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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](#)