
Homemade Apothecary with Amy Karol

Chapter 1 - Introduction

Overview

- Making your own body products is easier and more effective than you might think. I'm gonna show you how to take household ingredients and mix them together, melt them, pour them into containers, and then I'll show you some tips for labeling that you'll really like. You're gonna love giving these as gifts, but you'll like them even better for yourself.

Chapter 2 - Materials

Materials

- The materials here are for all the products that we'll be making. It looks like a lot, but a lot of these come from around your house already and others are pretty easy to find. So, we have some witch hazel. And some floral waters. Those are called hydrosols and you wanna look for something that actually says hydrosol on it, which is different than just water with essential oil in it. Different thing. And then, orange blossom water and this is not mandatory. It just smells really good. Then, you'll use an assortment of essential oils and I'll tell you exactly which ones, but you'll want an assortment of these and these smell really good. You'll wanna buy a lot of those. Then, we have oils and there's sunflower oil, castor oil, jojoba oil, which is my favorite oil in the world, and Vitamin E oil and these are actually capsules. And I like to use these better than an oil in a jar, because they last longer and you just puncture them and squeeze them in. Very handy. And then butters. There's shea butter and cocoa butter. There's corn starch. This is arrowroot powder, which is optional, but I'll talk more about that later. And baking soda. An ice cube tray and this is for making deodorants. These are the forms. And then just some general cooking items. A Pyrex. You'll put this in the microwave to melt. And some measuring and stirring tools. And then some fun items here. Jars, to actually put your products in. Spray bottles. Lipstick containers. And tins. Then, when we finish up, we'll be using our labels. I have some handy scissors here. I have some labels that you can buy already punched out and ready to go. Hand-drawn labels. These are labels I provide or you can just use decorative paper and make your own. And I put all these on with a glue stick. Some of these things you already have in your kitchen. Most of them you can find at your local nature food store and anything else you can easily find online.

Chapter 3 - Projects

Deodorant

- Making your own deodorant sounds a little crazy, but it works. And I started making mine about four years ago. I stink, I really stink. I'm not one of those people that just sweats and doesn't smell. But I did find that natural deodorants didn't work. So I blended and concocted and tested and found a recipe that really works for me and it's worked for a lot of other people. So you'll need a few ingredients. What we have is corn starch. Baking soda. Shea butter. Cocoa butter. Arrowroot powder. This is optional, I recommend using this if you feel like you have a baking soda sensitivity. And you probably won't know that until you try. But if you use the deodorant and you're getting any sort of redness or irritation, switch to arrowroot powder. Then a vitamin E capsule. And some essential oils. We're gonna measure all this out and put them in the Pyrex. This is heatproof and you can either microwave this or put it in a double boiler. And, when you do that, take a pot, fill it with a

little water, hang this on the inside, heat it up and everything will melt in here. Then we stir it, we'll add our oils and pour it into this ice cube tray and chill it. And then these will be your little deodorant cubes. The first thing we're going to do is scoop out some shea butter. Now, the shea butter can be kind of hard. This is a pretty soft batch. If it's really hard, you can heat it up in the microwave, just a little bit, so you can scoop. But this is actually scooping really, really well. We're gonna use about three tablespoons of shea butter. Now, this shea butter that I have here is unrefined, raw shea butter so it's really yellow. It also smells really strong and shea butter is an acquired taste. You can get refined shea butter, which is bright white and has almost no smell, and it's been refined so it doesn't have the same moisturizing qualities as raw shea butter. It's up to you and, also, what's easier to find. They both work. Alright. We use three tablespoons of baking soda. You can play around with this quantity. If you're showing sensitivities, which again would just be a little bit of redness, you can use less. You also could use arrowroot powder and completely bypass the baking soda altogether. Some people have no reaction, some people have a reaction, some people have a reaction later. I used this for about a year and then I reacted, just a little bit, so I switched to arrowroot powder. Then I switched back, it was totally fine. So you can play around with this quantity. Then we're gonna use two tablespoons of cocoa butter. Now, the cocoa butter is much harder to scoop out. So I'm really muscling that in here. And, you see, it's pretty flaky. It's a hard, hard butter. And that's what makes the deodorant more solid. And it smells like white chocolate. It's lovely to use. So just scrape, scrape. The quantities you can play with a little bit so don't freak out if it's not exactly the right amount. We're just gonna keep scraping this in. Then we have a vitamin E capsule. You can get this as an oil. That works great. I like the capsules because I don't measure, I just use a capsule. I'm gonna puncture it and squeeze it out. I'll need two of these, and vitamin E oil is a great moisturizer. It's also a natural preservative, which is great, because it means this deodorant will last a long time. You just toss that little gel cap. And I just use two. Now, we melt all this together and stir it. This is what it looks like when it's been microwaved for a minute. So go ahead and stir it up. And it's a little bit sludgy, but just stir and stir. And, if you need to, you can microwave it even longer. It sounds a little grainy and you wanna stir it until it sounds smooth. Now, we add the essential oil. It's better to do that after you melt. If you use refined shea butter, it will look white at this point. It won't look anything this orange or yellow. So if it looks really different, it's okay. Don't freak out about that. I'm gonna use sweet orange which I really like. Citrus for deodorant. 10 drops of one scent. I usually use two scents. And then 10 drops of lavender. And lavender is just a great oil to use in natural body products. Five, six, seven, eight, nine, 10. If you're a couple drops over or under, it's not the end of the world. Give it one more swirl. And pour it into an ice cube tray. It won't fill this all up. And these will last a long time. Longer than you might imagine. Like almost a year. It takes a long time to go through one of these. So this makes three and barely a fourth, but you'll still use that last one. Now, you just pop this into the refrigerator overnight. And then you'll loosen it and they'll pop right out. I've made this many ways. In the past, I used to pour directly into a jar and then scrape off a little pea-sized amount when I wanted to use it. That worked. It would get under your fingernails and it was sort of messy and kind of a drag. Then I also poured into an empty deodorant container which worked sometimes, but sometimes it didn't because batches can vary depending on the butter and how soft or hard it is. It also can depend on what time of year it is and how hot your bathroom is. So sometimes the container for the deodorant, it would make it into a stick and it was too soft to use. So, using the ice cube trays, is what I've been doing for a couple years now and it works great. So I keep mine just in a little salt cellar. This is what it looks like. And what I do is I spray a little bit of the facial toner, which I'll show

you how to make, under my armpit, to get it wet. And then I go ahead and just rub it on. If you don't have any spray handy, you can just run this under just a little bit of water, just for a second and then rub it on that way. It works really well. Now, this won't keep you dry. It's not an antiperspirant. It's a deodorant. But it works and, again, just pay attention to your reaction to it. You can customize this deodorant with different scents. You can also play around with the baking soda and the arrowroot. You could also combine those two. When you pour these, keep one in the bathroom, just in a jar or in a little dish. Keep the remaining ones in the refrigerator until you use them. They'll stay in there for years. You probably will go through this in a year. But that's a great place to store. Have fun with this! You won't stink!

Hair Spray

- Hair spray, you can make it yourself and it really works. I use it almost every day. It's a little different than what you buy. It's slightly tacky, like just a little stiff, slightly sticky, but the trick is when you spray it, just do it in light layers. Don't spray a ton at once. Most hair spray recipes that you find call for lemon juice, which is great, but then you have to refrigerate it. And I don't know about you, but I never go the refrigerator when I'm getting ready in the morning. I just don't do it. So I've developed this recipe that doesn't require refrigeration, you can just keep it on your counter. So what you do is you basically add sugar to water. That's pretty much it and then you scent it. So you're making a sugar water. So the easiest way to do this is just to fill your jar up with water. Then you're gonna pour it back in here. This is so you know exactly how much to use. I'm not really into measuring, so I always sort of start with my container. I will tell you that for roughly a half of a cup of water, you wanna use a teaspoon of sugar. If you use too much sugar, you'll know because your hair spray will be really sticky. Then just pour it out and make it again 'cause these ingredients are really inexpensive. Now, you'll want to either put this in a pot on the stove and boil it or put it in the microwave until it comes to almost a boil and stir it up to dissolve the sugar. So you want to make sure that the sugar's totally dissolved. Give it a stir. And at this point you might wanna wait until it's cooled down just a little bit. Then I like to add just a little bit of orange blossom water because it smells so good. And it's nice for your hair. And then I'm gonna stir it just to cool it down a little bit more. It already smells so good. I wish we had smell video. Then you can add a few drops of lavender. Four is plenty for the hair spray. One, two, three, four. And I'm gonna just swirl this again. And pour it back into your jar. Now when you use this, you'll want to spray it maybe two or three times, let it dry. Then if you need more hold, spray again, but you want to work in layers. It's not the same as traditional hair spray. You can't just saturate your hair with it, otherwise it does get a little bit too gummy and sticky. This will last about three months. Then you'll wanna dump whatever is left and make a new batch. And I've been worried in the past about bugs being attracted to this because of the sugar, maybe bees or mosquitoes, but I've had no problem with it. And you can get some pretty high hair with this stuff. I use it all the time. It smells great.

Lip Balm

- Lip balm is really easy to make, and it's really satisfying because you use it every day. And you also use it next to your mouth, which means you wanna know what's in it, because you're kind of eating it. So, it's a great item to make yourself. Also, this lip balm recipe works as a body balm, which means you can use it on your hands, and you can use it on your feet. You just label it something different. To make your lip balm, you need a teaspoon of shea butter. This will make two tubes of lip balm, or a tube and a tin, or a small jar. You don't need to be too fussy about exactly what it goes

into. It is fun to get these little tubes, though. And you can find those online. So, we have a teaspoon of the shea butter. Now, this shea butter that I'm using is very soft. Yours might be a little bit harder. Then we have a teaspoon of the cocoa butter, and this takes a little bit more strength to get it out, and you sort of have to scrape these little shards. I used to always make lip balm with beeswax, and that does make a really nice lip balm, but the shea butter and the cocoa butter are much more moisturizing. Also, if you use this recipe, it's entirely vegan, which is important to a lot of people, so it's nice to have that option. Then, I'm going to add some oil. Now, I typically use one part shea butter, one part cocoa butter, and one part oil. But because this oil's really soft, I'm actually gonna only use half of a teaspoon of oil. And that's just one of those things that you have to get a feel for. If your recipe ends up too soft, what you do is you scrape it all out, and put it back in here, and melt it again, and just add a little bit more of the cocoa butter to make it a little bit harder. Don't throw this away, you can save it. You can either make it softer or harder by just adding a little bit more oil or a little bit more cocoa butter. So now, with these three ingredients, we're gonna melt this in the microwave or in a double boiler. So this is completely melted now, and at this point I'm gonna add the essential oil and the vitamin E capsule. And this is a natural preservative, and I'm just going to puncture it with a pin. I use these caps, because then I don't even have to measure. But you can also just use the oil if you have access to just Vitamin E oil. And then, I'm gonna just swirl it. I'm going to add six drops of sweet orange essential oil. I really like using citrus. You might want to be careful using peppermint. It's really a popular thing to have as a lip balm scent, but sometimes it can be a little harsh around your mouth. There we go. You can experiment. The only thing I'd recommend is grapefruit, sweet orange, those kinds of scents are nice because they're also a type of food, and so it feels natural to have that around your mouth. But really perfume scents are kinda strange to have next to your mouth. However, if you're making this for a body balm, you can, sky's the limit. You can add a lot of different scents. So now I'm gonna very carefully fill it in here. And I'm gonna actually use the table to support here. So, I try really hard not to spill this. And this is really fun. This is like you're making your own cosmetics here. There we go. And I'll go ahead and put a cap on this and put this in the refrigerator overnight. But I have some more here, so I always have extra tins handy, and this recipe does make enough for two. So I'm just going to pour the rest right in this metal tin and put this, also, in the refrigerator overnight. And you really wanna do it overnight. It sets up a lot better, and then you can bring it to room temp when you use it. And when it comes to room temp, then you can decide after using it if it's a little too soft, a little too hard. And it will probably be fine, but if it's driving you crazy, you can remelt it and use it again. The other thing you can do is you can take the whole recipe and pour it directly into a larger jar and use that as the body balm. Another good tip for this is to make the recipe and not use any essential oil at all, and pour it in different jars, and then quickly add different scents to each jar and then stir. That allows you to use the same recipe, but scented a bunch of different ways. You just have to move fast. Not crazy fast, but you know, fast enough that it's not gonna set. And if you do that, then store your extras in the refrigerator. They'll last a long time. I've had some of mine in the refrigerator for more than two years, and then just pull them out later when you're ready to use them. When you use them, you can keep them at room temperature. They make great gifts. You'll be very popular.

Facial Toner

- Facial toner is so easy to make and it's really expensive to buy. So it's kinda goofy, because the most natural extravagant toners are the easiest to create. So, we're gonna make one it's really easy. Witch Hazel is what I use for the base and a Hydrosol Make sure it says Hydrosol or floral water, it's

not water with essential oil added, that's a different thing. I really like this brand of Witch Hazel, because it doesn't have alcohol in it. If you use Witch Hazel that has alcohol it can be really drying. This is a great brand and it's already scented with rose, which means it smells really good. What I like to do, is I like to mix it directly in the jar, because then I don't really have to measure. So it's one part Witch Hazel to three parts Hydrosol or floral water. And I what I do is I look at my jar and I find about half way and then I go down to a quarter. So, I'm gonna fill it that much. You could measure this if you wanted too, but it's just not that big of a deal. So, I'm squirting in the Witch Hazel here to roughly a quarter, so that's your one part and then you'll need three parts of the Hydrosol. And I'm using rose Hydrosol water and rose Witch Hazel. They also make this in a lavender, which is really nice with a lavender Hydrosol. I do like to layer the same scent, if you mix different scents with this, it could start to smell a little spicy and it doesn't blend as well. So again, I'm just pouring now and the rule of thumb with these jars is to pour right before it starts to round, and then stop, otherwise it could overflow when you put in the spray. Now we're gonna add an essential oil. And I'm gonna add rose. Rose is a great scent for all skin types. And you can add four to eight drops, depending on your sizes of bottle. I'm gonna add four drops for this, because you've already got your scent in the Hydrosol and in the Witch Hazel. Two, three, four, there you go. Then we put the top on and we give it a shake. That's it. And you can put on a pretty label. And you're done. Now you don't have to store this in the refrigerator. You can keep it out on the counter, that's another good reason to make a smaller quantity, is because after about six months it will start to turn. Ideally, you're gonna use it up before then and then you'll want a different scent, so you can blend a new kind. So, I always encourage people to make smaller quantities, that's what I do, because then I can make more and different and change the scent and have more fun with it. But smaller is better. To use the facial toner, you wash your face, and then you barely pat dry and then just give a few squirts squirt, squirt, squirt, squirt, squirt. I use kind of a lot, because it's almost free and I made it, so I don't worry about using too much. You can also use this under your arms to freshen up before you use your homemade deodorant. You could also use it in your hair, if you haven't washed your hair and it's just smelling a little bit like you haven't washed it. And you can use it as a body spray. It's really fun to use and smells so good. I know some people use it as a perfume.

Facial Oil

- Facial oils have gotten really popular. There's a good reason why. They're basically a facial moisturizer. Instead of the white cream that you use, you use just an oil. There's no water in them, so they last a long time and they don't go bad. Also, the oil is super fatty, which is really good for moisturizing your skin. They are insanely expensive. I can't believe what they're charging for these oils. Really easy to make it yourself. All you need is jojoba oil, and a couple essential oils. So, I'm just gonna pour this into a little jar, and you can fill it all the way to the top. You can get this jojoba oil at most nature food stores. It's not hard to find. This oil is great for all skin types. It's good for oily skin, dry skin, combination skin. It's really good for teenagers, too, if you're getting a little bit of acne. So, I'm gonna fill it just until the bottle starts to curve right there, and then I'm gonna add four to eight drops of an essential oil. Geranium oil is really good for combination skin. Dry skin behaves really well with lavender. Normal skin and rose essential oil are very nice together. So, I'm gonna use lavender for this one. And, I'm just gonna put in one, two, three, four, five, six, seven, eight. That's it. Then I put in this dropper, and I go ahead and just gently shake it. Now, to use this, what you want to do is you want to wash your face. Then use your toner, your toner that you just made if you're using one. Your skin should be slightly damp. It's important that it's slightly damp. If it's not slightly

damp, go ahead and wet your hands and get it slightly damp. Then, what you do is you're gonna put one to three drops of this oil in the palm of your hand. I'm gonna put in three, so one, two, three. That's all you need. Then you rub. This, and then you blot your face. Don't rub. Just blot, and go down onto your neck. This smells so good, it's amazing. And, that's all you need. It will absorb into your skin. You can use it before you go to bed, and you can use it in the morning, too. The one thing to keep in mind is you are scenting it with essential oils, and those will help balance your skin, but they also come with their own properties. I encourage everyone to research if you're pregnant, if you're nursing, if you have sensitivities to smell. The other thing to keep in mind is some oils have some issues. Like, bergamot is wonderful for combination skin, but it also makes you more sensitive to sunburn. So, any oil you use, just go ahead and research it before you use it, so you'll know exactly what the qualities are of that oil. This will last you, depending on how many drops you use, about a year. The other thing I want you to know about this is occasionally the oil can rub on the rubber stopper, and actually break the rubber down, and make it a bit sludgy and gross. So, you might need to switch your dropper out after about four months or so. So, just keep your eye on that seal there. Jojoba oil's a natural oil, but rubber's a natural ingredient, too. So, sometimes they have kind of a funny combination. Enjoy your facial oil. And, you didn't spend \$100.

Cleansing Oil

- Cleansing oil is a way to clean your face with oil. And I know that sounds completely cuckoo, but it really works, and I encourage you to try this. Nothing bad will happen if you try it. There's been a lot of research lately, and you might've read a lot about cleansers that clean our skin too much, so then it strips off all the natural moisture in our skin, which makes us produce more oil, which then can cause breakouts. The other thing that happens is if you're using a natural moisturizer and toner, like what I'm showing you how to make, they don't work as well on skin that's been overstripped. They work really good on skin that has been cleansed in a way that is natural and moisturizing. So, using a cleansing oil along with the toner and the moisturizing facial oil is a really great combination. It's those three products together that worked really well together. This is how you make the oil. You use one part castor oil. And castor oil is actually really drying, so you only need one part castor oil to three parts sunflower seed oil or olive oil. If your skin is really oily, you could use a little bit more castor oil but I don't think you'll need to. And now we're gonna fill the rest with sunflower oil. So I just pour this oil in, trying not to spill. And I did spill a little bit, and that's okay. Now I'm gonna add four to eight drops of an essential oil. I'm gonna use grapefruit, because it's nice and fresh and clean smelling. Citrus is really nice for a cleansing oil. So I'm gonna go ahead and add actually eight drops here. Five, six, seven, eight. And when I say four to eight drops, what I mean is that's really up to you and how strong you want it to smell. The cleansing oil you really rub on your face a lot, so you might not need as much essential oil, because you really can smell it. And I'm gonna gently shake. So how do you use this? It seems scary and weird and really counterintuitive to use oil on your face. I'm gonna show you. You get your face wet first, and you can do that with your hands or with a wet washcloth. Wet, wet, wet, wet, wet. Then, you take your oil, and you use more than you think of this. So I'm gonna go ahead, do it over the sink, 'cause see how it's dripping everywhere? And I'm gonna put kind of more than a nickel sized amount. There's a lot, and I'm gonna rub it together, and I'm gonna rub all over in my nose, on my forehead. I'm gonna close my eyes. I'm gonna rub my eyes and eyelashes with it. I've never had a reaction. If you do, I apologize, you might wanna do a test first. I've never had a reaction to this, it takes off make-up beautifully. So, rub, rub, rub, rub, rub, and actually then go in with your fingers and massage. So you're giving yourself a facial massage with

this oil. It will open up your pores, and the more you massage, the more it actually gets out the dirt from your pores. So this takes a little longer than just washing. Think of it as a treatment. Chill out, take your time, breathe. It's not just, ahhhh, I'm gonna jump into bed. Really take the time with this to make it effective. Then, this is the most important part, you need a washcloth that is piping hot with water. And then you blot, like that, with hot water. Then you rinse it under hot water again, wring it out, and you do it again. Hot water. You don't rub, you blot. And what happens is the oil lifts off into the washcloth, and then any remaining oil goes into the skin and it cleans the skin. So, three times, really hot. Don't burn yourself. And then, when you're done, you'll be slightly damp, your oil will be off. Then you take your facial toner, spray, spray, spray, spray, spray, and then you take your moisturizing oil. We've already made these, and you pat, and you're done. Now, this will last you a long time. You can always make more, and you can scent it, different scents. You might find that it's a little too strong or you want something different. It washes away and your skin is gonna be really soft. Two tips about this, because you're probably thinking, "Oil, oh my god, I'm gonna break out." You won't. It's wonderful. Also, when you use the washcloth, you're lightly exfoliating every time you do this, even though you're not scrubbing, so that's really good for your skin. And then there's another little trick I can give you that I do once a week where I take the oil and I put it in my palm, and then I use just about a quarter of a teaspoon of baking soda, and I rub that together, and that is your own facial scrub. So instead of spending \$35 or even \$7.50, you've made your own scrub out of the oil and the baking soda, and that is so good at getting off any, just little tiny bits of dead skin. When you use the moisturizing oil after that, you'll find the combination is just really lovely. So please give this a try.

Chapter 4 - Labels

Adding labels

- You've made all these amazing products, and now you get to label them which is my favorite part. I love papers, and glue, and labels, and putting labels on jars. And labels, and labels. Don't feel limited. You don't have to use label paper. In fact, I usually don't. I use whatever paper I want to use. And a glue stick, it works great. And the beauty of that is, it comes off in water. Which I know, seems a little odd because these things might get wet, but you really have to soak it to get it off. But when you soak it, they come right off and you can make a new label. So it's really great for reusing your jars, which you want to do. You want to reuse these. So, for making labels, I collect patterned paper. The thinner the better, because it's easier to glue on a round surface. I also hand-draw labels, and sometimes I just buy labels that are already cut out. Which is also handy. This is a body balm that I want to label. So, a simple way to do that is just to take some paper, and I just roughly figure out how big I want it. Then, before I put it on the jar, I grab a label to say what it is. Now I can use this, and fill it in, or I've also pre-made some labels that you'll be able to print out. And for this one, I probably will use just the generic balm label. I also could cut this out and fill it in. I'm just cutting out the balm label here, just to get it out of the paper. And I'm not getting too fussy about making it straight, because it doesn't have to be perfect. And it's amazing, the way your eye will just make a straight line, even if it's not. And, it's going to be centered there, so I will just glue-stick this. I always try to get the edges more than the center. So I put this on first, press hard, and then I'll flip this over and glue. One thing that's really fun to do is to make a set as a gift of cleansing oil, facial oil, lip balm, and use the same papers. Because then it's a whole little family, and it matches, and it's so cute, and people freak out and squeal about that, it's amazing. That's how it looks. Now, to really press it on there, I'm actually gonna take a little piece of paper and use that to

really press. And you wanna cover it, because I've learned the hard way that the toner from any sort of ink, or even from a pen, will smear. And that's a real bummer, because you've worked hard on this. So that is how the balm looks. Another thing I've done is I've provided a little template here. This is nice because this fits exactly tins that are a one-and-a-quarter inches. So, if you cut it out, it'll fit exactly on there, which is very handy. And it's fun to do that with decorative paper. And then you can glue that on. Another way you can do this is with a hand-drawn label. What you wanna do when you are labeling directly on here is label before you glue it on your jar. I've made that mistake, and I'll glue it on the jar and then try and write on a curved surface. That's maddening, and seldom does it work. This is cleansing oil. If you wanted to, you could also put the date that you've made it so you have some sense of, 'Was it last year,' 'Was it last month,' that's handy to do. And I'm gonna glue it, and I'm also sort of pressing it into the paper underneath, so it's blotting a little bit of the ink so it doesn't smear when I press it on. And then I'm carefully laying it on the jar. You have some time here to wiggle it around, but again, when I'm pressing it on, I'm using that scrap piece of paper. Because otherwise it will bleed like crazy. Labeling as you go is a good idea, because these jars look the same and you might not remember the way that you've scented them. You don't wanna run into a position where you don't know what you have, and I've done that before. So label everything that we've made, and you'll find that you have a table full of items, which hopefully you love. Go ahead and experiment with different scents. You don't have to use what I've used. And if you're making them for men, try patchouli or sandalwood. Patchouli, you need just a little bit, but it is really a sophisticated scent that's kind of gotten a bad rap, so I would try it. Have fun with this, and make gifts, and I think that you'll find that you can make these, and you'll like that better than buying them.