

# 15 Fall Beauty Recipes with essential oils

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GINGERBREAD  
WHIPPED  
BODY BUTTER



*harvest  
spice  
coffee scrub*



pumpkin  
pie  
sugar scrub

Here are a few of the **fall essential oil blends** that are fun to combine with homemade DIY beauty products like body butters, sugar scrubs, soaps, and perfumes. I've shared 15 of my favorite DIY recipes below (such as gingerbread whipped body butter, pumpkin pie sugar scrub, and harvest spice coffee scrub), but you can mix and make any of the essential oils blends any way you want. Be creative with it! If you'd prefer an "autumn breeze" or "warm chai" sugar scrub, you can easily change out the recipes to do that. Have fun!

**gingerbread:** ginger, cinnamon, clove, and nutmeg

**snickerdoodle:** cinnamon & vanilla

**warm chai:** cardamom, cinnamon, clove, and ginger

**mulled cider:** orange, cinnamon, nutmeg, & clove

**harvest spice latte:** coffee, cinnamon, clove, cardamom, ginger, & nutmeg

**autumn wreath:** white fir, juniper berry, & clary sage

**sweater weather:** eucalyptus, juniper berry, & clary sage

**a walk in the woods:** arborvitae & cinnamon

**autumn breeze:** orange, patchouli, & clove

**pumpkin pie:** cinnamon, clove, ginger, cardamom, & nutmeg

**fall retreat:** orange, cedarwood, & ginger

## 1. DIY "pumpkin pie" sugar scrub

**mix together** and store in airtight container:

1 cup brown sugar

3/4 cup oil (use any natural oil you prefer: sweet almond oil, apricot kernel oil, and fractionated coconut oil all work great)

2 drops cinnamon essential oil

2 drops clove essential oil

2 drops ginger essential oil

2 drops cardamom essential oil

2 drops nutmeg essential oil

**to use:**

- scoop out with clean spoon, making sure to not get water into the container
- apply a generous amount of sugar scrub to wet skin
- massage sugar scrub into skin using a circular motion to help exfoliate and remove dead skin cells
- rinse well
- pat skin dry

## 2. DIY "snickerdoodle" sugar scrub

**mix together** and store in airtight container:

1 cup organic cane sugar

1/2 cup fractionated coconut oil

2 tsp vanilla extract

8 drops cinnamon essential oil

**to use:**

- scoop out with clean spoon, making sure to not get water into the container
- apply a generous amount of sugar scrub to wet skin
- massage sugar scrub into skin using a circular motion to help exfoliate and remove dead skin cells
- rinse well
- pat skin dry

### 3. DIY "harvest spice latte" coffee scrub

**mix together** and store in airtight container:

- 3/4 cup ground coffee
- 1/2 cup brown sugar
- 1/4 cup unrefined coconut oil
- 2 drops cinnamon essential oil
- 2 drops clove essential oil
- 2 drops ginger essential oil
- 2 drops cardamom essential oil
- 2 drops nutmeg essential oil

**to use:**

- scoop out with clean spoon, making sure to not get water into the container
- apply a generous amount of coffee scrub to wet skin
- massage coffee scrub into skin using a circular motion to help exfoliate and remove dead skin cells
- rinse well
- pat skin dry

### 4. DIY "gingerbread" Sugar Scrub Cubes (a.k.a. solid sugar scrub)

Sugar scrub cubes are **VERY EASY** to make. It's basically **melt, stir, and mold**. I've listed the ingredients below; [click here for step-by-step instructions](#)

1 bar (1/2 pound) of [melt & pour glycerin soap](#)

1/4 cup of [shea butter](#)

1/2 cup of [jojoba oil](#) (or you can use another skin-nurturing oil like [avocado oil](#), [sweet almond oil](#), [rose hip seed oil](#), [apricot kernel oil](#), or [sunflower oil](#))

a few drops of [vitamin E oil](#)

15 drops ginger essential oil

5 drops cinnamon essential oil

5 drops clove essential oil

5 drops nutmeg essential oil

2 cups of organic cane sugar

1/4 teaspoon [mica for coloring](#)

**to use:**

- Use one cube per shower — Wash hair and skin as normal, then before leaving shower, rub a sugar scrub cube over skin using small circular motions. Focus efforts on arms, legs, and back. After scrubbing for a minute or so, I smooch the cube in my hand. This exposes more of the sugar and increases the exfoliation.
- rinse well to remove all traces of sugar from your skin
- pat skin dry with a soft towel

## 5. "spiced chai" Lip Balm

I you love chai tea like I do, then you're going to LOVE this "spiced chai" lip balm! It has the moisturizing goodness of fractionated coconut oil and cocoa butter, beeswax for texture and antibacterial properties, honey for sweetness, vanilla extract for taste, and a blend of cinnamon bark, ginger, and clove essential oils for scent.

### **ingredients:**

- 2 teaspoons beeswax
- 1 1/2 teaspoons cocoa butter
- 5 teaspoons fractionated coconut oil
- 4 drops vitamin E
- 1/4 teaspoon honey
- 1/8 teaspoon vanilla
- 3 drops cardamom
- 3 drops cinnamon
- 3 drops ginger
- 3 drops clove

### **how to make:**

Using a double boiler method, melt the beeswax, cocoa butter, and fractionated coconut oil until fully liquid. Mix with a wooden craft stick. Remove from heat and add the remaining ingredients. Stir and then pour into empty lip balm tubes or pots and let set. Makes about six pots/tubes.

## 6. "mulled cider" Lip Scrub

### **mix together:**

- 2 tablespoons unrefined coconut oil
- 1 tablespoon honey
- 1 tablespoon brown sugar
- 2 drops orange essential oil
- 1 drops cinnamon essential oil
- 1 drops clove essential oil
- 1 drops nutmeg essential oil

### **To use:**

gently massage a very small amount (about the size of half a pea) into your lips using small circular motions. dab off excess. apply lip balm to moisturize and seal in softness.

## 7. "gingerbread" Whipped Body Butter

This is absolutely the best whipped body butter I've ever tried! It's **soft, silky, and extremely moisturizing**— and all without being overly greasy. I've listed the ingredients below; [click here for step-by-step instructions](#)

1/2 cup mango butter ([find my favorite here](#))

1/4 cup shea butter ([find my favorite here](#))

1/4 cup kokum butter ([find my favorite here](#))

1/4 cup cocoa butter ([find my favorite here](#))

1/4 cup unrefined coconut oil (you probably already have coconut oil in your pantry, but if not, [find my favorite here](#))

1/4 cup sweet almond oil ([find my favorite here](#))

1 tablespoon arrowroot powder

15 drops ginger essential oil

5 drops cinnamon essential oil

5 drops clove essential oil

5 drops nutmeg essential oil

## 8. "autumn breeze" Bubbling Bath Salts

**Do you love detox Epsom salt baths AND do you also love a good, old fashioned bubble bath?** Well, now you don't have to choose. Bubbly Bath Salts is **BOTH** a **detox Epsom salt bath AND a bubble bath**. What a fantastic way to **relax and soak your cares away!**

I've listed the ingredients below; [click here for step-by-step instructions](#)

2 cups Epsom salt (find it [here](#) or at your local drug or grocery store)

1/2 cup baking soda (I get baking soda in a large size at Costco, but you can also find it at your grocery store or [here](#))

1/2 cup citric acid (find it [here](#) or [here](#))

2 Tbsp. arrowroot powder or cornstarch (grocery store)

2 Tbsp. sweet almond oil (find it [here](#)) or substitute with another light, moisturizing oil like apricot kernel oil (find it [here](#))

8 drops orange essential oil

8 drops patchouli essential oil

3 drops clove essential oil

2 Tbsp. of SLSA (find it [here](#) or [here](#))

1-2 tsp witch hazel (find it [here](#) or at or local drug or natural foods store)

<1 tsp (a few sprays) of rubbing alcohol (find it at your local drug store, Walmart, or Target)

### **To use:**

scoop about 1/4-1/2 cup of bubbling bath salts and put in tub under running hot water for a **regular size tub**. use 1/2-1 cup of bubbling bath salts for a **large whirlpool style tub**.

**Run your hand back and forth in the tub water to agitate the water** which will help dissolve the Epsom salt and it will also help make more and bigger bubbles.

*Please be careful when getting in and out of the tub. This recipe uses a little bit of oil which could possibly cause the tub to become slippery.*

## 9. "fall retreat" Bath Bomb with Essential Oils

How to Make (recipe below, [click here for full instructions including step-by-step photos and tips for making bath bombs](#))

### 1) To a glass mixing bowl add...

1 cup baking soda  
½ cup citric acid  
1 Tbsp. cornstarch  
2 tsp cream of tartar  
¼ tsp lake (color dye)  
And **mix well**

### 2) Add wet ingredients

1 Tbsp. apricot kernel oil  
7 drops orange essential oil  
7 drops cedarwood essential oil  
2 drops ginger essential oil  
A few sprays witch hazel  
A few sprays rubbing alcohol

3) Mix well- You want it to get to the consistency of damp (not wet) sand. It should be able to hold its shape when you squeeze it together, but break apart when you drop it into the bowl.

4) To form the bath bomb, add a heaping pile of sand to each half of the bath bomb. don't pack the mixture into the mold at this point, just loosely pile it into the mold. You're wanting to make a light (not dense) bath bomb that will float on the top of the bath water.

5) Press the two halves of the bath bomb mold together

6) Unmold the bath bomb- it should pop right out, but if it sticks a little, give the mold a whack with the back of a spoon to help it release

7) Place the bath bombs on top of something really soft and cushy to dry -- I use a clean bath towel on top of a couple layers of bubble wrap.

## 10. "sweater weather" Bath Salts

Making bath salts is incredibly easy!

Combine the following ingredients, trying to somewhat evenly distribute the essential oil. Once mixed well, store the bath salts in a glass container (like [this](#) or [this](#) or [this](#) or [this](#)). And tie a fun (and functional) spoon or scoop (like [this](#) or [this](#) or [this](#)) to the jar to make a super cute gift!

1 cup [Epsom salt](#)

¼ cup [sea salt](#)

¼ cup [baking soda](#)

3 drops eucalyptus essential oil

3 drops juniper berry essential oil

2 drops clary sage essential oil

**to use:** Depending on the size of your tub, use about 1/4 to 1/2 cup of this salt blend per bath.

## 11. "autumn wreath" Shower Steamer with Essential Oils

No time for baths, but love the aromatherapy benefits of essential oils? Try shower steamers!

**mix together:**

1 cup baking soda

1/3 cup distilled water

15 drops white fir essential oil

8 drops juniper berry essential oil

4 drops clary sage essential oil

then **scoop the mixture into [silicone molds like these](#) let them dry until hard and completely dry** (usually 12-24 hours, but it will vary depending on the humidity in your home)



## 12. "sweater weather" Foaming Hand Soap

to a 16 ounce soap dispenser, add...

1/4 cup **liquid unscented Castile soap** ([here's the kind I use](#))

1 tablespoon **sweet almond oil** ([here's the kind I use](#))

1 tablespoon **vegetable glycerin** ([here's the kind I use](#))

9 drops eucalyptus essential oil

9 drops juniper berry essential oil

6 drops clary sage essential oil

fill with **distilled water**, leaving a little room for the pump

## 13. "warm chai" Exfoliating Essential Oil Soap

This 3-ingredient melt & pour soap is super easy to make and it's great for your skin. The soap softens & moisturizes skin, while the poppy seeds gently exfoliate and smooth skin.

**Here's how to make it:**

cut **1 pound of melt & pour soap** into small chunks

melt soap in the microwave at 30 second intervals, stirring after each 30 seconds  
continue heating soap until completely melted and no chunks remain

(microwaves will vary; mine takes 60-90 seconds total time)

allow the soap to cool slightly (this is so that the poppy seeds will stay suspended in the soap. If soap is too hot and too thin, then the poppy seeds will fall to the bottom and not be evenly mixed throughout the soap)

add essential oils and mix well

**15 drops cardamom essential oil**

**5 drops cinnamon essential oil**

**5 drops clove essential oil**

**5 drops ginger essential oil**

add **2 Tbsp. poppy seeds**

mix well

pour into silicone molds

spray tops of soap with 91% rubbing alcohol so that soap will be smooth and will not sweat

let cool and solidify completely before removing from molds

## 14. "gingerbread" Nourishing Dry Body Oil

I love making dry body oils scented with essential oils! This one hydrates skin like a body butter, but feel silky & light like a dry body oil. Plus it smells like gingerbread!

combine the following in a glass bowl or measuring cup:

1/4 cup fractionated coconut oil

1/2 cup apricot kernel oil

2 Tbsp. rice bran oil

2 Tbsp. safflower oil

1 tsp vitamin e oil

30 drops ginger essential oil

10 drops cinnamon essential oil

10 drops clove essential oil

10 drops nutmeg essential oil

Carefully pour mixture into 8 ounce glass spray bottle

To use: After a shower or bath, pat skin dry, then apply this nourishing dry body oil to arms and legs. It feels light and absorbs into skin quickly, leaving a smooth finish.

Tip: to avoid your bathroom floors getting slippery from the oils, spray or apply the oils to your hands and then rub into your arms and legs.

## 15. "autumn breeze" Perfume

It's easy to make your own essential oil perfume. All it takes is two ingredients and a little time.

Here's how you do it:

add the following essential oils to a 4 ounce glass spray bottle

25 drops orange essential oil

25 drops patchouli essential oil

10 drops clove essential oil

mix essential oils together

then add 4 ounces of vodka

put lid on the bottle and shake well

place bottle in a cool dark place for several days (or up to several weeks) to let the scent develop. This allows the alcohol scent to fade and the scent of the essential oils to develop and intensify.