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Energize Your Mornings: DIY Energizing Morning Body Wash Recipe

Introduction

Welcome to a refreshing start to your day with our DIY Energizing Morning Body Wash! This invigorating body wash is designed to awaken your senses and energize your mornings with an uplifting blend of essential oils. Whether you're gearing up for a busy day ahead or need a little help getting out of bed, this recipe is your new go-to.



What is Energizing Morning Body Wash Good For?

This body wash is perfect for enhancing your morning routine. Its refreshing scent of peppermint, orange, and lemon essential oils is designed to boost your mood and awaken your senses, making it an ideal choice for starting your day on a high note.

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
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Tools Needed

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

See also [DIY Essential Oil Equipment Cleaner](#)

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.
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Variations & Options

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

Conclusion

Creating your own Energizing Morning Body Wash is not only simple but also rewarding. With its revitalizing scent and nourishing ingredients, this body wash will leave you feeling refreshed and ready to conquer the day!



FAQs

1. Can I use other essential oils?

Yes, feel free to experiment with different oils like eucalyptus or lavender.

2. How long will the body wash last?

Stored properly, it should last several months.

3. Is this body wash suitable for all skin types?

See also [Hydrating Homemade Lip Balm](#)

Yes, but always perform a patch test first.

4. Can I make a larger batch?

Certainly! Just scale the ingredients accordingly.

5. Where can I buy the ingredients?

Most ingredients are available at health food stores or online.