

Pamper Party Recipes

Ela's Face Mask

- 2 tsp Ground Rose Petals or Rose Clay
- 1 tsp Dried Milk Powder
- 1 tsp Honey
- Lemon Juice
- 5 drops Rose Geranium Essential Oil

Combine the first three ingredients to form a thick paste. Add freshly squeezed lemon juice a little at a time until mask is a creamy consistency and easy to apply. Add a few drops of essential oil and stir. Apply to face and neck for twenty minutes. Rinse and moisturize.

Ela's Dry Hair Mask

- 1/2 Cup of Jojoba Oil
- 20 drops Rosemary Essential Oil
- 20 drops Lavender Essential Oil

Mix together and pour into a squirt bottle. Generously apply to hair while massaging in. Wrap your head in towel and let sit for thirty minutes. Wash as usual.

Ela's Body Scrub

- 1/2 cup Oil (Sesame, Jojoba, Avocado or Olive)
- 1/2 cup Organic Cane Sugar
- 1/2 teaspoon of Essential Oil (I use Rose Geranium and Patchouli)

Mix together and scrub over entire body at the end of your shower. Rinse and pat dry.

Ela's Bath Salts

- 1/2 cup of Epsom Salts
- 1/4 cup of Baking Soda
- 1 tblsp Rose Petals
- 1/2 tsp Patchouli Essential Oil
- 1/2 tsp Lavender Essential Oil

Use coffee grinder or blender to ground rose petals. Add rose petals to epsom salt and baking soda. Stir in essential oils and add to your bath.

Soak for twenty minutes.

"Be you, discover you, celebrate you and most of all, love you." - Ela