



SKY  ORGANICS™

Stay beautiful with Sky Organics, your organic and natural beauty brand.

Hi!

Thanks for downloading the Sky Organics DIY Recipes eBook.

Sky Organics products' versatility allows them to be used individually or be mixed with other products to create homemade beauty creation, such as a moisturizing body butter, an invigorating scrub, or a revitalizing peppermint scalp treatment!

For every purchase of a Sky Organics product, you receive an e-book that includes the uses, the benefits and even more recipes. Enjoy it!

Love,

Sara Jade

DIY: Moisturizing Body Butter .....	3
DIY: Peppermint Scalp Treatment .....	6
DIY: Indian Healing Clay Honey Mask .....	8
DIY: Sweet Orange Body Scrub .....	10
DIY: Homemade Natural Sunscreen .....	12
DIY: Shower Melts .....	14



## About Us

Sky Organics uses only natural, organic botanicals to nourish the body, skin and hair with vital nutrients, vitamins, antioxidants, proteins, and essential fatty acids. We strive to support small family farms that in return give us the opportunity to share their best and purest products with our customers.

## Also from Sky Organics –Facial Care Collection

†

### Rose Water

LEBANON



### Vitamin C Serum

USA



### Indian Healing Clay

USA





This moisturizing butter is one of my favorite recipes. It's quick and easy to make, it will last you for a while, and your skin will feel soft and smell good all day. I make it all the time for myself, my kids and my husband. I bought a bunch little mason jars and ribbons and use them to gift the butter to my friends and family. It makes a cute and personalized gift.

Difficulty Level: Easy

Prep time: 10 minutes

Total time: 2h30



## Ingredients:

Glass or metal bowl

Stand or hand mixer

The Base: Choose 2 out of 3

- ¼ cup of [Sky Organics Cocoa Butter](#): Chocolaty scent, ideal for pregnancies, deep moisturizing
- ¼ cup of [Sky Organics Shea Butter](#): Nutty scent, great for dry skin
- ¼ cup of [Sky Organics Mango Butter](#): Odorless, less greasy option, better option for summer



The Oils: Both are needed

- ¼ [Sky Organics Coconut Oil](#): Cleanse your skin and relax your muscles
- ¼ [Sky Organics Almond Oil](#): Fight aging signs, gives glow to your skin



The scent: Choose 1

- 10 drops of [Sky Organics Lavender Oil](#): Soothing & relaxing, perfect for night cream and children
- 10 drops of [Sky Organics Sweet Orange Oil](#): Invigorating & uplifting, ideal for mornings
- 10 drops of [Sky Organics Peppermint Oil](#): Revitalizing & refreshing, great as a holiday gift



I'M ALL  
NATURAL

# Deep moisturizing Body Butter



Prep time: 10 minutes  
Total time: 2h30  
●●● Easy

The base

2 x 1/4 cup of butter  
Choose 2 out of 3



1/4 cup  
Almond Oil  
Fight aging signs,  
gives glow  
to your skin



+



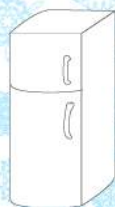
1/4 cup  
Coconut Oil  
Cleanse your skin  
and relax  
your muscles



double boiler



Store in fridge



for 2-3 hours

I'LL MAKE  
YOUR SKIN  
SILKY SMOOTH

Add the  
essential oil



Peppermint Oil  
Revitalizing & refreshing,  
great as a holiday gift



Lavender Oil  
Soothing & relaxing,  
perfect for night cream  
and children



Sweet Orange Oil  
Invigorating & uplifting,  
ideal for mornings

10 drops



it  
SMELLS GOOD  
Whip for 5 minutes  
or until fluffy



Put into mason jar



#skyorganics

INVIGORATE YOUR HAIR WITH

## a Peppermint Castor Scalp Treatment



SKY ORGANICS™

The Peppermint Castor Jojoba Oil hair mask is ideal if you're shedding or if you're trying to grow stronger and fuller hair. It also works great if you have bald spots or some areas where only baby hair grow.

Castor Oil by itself is ideal to strengthen hair, enhance hair growth and repair split ends. Whereas the Jojoba will remove the sebum which is present at the scalp there by promoting hair growth. Even a small quantity is enough to protect hair strands from breaking and drying up. The peppermint will give it an invigorating on top of stimulating blood flow, which also promotes hair growth.

It is best to apply the treatment, while having dry hair, on the roots and the scalp only, as Castor Oil can be tough to get out. Massage your scalp with the mixture for a few minutes. You want to keep the mask for a few hours at least, preferably under a shower cap.





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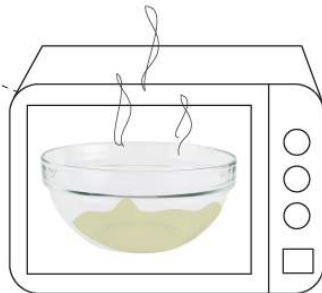
2  
tablespoons  
of Castor Oil



1  
tablespoon  
of Jojoba Oil



Mix  
the ingredients



Heat for  
15 to 30 seconds

Add 5 drops  
of Peppermint Oil



## INVIGORATING PEPPERMINT CASTOR OIL Scalp Treatment



Prep time: 10 minutes  
Total time: 1h10  
●OO Easy



Apply  
on the roots  
and massage  
your scalp a few minutes



Tie your hair  
together  
and cover  
with shower cap  
for an hour



Wash off with  
your regular shampoo



Finding the right mask can be tricky. I have always been afraid of covering my face for 15 minutes with ingredients that I had never hear of. Then I discovered Indian Healing Clay. It is volcano ash – nothing more, nothing less. I started by doing an Indian Healing Clay mask on a weekly basis with the traditional mix of Clay and water. It's simple, easy and the results are great.



Earlier this week one of our customers recommended I add a teaspoon of honey to a mix with apple cider vinegar. The results have been phenomenal. While the clay extracts the toxins and impurities, the honey will fight aging thanks to its antioxidants, and also give you a youthful glow. Together, Indian Healing Clay and Honey make a powerful team. My skin feels tight and smooth at the same time.

I recommend you leave the mask for 10 minutes the first time you try it. It's absolutely normal to feel a little tingling sensation and some redness for about half an hour after removal.

# INDIAN HEALING CLAY & HONEY Face Mask



Prep time: 10 minutes  
Total time: 10 minutes  
●●● Easy

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1 Teaspoon of honey



1.5 or 2  
Tablespoons of water  
or  
apple cider vinegar



Mix

Mix the water or apple cider vinegar  
with the honey.



1.5 or 2 Tablespoons  
of Indian Healing Clay



It's best to use  
a wooden spoon

Mix the clay with the rest until  
the ingredients are well blended.

IT'S  
READY



Apply about 1/4 to 1/2 an inch  
evenly on your face.



Remove the mask  
gently with water.



Scrubs can sometimes be very expensive and not always yield the expected results. I love this recipe, because it's inexpensive and easy to make. The sugar removes all the dead cells of my skin and tightens my pores. Whereas the Coconut Oil is a moisturizer and an anti-bacterial. It cleanses and nourishes my skin, and leaves it smooth. After I scrub, I usually moisturize with either Shea or Cocoa butter. Enjoy it!

#### Ingredients:

##### The Base:

- 1 cup of brown sugar: Exfoliate, remove dead cells, tighten your pores, sweet smell

##### The Oil

- ¼ of a cup of Sky Organics Coconut Oil: Cleanse your skin and relax your muscles, liquefies upon contact with the skin.

##### The scent

- 10 drops of Sky Organics Sweet Orange Oil: Invigorating & uplifting, ideal to tone your skin.

##### Optional

- 2 Tbs. of Mango Butter: Smoothen and hydrates skin.





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## SWEET ORANGE BROWN SUGAR Scrub



Prep time: 10 minutes  
Total time: 10 minutes  
●OO Easy

1 cup  
of brown sugar



Exfoliate,  
remove dead cells,  
tighten your pores,  
sweet smell



1/4 of a cup  
of Sky Organics  
Coconut Oil:



Cleanse your skin and  
relax your muscles,  
liquefies upon contact  
with the skin.



Mix

the Coconut Oil and the sugar together.  
It might look like there is not enough oil,  
but continue mixing until it evens out.



OPTIONAL  
2 tablespoons  
of Mango Butter  
Smoother  
and hydrates skin.



10 drops  
Sky Organics  
Sweet Orange Oil:  
Invigorating & uplifting,  
ideal to tone your skin.



Add your essential oil.  
Continue mixing.



# MAKE A DIY *sunscreen* IN 5 MINUTES



Over 75% of commercial sunscreens contain toxic chemicals such as oxybenzone or cinnamates – both known chemicals tied to skin irritations! As a mom of two, I always watch what I put on the skin of children.

A short while back, I discovered Zinc Oxide, a derivative of zinc that, when I applied on the skin, absorbs the “broad spectrum” of ultraviolet rays, which includes both UVA and UVB. Not all commercial sunscreens absorb UVA and UVB.

UVA rays penetrate deep into the skin. Unprotected exposure can lead to premature skin aging and wrinkling (photo-aging), and suppression of the immune system. UVB rays on the other hand, will usually burn the superficial layers of your skin. It plays a key role in the development of skin cancer.

## The Base – ¼ of a cup

Mango Butter: Moisturizes and keeps your skin soft.

## The Oil (choose 1) – ¼ of a cup

Coconut Oil: SPF 6, anti-bacterial and moisturizing

## The Protection

Zinc Oxide: protects naturally against UVA and UVB

2 tablespoons for SPF 15 protection. Protects against 93% of UVB rays & UVA rays.

SPF 30 protects against 97% of UVB rays, whereas SPF 15 protects against 93% of UVB rays. It is commonly known that if applied frequently there isn't much of a difference between SPF 15 and 30.



# HOMEMADE Natural Sunscreen



Prep time: 5 minutes  
Total time: 5 minutes  
●OO Easy

1/4 cup of  
Mango Butter:



Moisturizer, Odorless



1/4 cup of  
Coconut Oil:



Anti-bacterial,  
muscle relaxant  
and skin cleanser



Stir lightly  
until completely  
melted

double boiler

Remove  
from the heat  
when all ingredients  
have melted.

Zinc Oxide  
2 Tablespoons  
UVA protection  
and 93% UVB protection

Zinc Oxide  
= Sunscreen



Slowly add  
the Zinc Oxide  
and continue stirring  
(try not to breathe it in,  
if you have a mask it's best)



Store in a cool place.



6 months shelf life

IT'S  
READY





The shower melts are a great a way of adding extra benefits to your shower. If you have a cold a mix of Eucalyptus and Peppermint Oil is ideal. If you usually shower in the morning, an energizing Orange and Lemon melt, and for night showers a Lavender melt will help you unwind.

I personally use a mini-muffin silicon mold because they're the right size and they make it easy to remove the melts. Make sure you bake the melts until they're dry and then store them in an airtight container, as humidity will ruin them.

Whenever you take a shower, just place a melt in the corner. The heat will make them melt and diffuse the aroma. They are not to be used in a bath though. For the bath, it's much easier than that. Just pour a few drops of your favorite oil in the bath water.

Ingredients:

- 1 cup of water
- 1/3 cup of baking soda
- Oven safe mold (mini-muffin silicon)
- 40-50 Drops of Essential Oil (Choose 1)

Also from Sky Organics – Essential Oils Collection



# HOMEMADE AROMA THERAPY Shower Melts

⌚ Prep time: 10 minutes  
Total time: 30-50min  
●●● Easy

 1/3 cup  
baking soda

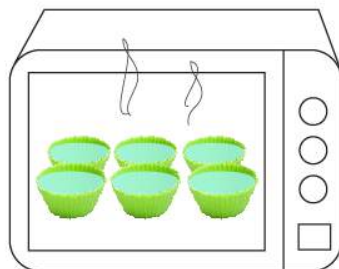
 1 cup  
of water



Put mixture  
into mold.



Oven safe mold  
(mini-muffin silicon)



Bake for  
20-40 minutes until dry.

ADD EXTRA  
BENEFITS  
TO YOUR SHOWER.

♡  
Add the  
essential oil

CHOOSE  
ONE



Eucalyptus Oil  
Relax your muscles



Sweet Orange Oil  
Energize your day



Lavender Oil:  
Soothing and calming



Peppermint Oil  
Fight colds and  
open up your airways

40-50  
drops

it  
SMELLS GOOD

IT'S  
READY



Find us  
on social  
media

*Get Daily Tips on Beauty and Product Uses*



**1(888) 899-0395**



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