

DIY Body Care

A checklist for time-poor but health-conscious homemakers

Making your own body care products is ridiculously easy, and super satisfying. Plus, why smear your skin with petroleum derivatives, preservatives, additives, colourants, synthetic ingredients or endocrine-disrupting chemicals? Instead, you'll save a fortune, be clean and green, and lower your toxic load. They make really thoughtful gifts for friends and family too. Personally tried and tested ingredients can be found in

Michelle's [Amazon Bathroom Basics List](#)



1 Healthy fragrant bath salts

Long celebrated for their ability to soothe aching muscles, relax tired minds and maintain soft, healthy-looking skin — bath salts are one of the easiest products to recreate at home and a brilliant introduction to the world of DIY body care. Simply combine the following (PS I used cups as my measuring unit, but it doesn't really matter what you use as long as you're consistent).

- 3 cups of Epsom salts
- 1 ½ cups dead sea salt or Himalayan pink sea salt
- ½ cup Sodium Bicarbonate (baking soda) Don't confuse this with the soda crystals used for household cleaning, that's Sodium Carbonate!
- 20-25 drops pure organic essential oil (I like lavender and sweet orange).
- Mix. Store in a pretty airtight jar. That's it!



2 Healthy Fragrant Hand Cream

Gently heat a pan of water and leave it on low. Suspend a smaller pan or bowl above it into which you add ¼ cup of pure organic shea butter or cocoa butter and ¼ cup sweet almond oil or jojoba oil. Melt the butter and blend with the oil. Add ½ tablespoon of pure beeswax (some recipes call for more, I prefer less to avoid any waxy feel, but it's best to experiment. You can easily re-melt a batch and start over). Mix slowly together. Remove from the heat. Add 10-15 drops of essential oils for the scent of your choosing. Pour into a small sterilised glass jar. Allow to cool. Use liberally!

3 Two-Ingredient Sugar Scrub

For silky smooth skin, from legs to elbows and everywhere in-between!

- 1 cup sugar (white or brown)
- ½ cup oil (sweet almond, jojoba or olive)
- Mix. Store in a sealed jar. Use within one month.

4 DIY Lip Balm

- 1 tablespoon sweet almond oil
- 1 tablespoon shea butter
- 1 tablespoon organic white beeswax pellets
- 1 tablespoon honey

As before, gently heat a pan of water and place another smaller pan or bowl over it. Mix together the oil, beeswax and shea butter. Once it is fully blended, remove from the heat and allow to cool. *Only* as it is cooling, stir in the honey. Once completely combined, pour into a small pot ready to use! The single serving jars used for jams or honey at posh hotels are perfect. No plastic pots please!

Basically, with these core basic ingredients you can make all manner of healthy, fragrant body balms and hand creams. It's fun to play around to find what suits your skin best. More oil? Cocoa butter vs shea butter. More fragrance? Try whipping the finished mixture too, to make it super light and almost fluffy. Of course, you could also just use the raw shea, cocoa butter or oils directly on your skin. All ingredients are widely available online; but be sure to always opt for verified organic options. My selects are [here](#).

**Thank you for taking the time to read this. Now act on it!
I really want you to experience the joy of a happy, healthy home**

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This guide is a small introduction to a bigger idea: that your home is not just where you live, but something that actively shapes how you feel, think and function.

I explore this philosophy more deeply on my Substack, [Better Home Better Health with Michelle Ogundehin](#) where I share research, reflections and practical ways to support your wellbeing through your space. It's free to subscribe.

And inside the Happy Insiders Club, we put it into practice — working together through monthly Room and Mood Resets, guided tools and a supportive community to help you create a home that truly supports you. **Join us inside the Club [here](#).**