



CBD DIY:

Bath and Body

Great for Personal Use & Gift Giving

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Dedication -

This eBook is dedicated to all those who love to make their own products and even those who never do. I hope by reading this book it opens your mind to the possibilities of CBD. I personally continue to have best life outcomes when cannabis is a part of my life. I have tried these recipes and feel in love with each one for both myself and to share with friends.

Namaste.

“The Earth has its Music for Those who will Listen.”

George Santayana

INTRODUCTION

Each step of doing this book of DIY recipes using CBD for wellness has been an inspirational path. I have so enjoyed tweaking recipes to get them to a place I felt comfortable sharing. The process of using your imagination to create something that you are proud of a huge part of this book writing and recipe developing quest. I find it a wonderful state of mind for me and I am aware it can also be all consuming. I have worked hard to deliver what I think gives you the tools to start using CBD in ways you may not have considered. I find my evolution and experimentation with CBD a continuum that keeps on delivering one surprise after another.



CHAPTER 1
BATH AND SHOWER

CBD Bath Bombs –

These bath bombs are not only fun to make and use they offer many benefits to aid your best life. Depending on the essential oils you choose these bath bombs back a really powerful punch.



BASIC CBD BATH BOMBS –

- 7 medium size or 3 large bombs
- Total Time – 30 minutes

Ingredients –

- 1 cup of [bakingsoda](#)
- 1/2 cup of [citric acid](#)
- 3/4 cup [corn starch](#)
- 1/4 cup plain [Epsom salt](#)
- 1-2 tablespoons of water
- essential oils: 15 drops
- [CBD Tincture or oil: 50mg](#)
- [Dropper](#)
- [Bath Bomb Molds](#)
- [Cookie sheet](#)

Options:

- [Non-Toxic plant-based dye](#)



Directions –

- Mix all dry ingredients in a bowl making sure there are no lumps.
- Mix wet ingredients in their own bowls. I do not recommend mixing them together.
- Using a dropper slow and steady add liquid to dry ingredients mixing with a whisk the entire time (dye would be added here as well).
- You may activate the acid and with stirring it should stop.
- The mixture should be like a crumble and not packed sand.
- Once you have things mixed start to fill your molds pressing firmly.
- Place molds on cookie sheet and let set for 2 hours. (I tried earlier and they simply crumble. Longer set time gave best results. Overnight fine too.)
- Wrap bomb or place in air tight container. Moisture can cause them to crumble.

Options –

• Essential Oil Combinations –

- Sexy Bomb : [Ylang Ylang](#) and [Orange](#)
- Wellness Bomb: [Tea Tree](#) and [Eucalyptus](#)
- Calm Balm: [Lavender](#) and [Chamomile](#)
- Energy: [Lemon](#), [Lime](#), [Grapefruit](#) and Wild Orange
- Holiday: [Clove](#), Wild Orange and [Sandalwood](#)
- Wake Up: [Rosemary](#), Lemon, Lavender
- Just Breath: Lemon, Eucalyptus, [Peppermint](#) and Rosemary



SHOWER BOMBS –

Follow the above recipe and increase the oil 1/3 to double and remove CBD. I would add essential oils first followed by water using a dropper. Keep going until your mixture has the desired consistency.

CBD Botanical BOMBS –

Follow the above recipe and add rose petals or lavender buds to each bomb. You have a few options that work equally as well –

- You can place the botanical in first and build you bomb on top.
- You can mix botanicals into the dry mixture so they are throughout.
- You can add to the end of the bath bomb before pressing.

All options are fun and enjoy experimenting with these suggested easy ways to bring botanicals into the bomb project:

Options –

- [Dried flower pedals](#) and [lavender](#)



Basic CBD Bath Salts –

Bath Salts are super easy to make and take bath time to another level. Have fun mixing different pairings of essential oils to support your desired outcome. It is recommended to add 1 to 2 cups per bath. Enjoy.

- 32-ounce Mason jar with lid
- 1 to 2 bath servings
- Total Time - 10 minutes

Ingredients –

- 2 cups Epsom salts
- 1 tablespoon baking soda
- 1/8 cup of CBD oil
- 10 drops essential oils

Directions –

- Put Epsom salts & baking soda in a bowl and begin to whisk together.
- Add in both CBD oil and essential oils whisking.
- Place infused salts into a mason jar with lid.
- Add bath salts to bath and enjoy.

Options –

Essential Oil Combinations
Lavender and Cedarwood
Frankincense and Sandalwood
Ylang Ylang and Lavender



CHAPTER 2
SKIN AND MOUTH CARE

CBD Toothpaste –

This toothpaste has done for me what all commercial toothpastes claim to accomplish but never do – freshen breath, fight plaque, support gum health and whiten teeth – and without the questionable ingredients.



Ingredients –

- [Organic coconut oil](#)
- Baking soda
- 2 drops of [clove essential oil](#) per tablespoon
- [15mg CBD](#) per ounce

Directions –

1. Add equal parts oil and soda into a container and mix well.
2. Add 2 drops of essential oil per tablespoon of each used.
3. Mixed until fully blended.

Options –

[Bentonite clay](#) – you can add equal parts of clay to the above recipe
Essential Oils suggestions – peppermint, [spearmint](#), [cinnamon](#) and frankincense

Note: When using this toothpaste, remember to spit into the trash and not the sink. The coconut oil will clog your sink over time.



CBD Lotion Bars –

These cute bars are simple to make and take the idea of moisturizing to a whole new level. Mold these into any shape you like with a recommendation for what works best to hold in your hand. These bars work best when you simply grab one and glide along your skin. A little goes a long way. For a skin replenisher these bars win the contest.

Ingredients –

- Organic [Shea Butter](#)
- Organic [Almond Oil](#) (or coconut oil)
- Organic [Beeswax](#)
- Essential Oils
- [CBD](#) – 15mg per ¼ cup

Directions –

- Add equal parts of above oils and butter into a mason jar.
- Fill pot with water and add mason jar to center.
- Heat pot to a boil until the ingredients blend together and melt.
- Remove from heat and once slightly cooler add essential oils at 10 drops per ¼ cup and CBD at 15mg per ¼ cup.
- Mix together and pour into desired mold and let sit overnight.
- Flip and store wrapped in wax paper in a cool area until ready to use.
- Small mason jars have worked well for me making the perfect size to fit in the palm of my hand.

Options –

- Adding botanicals simple to do and create a visual BAM
- Play around with essential oil combination with lavender always being a crowd pleaser
- You can get fun BPA free molds to make all kind of shapes and sizes



CBD Lotion –

I am the person who has to cover her body head to toe in lotion post bath or shower. I have the driest skin and living in California it is really a necessity. Making my own lotion is a new twist in my healthcare routine. I find it fun, cost effective and a great way to get some CBD help with joints, skin and my body all day long. This lotion will remain harder in winter months softening to the touch.

Ingredients –

- 1 cup desired organic oil (almond, coconut, olive or any you prefer)
- ¼ cup [organic beeswax](#)
- [2500 mg of CBD](#)
- 10 to 15 drops of organic essential oil(s) of choice

Directions –

- Put oil carrier oil and beeswax in a mason jar.
- Fill pot with water and add mason jar to center.
- Heat pot to a boil until the ingredients blend together and melt.
- Remove from heat and once slightly cooler add essential and CBD.
- Mix together and let sit overnight.
- Enjoy and remember a little goes a long way.
- This mixture softens at the touch of your hand – room temperature.

Options –

- Play with different oils and butters.
- Seasons make a difference in lotion consistency so have fun playing with combinations.
- Essential oils offer many exciting ways to bring life to each batch.
- I put my lotions outside on the full moon surrounded by crystals to give them powerful energy.



CBD Face Mask –

Doing face masks for me are a shared event. Something I did at sleepovers and with my daughter. Since entering a conscious life, I have learned the power of a good face mask to supply my skin with the nutrients it needs as well as a way to detox. A CBD face mask offers so many powerful opportunities for you to support your skin and help nourish and heal it at the cellular level. If nothing else add this mask to your quarterly routine and I bet you will notice some powerful changes.

Ingredients –

- ½ cup of [raw sugar](#)
- ¼ cup of [organic honey](#)
- 30mg [CBD oil](#)

Directions –

- Mix together all ingredients.
- Apply as a mask and leave on for 20 minutes rinsing with warm water.
- Option #2 is to apply in a circular motion washing with warm water.

Options –

- Remove sugar and simply use honey and [CBD](#)
- Add lemon essential oil for a nice energizing facial BAM
- Makes a nice gift for the holidays and much more.



CHAPTER 3
WRAP UP

In 1996 I opened an award-winning aromatherapy store and still to this day I rely in the tools and power of essential oils to aid my best life. Adding cannabis to my wellness bag has been an evolution much like oils. I started out with marijuana in conjunction with oils and today my 'Bag of Tricks' includes two powerful tools from cannabis – marijuana and [CBD](#).

In this bio-hacking journey I can share that Mother Nature stands tallest offering the most medicine. I encourage all of you to look outside of societal norms regarding wellness. Consider experimenting with cannabis to see how it can aid your best life. Talk to your wellness team about the best approach and your goals and objectives. CBD offers so many delivery systems coupled with these recipes you can really have some fun.

Each day life continues to evolve with gratitude for the power of cannabis. These make the best gifts and I encourage you all to consider sharing your CBD creations with friends and family so together we can begin the conversation about the power of cannabis to change the narrative.

