Energizing Morning Body Wash

Shopping List

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

- Castile Soap 1 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 ¾ 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.