover

- 3 tablespoons Distilled Water
- 3 tablespoons of Witch Hazel
- 3 tablespoons Fractionated Coconut Oil
- 10 drops Frankincense
- 7 drops Lavender

Add all ingredient to 4 oz spray bottle and shake gently to mix.

Gently shake before each use.

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RECIPE

Healthy Hair Spray

- 4 ounces Distilled Water
- 3 drops Peppermint
- 5 drops Frankincense
- 7 drops Lavender
- 7 drops Rosemary
- 7 drops Cedarwood

Add all ingredient to 4 oz spray bottle and shake gently to mix.

Spray on hair daily.

Gently shake before each use.

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Transforming lives using natural solutions

Many people aspire to lead a healthier lifestyle, yet they often struggle to piece together a solid plan or simply don't know where to start. This can feel quite daunting!

In such situations, having a knowledgeable advisor, such as a health coach, can be incredibly beneficial. They can guide you through a step-by-step process to adopt healthier eating and lifestyle habits.

I invite you to reach out to me and book your complimentary Natural Solutions Discovery Session and uncover how you can thrive and reach your wellness goals!

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- **Earn up to 55%** rewards through the Rewards Program.
- **Monthly Specials** available for members only.
- **Earn 20%** on a friends first order with your referral code.

Let's stay in touch

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Reiki & ARōMATOUCH Certified



Notes

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