

MOROCCAN ARGAN OIL



Directions, Tips & Easy Recipes for DIY body & hair products



BEAUTY
BY EARTH

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RESOURCES

Subscribe to the Beauty by Earth YouTube Channel for tutorials and live demonstrations covering all of our Argan Oil directions, tips and recipes:

<https://www.youtube.com/user/beautybyearthyt>

For all things Argan Oil follow the Beauty by Earth Blog:

www.beautybyearth.com/blog



WHAT IS ARGAN OIL?

Argan Oil (also known as Moroccan Oil or Moroccan Argan Oil) comes from the Argan tree, *Argania Spinosa*, native to the southwest regions of Morocco. The Argan Tree bears fruit roughly the size of a plum, which contains an extremely hard-shelled nut and within which are one to three prized kernels from which Argan Oil is made.

Locals often refer to the Argan Tree as the “Tree of Life” due to the impact it has had on Moroccan culture, economically and socially for centuries past.

By virtue of its wondrous internal and external healing attributes, Argan Oil is commonly referred to as “Liquid Gold”, though this is only one of the many names people have used to refer to it, including: Moroccan Gold, Miracle Oil, Green Gold, Berber Beauty Secret, Fountain of Youth, Natural Elixir of Beauty and the list goes on.

While the rare and precious commodity that is Argan Oil has been a beauty secret of Moroccan women for centuries, it is now gaining popularity the world over – not only as a high end beauty product that is as versatile as they come, but as a potent ingredient in promoting health, wellness and even anti-aging.

Of course as you’re soon to find out, when it comes to the miraculous results of Argan Oil, the proof certainly is in the pudding.

ARGAN OIL BENEFITS

Argan Oil is hands-down the single most versatile, effective and luxurious beauty product on the market today.

You don't have to spend hundreds of dollars or take weekly trips to the salon to achieve the coveted beauty results of famous celebrities or super models.

So get ready to turn some heads, be barraged with compliments and be asked what your "secret" is!

Applications for argan oil are as broad as the results are miraculous; and you can experience them in less than one week.

ARGAN OIL HEALING

Argan Oil is high in vitamin E (tocopherols), rich in unsaturated fatty acids (Oleic Acid, Stearic Acid, Linoleic Acid, Palmitic Acid and others), is a natural antioxidant and has excellent anti-inflammatory properties all of which make it an optimal product for care of both hair and skin.

BENEFITS OF ARGAN OIL FOR SKIN

Your skin is the largest organ of your body and taking good care of it is of paramount importance as it relates to the health of all your other vital organs.

One of the outstanding benefits of argan oil is that it is great for all skin types. It benefits those with oily skin by stimulating the skin's ability to retain moisture and helps dry skin produce enough sebum to keep the skin moist, thus preventing wrinkles and fine lines.

One of the noteworthy characteristics of Argan Oil is that it is non-greasy and absorbs into the skin quickly and thoroughly, leaving skin moisturized and hydrated without looking or feeling oily. Argan Oil is also non-comedogenic and so doesn't clog pores.

Using Argan Oil as your daily moisturizer gives you an additional advantage, over most other moisturizers, in that Argan Oil naturally contains sterolins, which enhance skin metabolism and boost moisture retention.

Triterpenoids is another key ingredient discovered to be in Argan Oil, which bolsters skin defenses against the elements; and as such protects from the sun, pollutants, smoke, toxins and helps to prevent microorganisms from entering the skin's defensive barrier.

Argan Oil is also known to promote the healing of scars, stretch marks, as well as skin conditions such as acne, psoriasis, eczema, rosacea, chicken pox and the like.



BENEFITS AT A GLANCE

Excellent for all skin types – sensitive, dry, combination or acne prone

Moisturizes without being greasy

Hydrates and softens skin

Reduces wrinkles, crow's feet and fine lines

Tightens and tones skin

Improves skin elasticity and cell strength

Helps damaged cells dissipate and new cells grow

Improves skin metabolism

Heals scars

Diminishes and helps to prevent stretch marks (safe for pregnant women)

Minimizes skin conditions such as acne, eczema and psoriasis

Works on diaper rash (safe to use on children, even babies)

Make up remover (safe for use around eyes)

Remove temporary tattoos without chemicals or painful scrubbing

Use as lip scrub and lip balm

Softens cuticles, rejuvenates nails and promotes nail growth

Repairs dry and cracked heels

Gives skin a fresh and radiant look with no unpleasant smell

BENEFITS OF ARGAN OIL FOR HAIR

Many of the fantastic properties of Argan Oil covered above, such as being rich in vitamin E and high in antioxidants, that are beneficial for skin are likewise advantageous in creating or maintaining healthy and beautiful hair.

Argan Oil penetrates hair follicles as well as the shaft, which deeply nourishes and stimulates a rejuvenation of the hair and scalp. Omega 3 and 9 fatty acids, both inherent to Argan Oil, are other vital nutrients that help to heal and prevent split ends or repair hair that has been damaged by heat generating styling tools.

Extensive research has demonstrated that Argan Oil encourages hair growth, is a powerful factor in preventing hair loss and even helps to resolve dry or oily scalp as well as other conditions such as psoriasis, dermatitis or eczema of the scalp.



BENEFITS AT A GLANCE

- Hydrate your hair naturally
- Treat damaged hair (such as from heat styling tools)
- Repair and prevent split ends
- Restore the natural smoothness of your hair (especially after hair coloring)
- Manage unruly hair
- Tame frizz and fly-aways
- Handle brittle hair by enhancing elasticity
- Moisturize dry scalps
- Reestablish beautiful shine in dull or lifeless hair
- Protect from the elements (such as UV rays and pollution)
- Resolve dry, itchy or oily scalp
- Promote hair growth and prevent hair loss
- Help to heal conditions such as dandruff, psoriasis, eczema or dermatitis
- Deep conditions dry and damaged hair without leaving it looking oily.
- Pre-styling treatment to avoid heat damage from styling.
- Leaves color-treated hair soft, shiny, and extremely manageable.



NOT ALL ARGAN OIL IS CREATED EQUAL

Argan Oil is one of those products where you really do “get what you pay for.” Here are some quick pointers to help you identify what to look for in purchasing a quality brand of Moroccan Oil:

1. Ingredients should include 100% Argan Oil or 100% argania spinosa kernel oil **ONLY**.
2. Product should be sold in a dark colored glass bottle (which prevents light from breaking down the healing properties of the Argan Oil).
3. Oil should have a mild nutty type of smell – avoid strong scents or no scent at all.
4. Another quality factor is texture. Pure Moroccan Oil is smooth as silk and it absorbs quickly and completely into hair and skin. It is not greasy and doesn't leave an oily residue.
5. Lastly we come to price - there really isn't such a thing as cheap argan oil. The fact is that pure argan oil is produced with an extremely time consuming and manual process that has been used by Moroccan women since time immemorial.

EXPERIENCE BEAUTY BY EARTH'S ARGAN OIL

We import our Argan Oil from Morocco via airfreight to avoid exposure to heat and so prevent any degradation in quality. Production is done only in small batches to preserve quality and ensure that you will receive only the freshest Argan Oil that money can buy.

Our Argan Oil is USDA Certified Organic; cold pressed, unrefined, undiluted, is not deodorized and of course, like all of our products, does not contain artificial dyes, fragrances or toxic chemicals of any kind. After just one application you'll know you've found Argan Oil that is in a class of its own!

ABOUT BEAUTY BY EARTH

Effective beauty products that work – naturally.

At Beauty by Earth that's what we are all about! Our products are derived organically from the Earth, not formulated chemically in a laboratory test tube. NO ADDITIVES, NO HARSH CHEMICALS, NO JUNK.

Our products do not contain: Parabens, Formaldehyde, Ethoxylates, Petroleum, Pesticides, Propylene Glycol, Sulfates, PEGs, Triethanolamine, Diethanolamine, GMO, Toxic Minerals (or Mineral Oils), Artificial Dyes or Fragrances.

OUR STORY . . . is simple

Beauty by Earth was started by a couple of friends, both of whom are now parents to young children. Entering parenthood was catalyst for many things, primary among which was becoming conscientious of products containing chemical additives that, while well marketed, are harmful to one's health. The importance of obtaining and using only natural and organic beauty products took on a whole new meaning . . . and the rest is history.

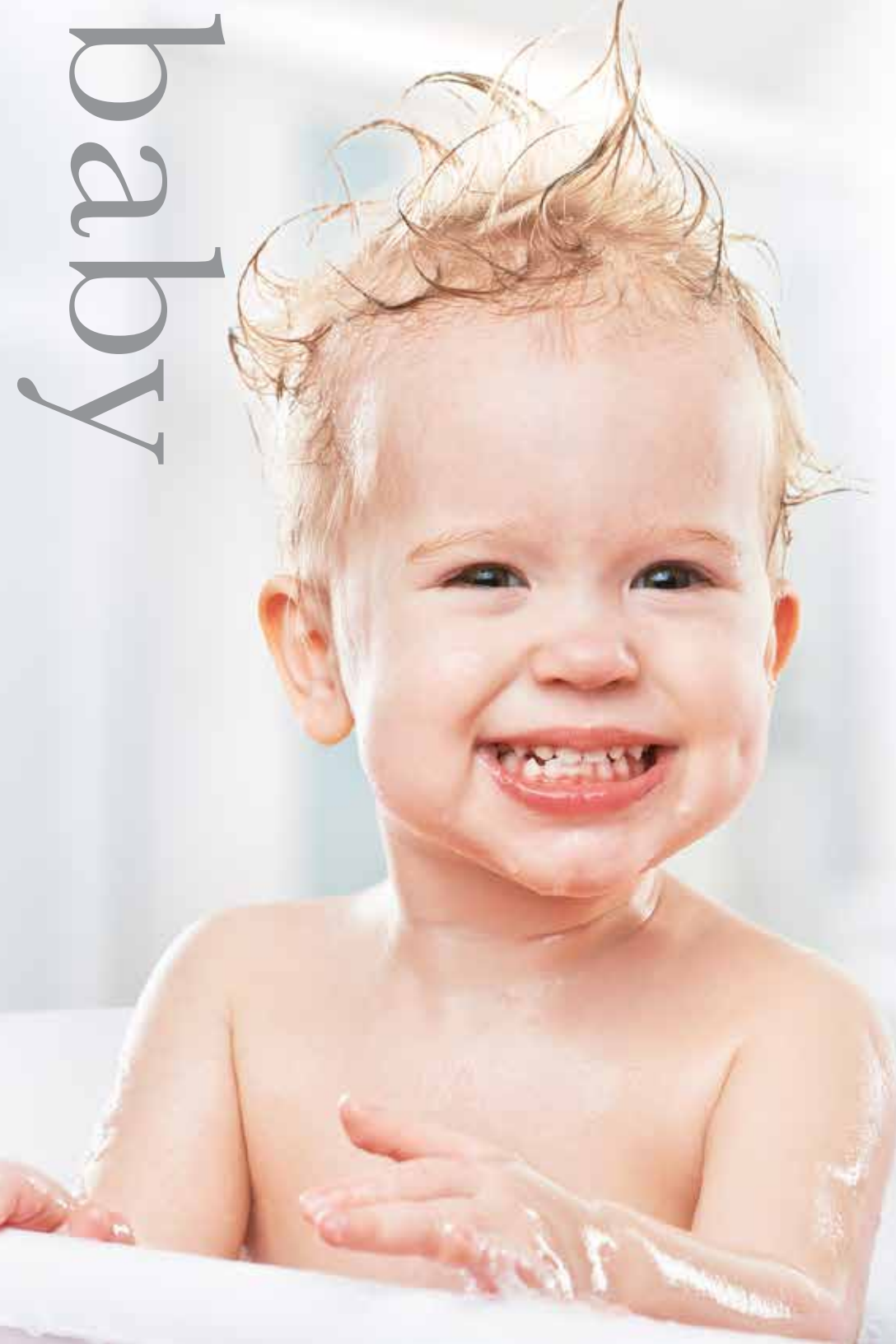
OUR MISSION . . . drives us

To inspire beauty, nurture health and create a better quality of life for people everywhere through authentically organic products crafted from the highest quality ingredients.

OUR GUARANTEE . . . is peace of mind

Nothing less than 100% satisfaction! Because we want to ensure that you enjoy our products as much as we do, we offer a 90 day guarantee on all of our products.





baby

HOMEMADE BABY WIPES WITH ARGAN OIL

Most baby wipes on the market today contain toxic chemicals. We tend to use our wipes for everything, including the face, hands (which end up in the mouth) and all sorts of clean ups. Homemade wipes are easy!

YOU WILL NEED:

Container for Storage, Dry Cloth Wipes (Amazon sells several versions of these – Medline is quite affordable) or Cotton Re-usable Wipes (if you are adventurous).

INGREDIENTS:

6 Oz Organic Aloe Vera Gel ([Lily of the Desert has a good one](#))
2 Oz Beauty by Earth Organic Argan Oil
1 Oz Organic Castile Soap ([Dr. Bronner's Pure Castile Liquid Soap, Baby, Mild](#))
½ Oz Organic Rose Hip Oil (Better Shea Butter offers a great one)
10 Drops Organic Tea Tree Oil ([Desert Essence](#))
10 Drops Organic Lavender Essential Oil ([Aura Cacia](#))

DIRECTIONS:

Put the dry wipes in the container you will be using for storage. Mix all of the ingredients in a bottle of some kind until they are well mixed. Pour the mixture evenly over the dry wipes.

HOW TO USE IT:

Use a wipe or two each time you change a diaper. These wipes are also safe for use on the face, hands and anywhere else your little one likes to make messes!



ARGAN BABY OIL

Most baby oils are in a base of toxic mineral oil, which is not good for your baby at all. Homemade baby oil is very easy to make and the effectiveness is MUCH greater than store bought baby oils.

YOU WILL NEED:

Glass Container for Storage (a glass dropper bottle works well).

INGREDIENTS:

2 Oz Beauty by Earth Organic Argan Oil
1 Oz Organic Rose Hip Oil (Better Shea Butter offers a great one)
1 Oz Organic Sweet Almond Oil ([Aura Cacia](#))
1/2 Tsp Calendula Flowers
1/2 Tsp Chamomile Flowers

DIRECTIONS:

Add flower buds to bottom of glass container being used. Add all oils to the container, apply lid (or dropper) and give the bottle a gentle shake. The oils will be infused with the flowers.

HOW TO USE IT:

Apply oil to your baby's skin as you would any other baby oil.

DIAPER CREAM WITH ARGAN OIL

Let's have a look at an easy way to make your own, completely non-toxic, diaper cream that is extremely effective and beneficial to your little one. We should add that this can really be used on any rash – not just the little ones.

YOU WILL NEED:

Glass Bowl, Glass Container for Storage and a Hand Mixer.

INGREDIENTS:

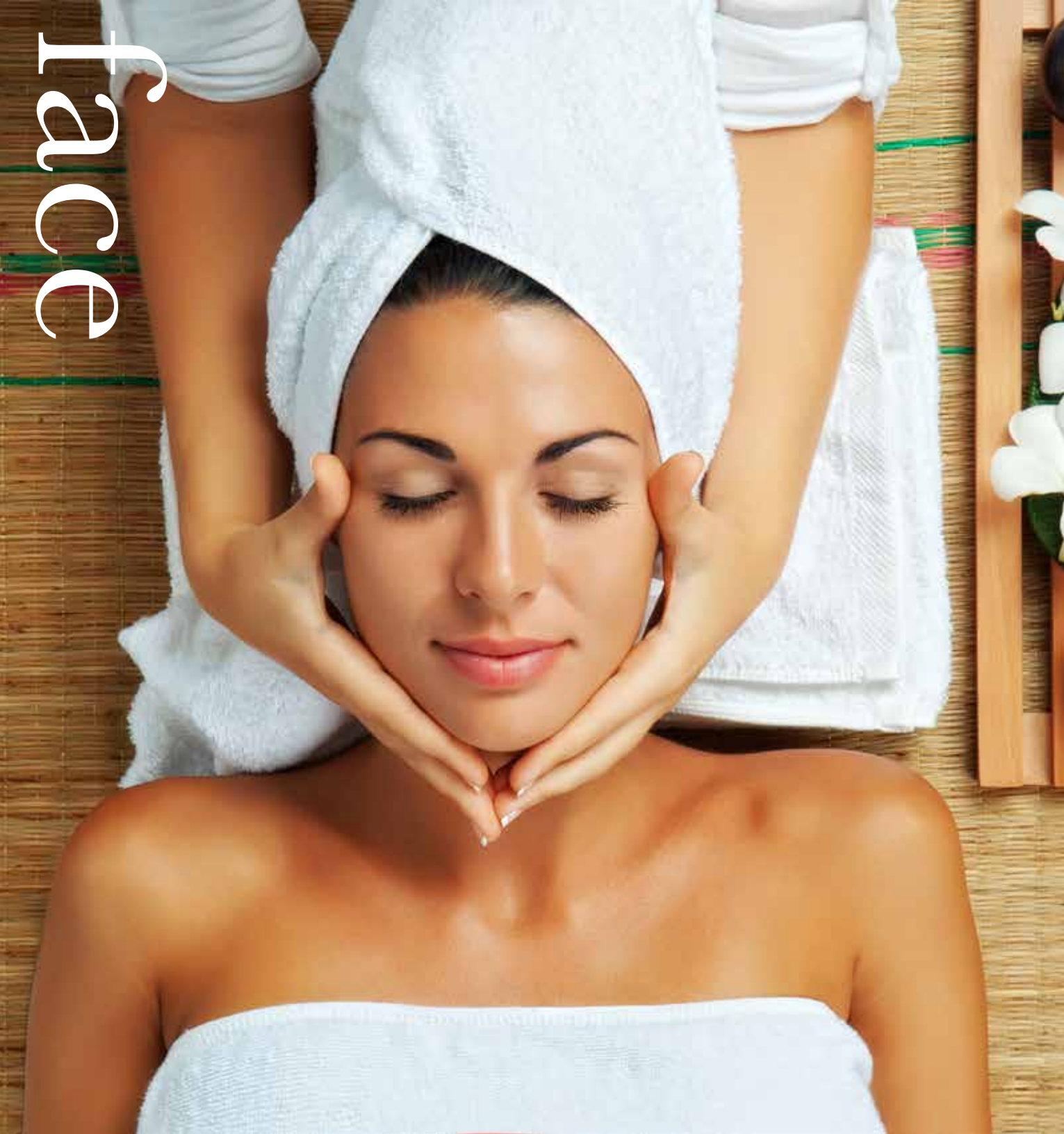
4 Oz Raw Shea Butter ([we use Better Shea Butter](#))
2 Oz Beauty by Earth Organic Argan Oil
2 Tbsp Organic Coconut Oil (very widely available at any grocer or online)
1 Tsp Zinc Oxide Powder ([we use Better Shea Butter](#))
3 Drops Organic Tea Tree Oil (Aura Cacia)
10 Drops Organic Lavender Essential Oil ([Aura Cacia](#))

DIRECTIONS:

Add all oils to the glass mixing bowl. Using low speeds to start, with your hand mixer blend all ingredients together and continue to whip the oils until peaks start to form and you have a light, fluffy consistency. Add the Zinc Oxide powder slowly and blend it in.

HOW TO USE IT:

Apply cream liberally to diaper rash and cover all nearby areas as well.



face

“LET’S STAY YOUNG” ARGAN OIL FACE MASK

Making your own face mask is easy as pie! Here is a great nutrient rich face mask that is sure to extract from your face as well as leave your skin with all of the nutrients from these natural and organic ingredients. This mask is extremely refreshing!

YOU WILL NEED:

Glass Container for mixing and a non-metal mixing spoon.

INGREDIENTS:

20 Drops Beauty by Earth Organic Argan Oil
6 Tbsp Bentonite Clay

1 Tsp Moroccan Rose Water ([we used Elma & Sana brand](#))

1 Oz Green Tea or Chamomile Tea ([we used Trader Joe’s brewed Green Tea](#))

1 Tsp Organic Raw Honey ([we used Trader Joe’s brand](#))

DIRECTIONS:

Mix all of the ingredients together in a glass bowl or container. It should have a smooth wet consistency. Add clay as needed to reach desired consistency. If you don’t have all of these ingredients, that’s fine. Go ahead with what you have.

HOW TO USE IT:

Apply mask to your face and body (if desired) and allow drying. (Say goodbye to facial expressions for a few minutes!) Your face will become stiff from the mask. Rinse with water and then moisturize with Beauty by Earth Argan Oil.



AVOCADO & HONEY FACE AND BODY MASK

Avocado and Honey are both chock full of properties great for your skin. Avocado contains beneficial fats that will moisturize your skin and raw honey is full of natural healing and anti-septic qualities.

YOU WILL NEED:

Glass Container for mixing.

INGREDIENTS:

20 Drops Beauty by Earth Organic Argan Oil

3 Drops Lavender Essential Oil ([We like Aura Cacia](#))

½ Avocado

1 Tsp Organic Raw Honey (we used Trader Joe's brand)

DIRECTIONS:

Mix all of the ingredients together in a glass bowl or container. It should have a smooth consistency.

HOW TO USE IT:

Apply mask to your face and body (if desired) and leave on for 10-20 minutes. Rinse with water and then moisturize with Beauty by Earth Argan Oil.

"FOREVER SOFT" OATMEAL & ARGAN OIL FACE SCRUB

This face wash is slightly exfoliating and 100% yummy. Try not to eat it while you are rubbing it all over your face. You will be tempted! Raw Honey is naturally anti-bacterial. Cinnamon is a natural antiseptic and anti-inflammatory.

YOU WILL NEED:

Glass Container for mixing and storage as well as either a coffee grinder or pestle and mortar.

INGREDIENTS:

20 Drops Beauty by Earth Organic Argan Oil

1 Tbsp Rolled Oats (we used Trader Joe's Old Fashioned)

½ Tsp Baking Soda (we used [Bob's Red Mill](#))

½ Tsp Organic Cinnamon

1 Tsp Organic Raw Honey (we used Trader Joe's brand)

DIRECTIONS:

Grid down the oats in a coffee grinder or using a pestle and mortar. If coffee grinds end up in your face wash – all the better! Mix all of the ingredients together in a glass bowl or container. It should have a smooth wet consistency. Your consistency should be that of wet oatmeal. Not sticky.

HOW TO USE IT:

Use approximately 1 tablespoon worth of the face cleanser and rub in circular motions around your face. Rinse with water and blot your face dry with a towel. Your face should feel clean and refreshed, but not dried out.

GENTLE FACE SCRUB & CLEANSER

This face scrub is tailored for sensitive skin. It gently exfoliates the skin and leaves your face bright and clean.

YOU WILL NEED:

Bowl for mixing,

INGREDIENTS:

2 Tbsp Baking Soda

20 Drops Beauty by Earth Organic Argan Oil

1 Tsp Organic Raw Honey (we used Trader Joe's brand)

1 Tbsp Plain Greek Yogurt

DIRECTIONS:

Mix all ingredients together in a bowl.

Apply to your face in a circular motion. For even better results, leave the scrub on your face for a few additional minutes to work its magic. Rinse with water and pat dry.

HOW TO USE IT:

Apply to your face in a circular motion. For even better results, leave the scrub on your face for a few additional minutes to work its magic. Rinse with water and pat dry.



ARGAN OIL & BROWN SUGAR LIP SCRUB

We all suffer from chapped and dry lips every now and again. Just like most of us exfoliate our faces and body, we too can exfoliate our lips. Exfoliation not only removes dead skin, it also stimulates the skin and blood flow.

YOU WILL NEED:

Glass Container for mixing,

INGREDIENTS:

10 Drops Beauty by Earth Organic Argan Oil

$\frac{1}{2}$ Tsp Brown Sugar

DIRECTIONS:

Mix together the brown sugar and Argan Oil in a bowl. You can always double or triple this recipe if you plan to make a few treatments worth. It's an easy DIY recipe for homemade gifts also.

HOW TO USE IT:

Apply to the lips in a circular motion for a minute or two. Don't rub too hard, you just want to rub enough to remove the dry and dead skin. Rinse off with water or a damp wash cloth and pat dry. Apply one drop of Argan Oil to exfoliated lips.

KISSABLE ARGAN OIL & SHEA BUTTER LIP BALM

Well, everyone uses lip balm so we decided to share a recipe with you for an easy DIY lip balm. So scrumptious you will have to work at not licking your lips. We have given you some ideas on tinting too if you are interested in having color in your lip balm.

YOU WILL NEED:

Glass Container for mixing and storage.

INGREDIENTS:

20 Drops Beauty by Earth Organic Argan Oil

1 Tbsp Raw Shea Butter ([we use Better Shea Butter](#))

1 Tbsp Raw Cocoa Butter

5 Drops Organic Essential Oil of Choice
(Peppermint, Lavender, Vanilla, Sweet Orange from [Aura Cacia](#))

If tinting: You can use a small amount of beet powder for red/pink, turmeric to add yellow to the red (for coral color) and organic cocoa powder for a brownish tint.

DIRECTIONS:

Melt down all ingredients in a double boiler.

Simply put a glass bowl inside of your pot and add enough water to boil, but not come up the sides of the bowl. Mix the ingredients together. You can add as little or much tinting powder as you like for the desired color – if you are tinting it at all. Once melted, remove from double boiler and pour into the glass jar you will be using to store it in. Set jar in refrigerator to cool.

HOW TO USE IT:

Apply to dry or chapped lips or for color as you desire.





hair.

BEACH WAVES SPRAY WITH ARGAN OIL & SALT WATER

A nice subtle beach wave looks great on just about everyone. We created a beach wave spray that will leave your hair gorgeous and nourished. Say goodbye to chemical filled sprays and settle for a fresh, natural look that will have everyone complimenting you.

YOU WILL NEED:

Glass or plastic spray bottle for mixing and storage.

INGREDIENTS:

- 8 Oz Spring Water
- 2 Tbps Epsom Salts (Amazon or Target)
- 1 Tbps Sea Salt (we used Costco brand)
- 20 Drops Beauty by Earth Organic Argan Oil
- 1 Tsp Aloe Vera Gel ([Lily of the Desert Inner Filet](#))
- 1 Tsp Vodka or alcohol as a preservative
- 5-10 Drops Organic Essential Oil of Choice ([Aura Cacia Lavender](#), Sweet Orange or Lemon)
- To lighten hair, use Chamomile tea instead of water and add 1 tsp of lemon juice
- To darken hair, use Black Tea instead of water.

DIRECTIONS:

Heat your water until hot, but not boiling. Add Epsom Salt, Sea Salt and Argan Oil to water and stir until salts are no longer visible. Once cooled, add aloe vera gel, alcohol and your essential oil to your bottle. You would also add lemon juice at this point if you want to lighten your hair. Give the bottle a good shake and store it in the refrigerator when you are not using it.

HOW TO USE IT:

Spray enough of the mix on your hair to make it damp. Scrunch your hair with your palms toward your head for lovely beach curls. If your hair is naturally pin straight, you may want to curl with an iron prior to using this spray.



ARGAN OIL DEEP CONDITIONER WITH AVOCADO & HONEY

Just like the rest of your body, your hair too needs nutrients. This deep conditioner is nutrient rich and will leave your hair amazingly soft and manageable.

YOU WILL NEED:

Bowl for mixing.

INGREDIENTS:

4 Oz Organic Apple Cider Vinegar (we love [Bragg Organic and Unfiltered](#))

1 Tbsp Beauty by Earth Organic Argan Oil

1 Tbsp Organic Raw Honey

1 Avocado

1 Egg (yolk and white)

DIRECTIONS:

Whisk or blend all ingredients together.

HOW TO USE IT:

Apply all of your deep conditioner mixture to your hair. Be sure to cover all of your hair. The longer you let it sit the better. Comb mixture through hair to ensure even coverage. When you are done conditioning, rinse your hair with warm water.

LEAVE-IN CONDITIONER & HEAT PROTECTANT

Most leave-in conditioners and heat protectant are full of mineral oil (cheap toxic filler), parabens and all sorts of other toxic ingredients. But a lot of us need something to give our hair that extra moisture and protection. This recipe is completely natural and easy!

YOU WILL NEED:

Beauty by Earth Argan Oil

INGREDIENTS:

3-4 Drops Beauty by Earth Organic Argan Oil

HOW TO USE IT:

After washing the hair, apply a few drops of argan oil to your palms and massage in to the ends of your hair avoiding the scalp. After the majority of the oil has been applied to the end of your hair, apply the remainder to the hair closer to the roots. The argan oil will coat the cuticles of your hair and protect it from the heat generated by styling tools.

FRIZZ CONTROL & HAIR GLOSS

Some of us have been blessed with frizzy or otherwise untamed hair. Dull or lifeless hair also needs that extra little boost with some nice shine? This DIY recipe will tame that frizz.

YOU WILL NEED:

Beauty by Earth Argan Oil

INGREDIENTS:

1-2 Drops Beauty by Earth
Organic Argan Oil

HOW TO USE IT:

Depending on hair length add a few drops of argan oil to your palm and rub your hands together. Apply argan oil to the ends of your hair by smoothing hair between two flattened hands, palms together. Use the remaining product on your hands to tame any frizz around your face or other fly-away hairs.



CURL & WAVE ENHANCER

Do you have luscious wavy or curly hair? Do your waves and curls need some definition? Well this recipe will do just that, and naturally.

YOU WILL NEED:

Beauty by Earth Argan Oil

INGREDIENTS:

1 Tsp Beauty by Earth Organic Argan Oil
1 Tbps Shea Butter
(we use [Better Shea Butter](#))
1 Tsp Aloe Vera Gel
(we used [Lily Of The Desert](#))

DIRECTIONS:

Thoroughly mix all ingredients together. If Shea Butter is too solid for easy mixing slowly soften using a double boiler.

HOW TO USE IT:

Apply mixture to damp hair in a scrunching, upward motion. Diffuse hair with hair dryer or allow drying naturally.

HOT ARGAN OIL HAIR TREATMENT

If your hair needs that extra love and care, a hot oil treatment is just about the best thing to do. Just once a week this will keep your hair at the top of its game.

YOU WILL NEED:

A glass bowl or bottle of some sort for mixing and storing – a glass dropper bottle works best. You will also need a plastic shower cap.

INGREDIENTS:

1 Tbsp Beauty by Earth Organic Argan Oil
6 Tbps Combination of Your Favorite Carrier Oils
(we like [Jojoba Oil](#) and Sweet Almond Oil)
2-3 Drops Tea Tree Oil (Optional. [We get it here on Amazon](#))

DIRECTIONS:

Select carrier oils to use. Argan Oil naturally hydrates your hair and enhances the elasticity. It also helps prevent breakage. Avocado Oil is great for super dry and frizzy hair, moisturizing and is full of healthy fats. Castor Oil is a very thick oil that is good for extremely dry hair. It can also help repair thin and brittle hair that tends to break easily. Jojoba Oil is great for sealing the hair. Olive Oil is good for protecting your ends from splitting and breaking. Coconut Oil works great for softening your hair. Sweet Almond is great for smoothing the hair cuticle and helps support hair health. Tea Tree Oil is anti-fungal and great for dandruff or itchy scalp.

Boil some water in a pot and then remove from the flame. Mix your favorite oils (see list above) in a glass bowl or container. You will want to mix enough so that you have about 1/4 – 1/2 a cup depending on how long your hair is. Place the glass bowl or container in the pot of boiling or very hot water in order to heat the oil (almost like a double boiler). Let it sit in the water for approximately 10 minutes so that the oil is nice and hot. **DO NOT HEAT OIL IN THE MICROWAVE** – it will lose its natural benefits.

HOW TO USE IT:

Test the oil with your finger to ensure it is not too hot and will not burn your scalp. When a comfortable temperature, apply oil to your hair and scalp. You don't want your hair to be dripping or anything, just evenly coated. Comb your hair starting at the roots to ensure oil is spread evenly and then put the plastic cap over your head and let the oil work its magic for 20-30 minutes. For additional conditioning, apply a wet (not dripping) warm towel to your head for 20-30 minutes. The towel should cover all of your hair. When done, shampoo and condition your hair as usual.

MOISTURIZING HAIR TREATMENT

If you have dry, brittle hair resulting in endless split ends, your hair needs a bit of extra TLC to keep it at its best. Once a week, this treatment will give your hair the extra moisture it needs to look fabulous.

YOU WILL NEED:

A glass bowl or bottle of some sort for mixing and storing – a glass dropper bottle works best. You will also need a plastic shower cap.

INGREDIENTS:

1/2 Oz Beauty by Earth Organic Argan Oil
1/2 Oz Organic Coconut Oil (you can buy it on Amazon or at most grocers)
1 Oz Organic Jojoba Oil ([we like this this one](#))
5-15 Drops Essential Oils Based On Hair Type ([Aura Cacia has great quality oils](#))

DIRECTIONS:

Mix the carrier oils and add essential oils based on hair type (color and texture):

NORMAL BLACK OR DARK BROWN HAIR: Add 10 drops of Lavender, Peppermint & Tea Tree essential oils.

NORMAL BLONDE OR LIGHT BROWN HAIR: Add 15 drops of Chamomile essential oil and 5 drops of Lemon essential oil.

OILY OR THIN HAIR: Add 8 drops of Peppermint essential oil and 8 drops of Lavender essential oil.

DRY OR COARSE HAIR: Add 15 drops of Lavender essential oil and 10 drops of Sandalwood essential oil.

HOW TO USE IT:

Thoroughly coat, clean, dry or damp hair and scalp with oil mixture. Comb oils through hair using a wide-toothed comb. Cover with shower cap and allow to process for 30 to 60 minutes before washing with warm water and shampoo. Condition as usual.

HAIR REPAIR TREATMENT FOR SPLIT & DAMAGED HAIR

This DIY recipe is specifically for hair that tends to split or has otherwise been damaged from color and heat styling or the sun.

YOU WILL NEED:

A glass bowl or bottle of some sort for mixing – a glass dropper bottle works best. You will also need a plastic shower cap.

INGREDIENTS:

½ Oz Beauty by Earth Organic Argan Oil
2 Drops Rosemary Essential Oil ([we like this one](#))
2 Drops Peppermint Essential Oil ([we like this one](#))
2 Drops Rose Essential Oil ([we like this one](#))

DIRECTIONS:

Mix all oils together in a glass container.

HOW TO USE IT:

Brush dry hair using a paddle brush and apply several drops of oil (will depend on hair length) to brush. Brush through your hair and allow to sit for 10-15 minutes. Shampoo and Condition as usual, preferably with chemical free products. After towel drying hair (pat dry, do not rub hair together with towel) apply 2-5 drops of argan oil to hair ends and style as usual.

You will want to store your oils in dark bottle at room temperature for best results.



NO-TOX ARGAN OIL SHAMPOO

Have you checked the ingredients on most shampoo bottles you find in stores recently? All sorts of sulfates, parabens and other toxins - not to mention the chemical fragrances they use. Well, making your own environmentally safe and effective shampoo is extremely easy.

YOU WILL NEED:

A bottle with a flip cap or pump. An old shampoo bottle will work too.

INGREDIENTS:

1 Oz Beauty by Earth Argan Oil
8 Oz Liquid Castile Soap ([we like Dr. Bronner's and there are many available](#))
6 Oz Organic Coconut Milk ([there are several good ones on Amazon](#))
30 Drops Essential Oils of Choice (We like peppermint, lavender, rosemary and orange or a combination. [Aura Cacia is best](#))
5 Drops Chamomile Essential Oil ([we like Aura Cacia Roman Chamomile](#))
20 Drops Tea Tree Oil (optional)

DIRECTIONS:

Mix all ingredients into bottle and shake before each use to ensure ingredients are combined.

HOW TO USE IT:

Depending on length of hair, use a quarter size dollop or a bit more for longer or thick hair. Concentrate on the hair closest to the scalp (the roots) as you do not need to remove the natural oils from the ends of the hair. When you rinse the shampoo out of your hair, the shampoo will remove any dirt from the ends of the hair.



skin.

MASSAGE OIL

Everyone likes a good massage. Most massage oils are made with cheap and toxic oil, like mineral oil and these clog your pores amongst other things. This DIY massage oil is easy to make and sure to leave you relaxed.

YOU WILL NEED:

A bottle with a flip cap or treatment pump.

INGREDIENTS:

1 Oz Beauty by Earth Argan Oil
3 Oz Jojoba Oil ([we like this this one](#))
30 Drops Essential Oils of Choice
([Aura Cacia is best](#))

DIRECTIONS:

Pick a combination of essential oils from our essential oil guide on the [last page](#)
Mix all ingredients into bottle and gently shake.

HOW TO USE IT:

Gently rub oils into your skin or have your Massage Therapist use your mixture in place of their usual product.

ARGAN OIL BELLY BUTTER

Belly butter is a great product that can be used to avoid or minimize stretch marks during and after pregnancy. This same recipe can also be used as a stretch mark treatment cream.

YOU WILL NEED:

Glass Bowl, Hand Mixer, Clean Container for Storage

INGREDIENTS:

4 Oz Raw Shea Butter

([we use Better Shea Butter](#))

1 Oz Beauty by Earth Organic Argan Oil

½ Oz Organic Rose Hip Oil

(Better Shea Butter offers a great one)

10 Drops Essential Oil of Your Choice

([We like Aura Cacia](#))

DIRECTIONS:

Add your Shea Butter, Argan Oil, Rose Hip Oil and Essential Oils to a glass bowl. Using your hand mixer and whipping attachment, start on a slow speed and work your speed up until your Shea Butter and all oils are blended and the texture of your product is light and fluffy. Once you have reached the desired consistency, add it all to the jar you will be using to store the product in.

HOW TO USE IT:

Apply morning and evening to your belly and any other area affected by stretch marks. It should not leave any oil stains on your clothing or sheets.



BODY SCRUB

Body scrub is a great way to exfoliate your skin by removing the dead skin cells and stimulate new cell growth and improve circulation. This rich DIY recipe will cost you just a few dollars to make and will likely be the best scrub you have tried.

YOU WILL NEED:

A wide mouth container.

INGREDIENTS:

1 Oz Beauty by Earth Organic Argan Oil

1 Cup Brown Sugar

3 Oz Coconut Oil (You can find it at Amazon or almost any grocer)

Add any of the following to customize your body scrub or make it seasonal:

1 Tsp Vanilla Extract

15-20 Drops Lavender Essential Oil

([We like Aura Cacia](#))

½ Tsp Pumpkin Pie Spice

([Amazon has a number available](#))

15-20 Drops [Lemon](#)

or [Sweet Orange](#) Essential Oil

DIRECTIONS:

Mix all ingredients in container until thoroughly combined. This mixture will keep for up to 2 months.

HOW TO USE IT:

Apply a generous amount of body scrub in a circular motion around the body and target areas. This is most effective when applied to dry skin just before showering or bathing. Rinse well and after shower, apply a small amount of argan oil all over body.



AFTER WAXING & TWEEZING CARE

Many of us experience red, irritated skin after waxing or tweezing. Most salons simply apply baby oil to your skin after they remove the hair. Baby oil is extremely toxic and the last thing we want getting into our pores. This is an extremely cheap and all natural recipe you should apply or take with you to the salon.

YOU WILL NEED:

A glass container with a treatment pump or dropper.

INGREDIENTS:

1 Tbsp Beauty by Earth Organic Argan Oil

½ Oz Aloe Vera Gel ([Lily Of The Desert has a good one](#))

4 Drops Lavender Essential Oil ([we like Aura Cacia](#))

4 Drops Peppermint Essential Oil ([we like this one](#))

DIRECTIONS:

Mix all ingredients in container until thoroughly combined.

HOW TO USE IT:

Apply a one pump of a treatment pump or a few drops of mixture to affected areas.

SOFTENING BATH OIL

Instead of purchasing an expensive bath oil, use this DIY recipe to create your own which you will find is better anyway; and not just because you made it for pennies on the dollar.

YOU WILL NEED:

A glass bottle, 4 or 8 Oz.

INGREDIENTS:

1 Oz Beauty by Earth Organic Argan Oil

3 Oz Organic Coconut Oil (You can find it at Amazon or almost any grocer)

20 Drops Essential Oils of Choice ([Aura Cacia is best](#))

DIRECTIONS:

Mix all ingredients in bottle until thoroughly combined.

HOW TO USE IT:

Apply about ½ Oz to a full bath of warm water. The oils will coat your skin as you are in the bath and you will come out with a thin layer applied to your body leaving your skin moisturized, smooth and feeling healthy!



HAND & FOOT SCRUB WITH ARGAN OIL

Our hands and feet tend to be neglected, however they are some of our most used body parts. Dry and flakey skin on your hands and feet can be plain unattractive, so we made an easy DIY recipe for a hand & foot scrub.

YOU WILL NEED:
Bowl for mixing.

INGREDIENTS:
3-4 Tbsp Epsom Salts
1 Tbsp Beauty by Earth Organic Argan Oil
1 Tbsp Organic Raw Honey
1 Tbsp Organic Apple Cider Vinegar (we used Trader Joe's)
1 Tbsp Lemon Juice

DIRECTIONS:
Mix all ingredients together in a bowl. It should have a somewhat rocky/pasty consistency.

HOW TO USE IT:
When in the shower, or over a sink, scoop some of the scrub out using your hands. Rub the tops of both hands with the scrub and then rub the remaining scrub into your feet. Work it over in a circular motion for a minute or so. Simply rinse your hands and feet with water, no soap and pat dry. Apply a few additional drops of argan oil. If you have particularly dry or cracked heels, do this treatment before bed, add several drops of argan oil to your feet and cover with cotton socks overnight.

CRACKED HEEL & DRY FEET TREATMENT

Do you have flip-flop heels? You know, the ones with the cracked heels that are as dry as a desert? This treatment will help nourish and restore moisture to the deserts.

YOU WILL NEED:
Exfoliator (we have found best results with one of these) and some Apple Cider Vinegar. You should have a foot soaking tub and glass container for mixing/storing. You will also need a clean pair of cotton socks.

INGREDIENTS:
1 Tbsp Beauty by Earth Organic Argan Oil
3 Tbsp Raw Shea Butter
(we use [Better Shea Butter](#))
1 Tbsp Rosewater
([Elma & Sana](#) is our favorite)
3 Drops Tea Tree Oil
(we get it [here on Amazon](#))

DIRECTIONS:
Exfoliate your feet while they are dry, [using one of these](#) or a pumice stone. We recommend you do this over a trash can so that you don't get it all over your floor.

Now you should soak your feet in a bucket or foot soaking tub. Use warm water with about 4 Oz of Apple Cider vinegar and 5 drops of Tea Tree Oil. Soak your feet for 10-15 minutes in this mixture and then pat them dry. In a container, mix all of the above ingredients together and ensure they are thoroughly combined.

HOW TO USE IT:
Apply a good amount to your feet, after they are dry, and cover with socks. It will be most effective if you leave the mixture on your feet overnight.





HAND & NAIL CREAM

Our hands really endure some of the worst treatment. Constant washing, physical work and everything else, our hands can certainly take a beating. There are some tips and tricks we can use to maintain moisturized and youthful hands.

YOU WILL NEED:

A glass container

INGREDIENTS:

20 Drops Beauty by Earth Organic Argan Oil
20 Drops Organic Jojoba Oil ([we like this this one](#))
2 Oz Raw Shea Butter ([we use Better Shea Butter](#))
20 Drops Vanilla Extract or Essential Oils of Choice ([Aura Cacia is best](#))

DIRECTIONS:

In a double boiler, melt down Shea Butter until soft and remove from heat. Mix Argan and Jojoba oils in along with essential oil of choice. Mix all ingredients until thoroughly combined.

HOW TO USE IT:

It is best to exfoliate your hands ([use sugar scrub recipe in this book](#)) prior to moisturizing them. This removes the dead skin cells and stimulates blood flow.

Apply cream to desired areas, including hands and nails as well as the rest of the body.

CUTICLE TREATMENT

If you have damaged or dry cuticles, this DIY recipe will help them get a little bit of TLC. Takes just a minute to make and is cheaper than anything on the market.

YOU WILL NEED:

A bowl for soaking fingers.

INGREDIENTS:

1 Tbsp Beauty by Earth Organic Argan Oil
1 Tbsp Fresh Squeezed Lemon Juice
1 Tbsp Raw Apple Cider Vinegar ([we love Bragg Organic and Unfiltered](#))

DIRECTIONS:

Combine all ingredients into a bowl and mix together.

HOW TO USE IT:

Soak the tips of your fingers and nails in mixture for about 10 minutes. Raise your hands and pat dry with a soft towel. This treatment should be done weekly.



ESSENTIAL OILS GUIDE

All Spice Essential Oil: It is considered a good anesthetic, antioxidant, antiseptic, relaxant, stimulant and tonic. It has been claimed to induce numbness, relieve pain, relaxes the body and mind, add color to the skin, and stimulate various other functions.

Basil Essential Oil: It has long been used for skin care, indigestion, respiratory problems, infections, stress disorders, blood circulation issues, pain, and vomiting.

Bergamot Essential Oil: Removes body odor, relieves spasms, suppresses pain, improves mood, heals cuts and scars, and promotes digestion.

Chamomile Essential Oil: Is known to cure spasms, curb infections, uplift mood, soothe inflammation from fever, eliminate gases, promotes discharge of bile, helps decrease visibility of scars, cures pain, reduces fever, and is good for the liver. Furthermore, chamomile essential oil is an anti-inflammatory, improves nervous system health, aids digestion, reduces spasms, kills bacteria, increases perspiration, improves digestion, and fights infections.

Cinnamon Essential Oil: Is frequently used as a brain tonic, as well as for respiratory problems, skin infections, blood circulation issues, infections, wound healing, pain relief, birth control, menstruation problems and indigestion.

Eucalyptus Essential Oil: It is very useful in the treatment of respiratory problems, wounds, muscle pain, mental exhaustion, dental care, skin care, fever, and intestinal germs.

Fennel Essential Oil: Has been found to protect wounds against becoming infected, clears spasm, increases appetite, removes excess gas, purifies blood, increases urination, defends against cough and cold, increases milk secretion, helps clear bowels and constipation, stimulates systems, and is good for stomach and spleen health.

Lavender Essential Oil: This oil is beneficial for treatment of the nervous system, insomnia, pain relief, urine flow, respiratory disorders, skin care, hair care, blood circulation, indigestion, and immune system health.

Lemon Essential Oil: This oil is known to protect wounds from becoming infected, inhibiting viral and bacterial growth, strengthening gums, and stopping hair loss. It lifts skin, induces firmness in muscles, stops hemorrhaging, fights infections, and cures fevers.

Lemongrass Essential Oil: Traditionally it reduces pain, fights depression, inhibits microbial growth, reduces high fever, protects wounds from becoming infected, strengthens gums and hair, kills bacteria, eliminates gas, reduces body odor, promotes urination, reduces fever, stops fungal infections, increases milk, kills insects, strengthens nerves, soothes inflammation and nervous disturbances.

Mandarin Essential Oil: Protects wounds against becoming infected, relaxes spasms, increases blood & lymph circulation, promotes growth & regeneration of cells, purifies blood, facilitates digestion, is good for the liver, soothes inflammation and nervous afflictions, is good for the stomach and generally toning up the body.

Peppermint Essential Oil: It is commonly used for pain relief, to induce numbness, reduce milk flow and discharge, relax spasms, strengthen gums, stop hair loss, lifts skin, induces firmness in muscles, removes gas, is good for brain and memory health, clears congestion and eases breathing.

Sandalwood Essential Oil: It protects wounds from infection, soothes inflammations, treats spasms, tightens gums and muscles and helps stop hair loss. It can also heal scars and after marks, give relief from gas, increase urination, fight infections, and it keeps skin smooth & free from infections. Finally, sandalwood essential oil traditionally cures coughs and colds, reduces blood pressure, increases memory, soothes nervous disorders and inflammations, and boosts your immune system.

Tea Tree Essential Oil: This oil is often used to inhibit bacterial, microbial, and viral infections, protect wounds from becoming infected, promoting absorption of nutrients, speeding the healing of scars, can cure coughs and colds, and it stimulates systemic functions.

Vanilla Essential Oil: It has been used to neutralize the effects of free radicals and other oxidants, repairs damages due to oxidation, inhibits the growth of cancerous cells, reduces fever, fights depression and uplifts mood, soothes inflammation and reduces nervous disorders, promotes sleep, and reduces the stress and anxiety through its soothing qualities.

Wintergreen Essential Oil: Traditionally, it is used for pain relief, relaxation of the body and mind, reduction of spasms, tightens gums and muscles and helps stop hair loss.

WARNING: If your skin tends to be allergic to certain oils or you are applying the product to a baby or child, check with your doctor before using essential oils.