



Energizing Morning Body Wash

Shopping List

To create this delightful body wash, you'll need:

- [Castile Soap](#) - 1 $\frac{3}{4}$ cups (approximately 420 ml)
 - [Fractionated Coconut Oil](#) - 2 tablespoons (30 ml)
 - [Peppermint Essential Oil](#) - 15 drops
 - [Orange Essential Oil](#) - 15 drops
 - [Lemon Essential Oil](#) - 15 drops
 - [Aloe Vera Gel](#) - 2 tablespoons (30 ml)
 - [Vitamin E Oil](#) - 1 teaspoon (5 ml)
 - [An empty 16.9 oz bottle with a pump](#) - 1
-

Tools Needed

- **Measuring Cup**
 - **Measuring Spoons**
 - **Funnel**
 - **Mixing Bowl**
 - **Whisk or Spoon**
-



Step-by-Step Instructions

Step 1: Prepare Your Workspace

Start by cleaning your workspace. Gather all your ingredients and tools to ensure a smooth process.

Step 2: Measure Ingredients

- **Castile Soap:** Pour 1 $\frac{3}{4}$ cups into the mixing bowl.
- **Fractionated Coconut Oil:** Add 2 tablespoons to the bowl.
- **Aloe Vera Gel:** Include 2 tablespoons.
- **Vitamin E Oil:** Measure and add 1 teaspoon.

Step 3: Add Essential Oils

Carefully add 15 drops each of peppermint, orange, and lemon essential oils to the mixture.

Step 4: Mix Ingredients

Use a whisk or spoon to stir all the ingredients until well combined, ensuring the oils are evenly distributed.

Step 5: Transfer to Bottle



- Position the funnel in the opening of your empty 16.9 oz bottle.
- Carefully pour the mixture through the funnel into the bottle.

Step 6: Secure and Label

Attach the pump securely to the bottle and label it with the product name and date.

Step 7: Store Properly

Store your body wash in a cool, dry place to maintain its effectiveness.

Step 8: Usage

In the shower, dispense a small amount onto a washcloth or loofah, lather, and enjoy the energizing aroma.

Tips & Precautions

- Always perform a patch test before full use.
- Store away from children's reach.
- Adjust essential oil drops to your preference.

See also [After-Bath Lemongrass Body Oil](#)



Variations & Options

Experiment with eucalyptus or lavender essential oils for a unique scent blend.