"Lavender Products for Health & Beauty"
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Today's consumer is looking for locally sourced and handmade health and beauty products as a lifestyle choice. What you put on your body matters as much as what you put in your body. Here are three product ideas that are currently trending.

Aromatherapy Jewelry

Scented jewelry has been popular since ancient times. Queen Nefertiti of Egypt was well-known for carrying a scented sachet tied at her waist. Today aromatherapy charms, necklaces, and bracelets not only make you smell good it also helps create a mood for the wearer. To create your own jewelry, all you need are some basic craft supplies: lava stone or wooden beads and air dry clay. The porous materials soak up the scented essential oil and slowly release the scent as your body warms the jewelry.

<u>Materials</u>
Lava stone beads or natural wood beads
Air hardening natural clay
String
Clay working tools
Small roller
Cookie cutters
Bottle caps
Stamps

To make the clay charms, roll out clay, cut it into the shape you like, make a small hole for hanging the charm, and let it dry overnight. To create pendants and bracelets, string a lava bead, clay charm, or any other beads onto a string or elastic string.

Shower Steamers

Bath products are easy to create and a popular self care product. Shower steamers work to turn your shower into a spa scented experience and are super simple to create.

<u>Ingredients</u>
1 C baking soda
1 /4 cup water
lavender essential oil or oil blend (see suggestions)

Preheat oven to 350 degrees. Mix together baking soda and water. It should look like wet sand. Scoop into mini muffin tins and press down. Bake for 15 minutes. Let cool. Place 4-5 drops of oil onto each cooled tablet and store in an airtight container. To use: Place one shower steamer on the floor of your shower as you bathe. You may also place on a cotton washcloth or stone soap dish.

Yield: 8 shower steamers

Suggested Oil Blends :

Home Spa: Eucalyptus, Peppermint, Lavender
Sleep: Lavender, Ylang Ylang, Chamomile
Relax: 100% pure Lavender
Detox: Tea Tree, Lavender

Roll-On Lavender Oil

Like lip balms and body bars, roll-on oils have become a popular and essential multi purpose product. Filled with favorite natural oils such as jojoba, almond, sunflower, grapeseed or avocado. These tiny bottles are useful for on the go aromatherapy and can also be used to soothe small cuts, scrapes and insect bites.

1 to 2 teaspoons natural oil
1 /4 teaspoon dried lavender buds
1-2 drops lavender essential oil
1 1 ounce glass roller bottle

Fill the bottle with oil and add the dried herbs and essential oil. Let the bottle sit for a few days. If you would like a stronger scent, strain and repeat with more lavender and essential oil. To use: apply oil by rolling it over your wrist, neck, or inner elbow.

Yield: 1 ounce

For more information:

www.naturalbeautyathome.com

https://www.motherearthliving.com/health-and-wellness/natural-beauty/body-soul-carrier-oils-lavender-healing-oil/

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