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After-Bath Lemongrass Body Oil

Ingredients for Success

To create your own after-bath body oil, you'll need:

- **Carrier Oil (16 oz.)**: Choose from [sweet almond](#), [jojoba](#), or [coconut oil](#) for their moisturizing benefits.
- **Lemongrass Essential Oil (20 drops)**: The star of the show, providing scent and therapeutic benefits.
- **Vitamin E Oil (1 tsp)**: Optional, but beneficial for skin nourishment and preservation.
- **Glass Bottles (16.9 oz., 1 bottle)**: Dark-colored to protect the oils from light degradation.

Tools You'll Need

- **Measuring Cups and Spoons**: For precise oil measurements.
- **Funnel**: Helps pour oils into bottles without spilling.
- **Mixing Bowl**: A small bowl for combining oils.
- **Whisk or Stirring Stick**: To thoroughly mix the ingredients.

Step-by-Step Guide to Crafting Your Body Oil

Step 1: Set Up Your Workspace Ensure your workspace is clean and organized. Lay out all ingredients and tools.

Step 2: Measure the Carrier Oil Pour 16 ounces of your chosen carrier oil into the mixing bowl.

Step 3: Add Lemongrass Essential Oil Carefully count and add 20 drops of lemongrass essential oil.

Step 4: Optional Vitamin E Oil Add 1 teaspoon of vitamin E oil for added benefits.



Step 5: Mix Thoroughly Use a whisk or stirring stick to mix the oils until fully combined.

Step 6: Transfer to Bottles Carefully funnel the oil mixture into the glass bottles, leaving some space at the top.

Step 7: Seal and Label Cap the bottles securely and label them with the date and contents.

Step 8: Store Properly Place your bottles in a cool, dark area to preserve the efficacy of the oils.

Pro Tips for Maximum Enjoyment

- **Patch Test First:** Always perform a patch test to ensure you don't have an adverse reaction.
- **Post-Bath Application:** Apply the oil on damp skin for better absorption.
- **Customize Scents:** Feel free to add other essential oils like lavender or chamomile for a personalized blend.

See also [Energizing Morning Body Wash](#)