

---

# Homemade Lotion Recipe

---

## INGREDIENTS

- 2 Tablespoons (or 1 ounce) beeswax pellets
- ¼ cup (or 2 ounces) coconut oil
- ¼ cup (or 2 ounces) almond oil
- ¼ cup (or 2 ounces) jojoba oil
- ¾ cup (or 3 ounces) distilled water
- ¾ cup (or 3 ounces) aloe
- 1 teaspoon lecithin
- Optional: 20 to 40 drops essential oils (e.g., lavender, orange, eucalyptus, etc.)



## Directions

1. In a heat safe glass bowl, combine the beeswax pellets, coconut oil, almond oil, and jojoba oil.
2. Place the glass bowl on top of a saucepan filled partially with distilled water over medium heat. Stir occasionally until the beeswax is melted and the oils are combined.
3. In a separate saucepan, combine the water and aloe. Heat to warm.
4. Once the oils are melted together, stir in the lecithin to the oil mixture. Let cool to room temperature (or slightly above room temperature), or until the mixture is cloudy, creamy, and thick but still in a liquid state. Do not let the mixture solidify.
5. Using a whisk, slowly whip the water/aloe mixture into the oil/lecithin mixture. Mix by hand until smooth and well combined. (See notes.)
6. Add the essential oils to the whipped mixture. Stir gently to combine.
7. Pour the lotion into a jar and store in the refrigerator, or away from light and heat. When refrigerated, the lotion will keep for about 4 weeks.

## Notes

- This recipe can be made without aloe, if desired.
- Try different oils in different combinations, depending on your skin's needs. In addition to the oils listed in the ingredients above, cocoa butter, refined mango butter, vitamin E oil work well. If using vitamin E oil, do not combine with other oils in steps 1 and 2. Instead, add vitamin E oil to the cooled oil mixture before proceeding to step 5.
- Rather than whipping the lotion by hand, this recipe can be made using a table-top blender, hand mixer, or immersion blender. If using a blending device, make sure the hot oil has cooled completely (but is still in liquid form) before placing in the blender cup or mixing bowl. Slowly drizzle the water mixture into the oil mixture while the blending device is running on medium/low. Blend until smooth and well combined.

**Source:** Romilly Hodges, MS, CNS, CN, IFMCP