

# MeadowSweet

Herbs & Flowers

## Solid Lotion Bars

Lotion bars are an easy, wonderful, mess-free (and plastic packaging-free) way to moisturise your skin with pure and nourishing ingredients that's good for you and the environment.

Solid at room temperature (like a bar of soap) -with just a bit of body heat, the bars melt to leave a light, thin layer of lotion on your skin as you rub it on.

Fabulous for everyday use, or for extra deep moisturising, you can also add essential oils and herbs to create therapeutic bars to heal the skin, soothe sprains and aches, relieve rashes, fight odours, or even, with natural minerals, as a bronzer!

### **Basic Lotion Bar Recipe**

#### ***Ingredients***

- Equal quantities coconut oil, shea butter, beeswax \*
- optional: essential oils
- optional: vitamin E oil

#### ***Instructions***

Combine the coconut oil, butter and beeswax in a glass jar and place in a saucepan of water (double boiler method) to melt, stirring constantly over medium heat.

Remove when all is melted and mixed, and cool slightly before adding desired essential oils, minerals, etc.

Carefully pour into moulds and allow to harden before taking out of the mould.

Note: shea butter can be substituted with cacao butter or mango butter, avocado butter, or a mixture of any body butters. If allergic to coconut oil, substitute with tallow.

Compiled by Minette Tonoli, MeadowSweet Herbs ([www.meadowsweet.co.nz](http://www.meadowsweet.co.nz)), @HerbGirlNZ, #MeadowSweetHerbsNZ



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### Lotion Bar Ideas

- ⇒ Arnica oil and menthol with peppermint to soothe sore muscles
- ⇒ Zinc oxide to create sunscreen
- ⇒ Lemongrass and citronella to ward off bugs
- ⇒ Lavender for a night-time, relaxing lotion
- ⇒ Cacao butter and vanilla for a sweet-smelling treat

### Ingredient benefits

**Coconut oil:** ultra-hydrating, anti-inflammatory, antifungal, antibacterial and antiviral, natural antioxidant  
Coconut oil helps to nourish the skin while preventing wrinkles and breakouts, healing wounds and soothes skin problems.

**Shea butter:** moisturising, anti-inflammatory, softening.

Shea butter helps to remedy dry skin and protects natural skin oils. It is rich in fatty acids and vitamins and reduces swelling while softening and strengthening.

**Beeswax:** barrier-forming, regenerative

Beeswax helps lock in skin moisture while protecting it from environmental pollutants. Beeswax is breathable, rich in vitamin A and promotes cell regeneration.

**Essential Oils:** Essential oils have well-documented and effective therapeutic qualities, choose ones that remedy the affliction you are trying to solve with your bars.



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### Same Ingredients—Other products



**Bath melts:** omit the beeswax to create little bath oil melts.



**Exfoliating scrubs:** omit the beeswax, add salt/sugar/coffee grounds/ground rice/ground almonds or another exfoliating substance.



**Balms:** with much less beeswax (about 30g per cup of other liquids) make a healing, or massage balm.



**Whipped lotions:** with much less beeswax (about 4tsp per 250g of other liquids), and some heavy whipping, create a nourishing whipped body lotion.



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## 10 Herbs for Skincare

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**Tea Tree:** (*Melaleuca alternifolia*) is strongly anti-inflammatory, antibacterial, antimicrobial and antifungal.

**Lemon:** (*Citrus spp*) for acne and to tone oily skin, helps with fading scars and age spots and can help fight wrinkles.

**Avocado:** is ultra-moisturizing rich in vitamins A, D and E.

**Aloe vera:** (*Aloe barbadensis* 'Miller'): is soothing, antibacterial, antifungal, and heals sunburn.

**Chamomile:** (*Matricaria recutita*) is gentle and soothing, reducing redness, itchiness and swelling on irritated or chapped skin

**Rose:** (*Rosa spp*) is a wonderful soothing and rehydrating tonic for the skin. Use on wounds, bruises, rashes, and aging skins.

**Calendula:** (*Calendula officinalis*) is the go-to herb for skin care. It is helpful with almost any skin type and problem. Makes a great base for all skincare products.

**Lavender:** (*Lavendula officinalis*) is anti-inflammatory, antiseptic, antibacterial and is used to treat wounds. The oil is said to stimulate cell regeneration and tone the skin.

**Green tea:** (*Camellia sinensis*) is a powerful antioxidant, protecting cells from free radicals. It provides some UV protection, improves the appearance and hydration of skin.

**Turmeric:** (*Curcuma longa*) contains Curcumin which has anti-inflammatory and antioxidant properties. It is helpful with inflammatory skin problems, has a general positive effect on collagen production, and helps to heal wounds. It may reduce scarring and bring about a natural skin glow.