



Hope, Grace, Ancient Wisdom

Organic Skincare Made Simple!

My journey of curating organic skincare began in 2006, during my enrollment in a year-long herbal/Reiki course. My mentor suffered from dry, cracked feet—when she assigned us the creation of a product using herbs, I knew I could relieve her foot problem while I finished my assignment!

Beez Knees was born in 2007

From there, I set out to create tattoo aftercare because the standard protocol of mineral oil/petroleum-based products irritated my skin. I also knew the dangers of these ingredients, since I studied them in college. Friends then started asking for sprays and massage oils, and my business grew.

I know the power of herbs and essential oils. I know the power of organic products—from the carrier oils and waxes, to the herbs/essential oils used to enhance carrier oils or distilled water. I understand the pain of sensitive skin irritations and the embarrassment it causes.

This doesn't have to be your story—you can easily create nourishing, safe, organic skincare in a matter of minutes.

I want you to have the empowerment I feel when I use massage oil after shaving; hair oil after showering; face oil in the shower to wash my face; salves for my cuticles, cuts, rashes, lips, dry patches.

Most importantly, share this with others. **It's easy. It's safe. It's fun. It's Empowering.**

Make it and share it! Heal with Nature, as we're meant to...

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Massage Oil (yields 16 ounces)

- 1 1/4 cups sesame oil
- 1/4 cup Shea oil
- 1/2 cup coconut oil
- 50 drops **organic** essential oil (per 4-ounce bottle).

Suggestions:

- ⇒ **Romance:** Sandalwood, Jasmine, Neroli, Ylang Ylang
- ⇒ **Calming:** Jasmine, Rose, Lavender, Lemongrass
- ⇒ **Clearing:** Lavender, Tea Tree, Patchouli, Myrrh

Heat sesame oil in a pan with a drop off water. Once water boils off, add remaining oils. Stir and remove from heat. Add essential oils, stir again, and pour into containers. Allow to cool completely before closing.





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Spray Blend (yields 2 ounces)

- 2 ounces water, distilled
- 25 drops **organic** essential oil blend (see oil suggestions above)

Pour into a spray bottle and shake well to combine. Spray will need to be shaken each time, to ensure even consistency. **Note:** Distilled water works best for essential oils in spray blends, as it contains no minerals and therefore pulls more mineral content from the herbs or oils.

Beard Oil/Hair Oil (yields 20 ounces)

- 1 1/2 cups olive oil
- 1 cup Shea oil
- 4 tsp beeswax
- 25 drops **organic** essential oils (per 4-ounce bottle).

Suggestions:

- ⇒ **Beard Oil:** Frankincense, Lavender, Spruce, Rosemary, Sandalwood, Vetiver
- ⇒ **Hair Oil:** Lavender, Rosemary, Ylang Ylang, Tea Tree

Heat all ingredients until wax is melted; stir well. Allow to cool before pouring into containers (about 15-30 minutes, depending on the room temperature).

Hand/Foot/Cuticle Salve (yields 16 ounces)

- 1 1/4 cups olive oil
- 1/4 cup shea oil
- 1/3 cup beeswax
- 90 drops **organic** essential oils such as Sandalwood, Lavender, Rosemary, Tea Tree

Melt all ingredients in a pan, adding essential oils once heat has been turned off. Stir well, put into tins. Allow to cool completely before covering.