On average men use six personal care products each day — from toothpaste and shampoo to soap and deodorant — while women use about twelve. Spoil yourself with these recipes, or make them for the man in your life!

**Aftershave**

Always try a test patch and omit essential oils if sensitive to scents. Shelf life: 2 months.

- ¾ cup distilled water or sparkling mineral water
- ¼ cup witch hazel
- 2 Tbsp vegetable glycerin
- 1 Tbsp aloe juice or gel

**OPTIONAL:**
- 3 drops rosemary essential oil
- 2 drops clove essential oil
- 2 drops bergamot essential oil

**OR**
- 5 drops ylang ylang essential oil

Add to a bottle and mellow for 2 days. Shake before you apply.

**Men’s body spray**

Turn this into scented oil by substituting the liquid ingredients with 2 teaspoons of jojoba oil. Shelf life: 1 month.

- ¼ cup distilled water
- 2 tsp vodka
- 5 drops grapefruit essential oil
- 5 drops lime essential oil
- 3 drops peppermint essential oil

Add ingredients to a spray bottle. Let mellow for a day and shake before applying.

**Anti-dandruff hair rinse**

Dandruff can be caused by hormonal disturbances, diet, stress, or a fungal infection. Consult a doctor if you’ve had a condition for a long time. For immediate relief, try using this rinse daily to control itching and flaking. Shelf life: 2 months.

- 2 cups water
- ½ cup apple cider vinegar
- 5 drops tea tree essential oil
- 5 drops rosemary essential oil

Mix ingredients. Store in squirt bottle and shake. Apply after shampooing, massage in and let sit for a few minutes. Then rinse out well.

**DID YOU KNOW?**

Vegetable glycerine attracts moisture and cleanses the skin. It’s also hypoallergenic and water soluble.

Apple cider vinegar is packed with natural minerals like magnesium, calcium, iron, and phosphorous. It helps restore skin’s acid balance.
**Herbal mouthwash**

*Store this breath freshener in the fridge to extend its shelf life. Discontinue use if you notice any irritation. Shelf life: 1-2 weeks.*

- 2 sprigs fresh rosemary (or 1 Tbsp dry)
- 1 handful fresh spearmint or peppermint (or 1 Tbsp dry)
- 2 cups distilled water
- 2 Tbsp vegetable glycerin

**OPTIONAL:**
- 5 drops peppermint essential oil

Boil water and steep with herbs for 5 minutes. Strain and cool. Stir in vegetable glycerin and essential oil. Pour into glass jar. Shake before use, swish in mouth, and spit out.

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**Cocoa butter lotion**

*Solid at room temperature, cocoa butter will melt with your body heat. Shelf life: 3 months.*

- 4 Tbsp cocoa butter
- 4 Tbsp sweet almond oil
- 4 Tbsp grated beeswax

**OPTIONAL:**
- 10 drops an essential oil of your choice

Melt ingredients together over a double boiler. Pour into an airtight container and cool, adding essential oils last.

**DID YOU KNOW?**

Sweet almond oil is easily absorbed by the body, revives the skin, and won’t clog pores.

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**Deodorant spray**

*Witch hazel is distilled from the abark and twigs of the witch hazel tree. It’s a natural astringent and toner that tightens pores and deodorizes. Shelf life: 1 month.*

- ½ cup distilled water
- 1 Tbsp vegetable glycerine
- 2 Tbsp witch hazel

**OPTIONAL:**
- 5—10 drops essential oils (like lemon, tea tree, or rosemary)

Mix ingredients into a spray bottle. Mellow 1 day and shake before applying to the underarm area. Note: everyone’s body chemistry is different, so satisfaction with this recipe will vary.

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**Peppermint foot soak**

*Spoil your feet with this recipe. It’s so refreshing you’ll be tempted to treat your feet everyday! Shelf life: 1 application.*

- 2 cups milk
- 1 handful fresh spearmint or peppermint leaves
- 3—6 sprigs fresh rosemary
- 10 drops peppermint essential oil

Simmer milk and herbs in a saucepan for 10 minutes. Pour mixture into large bowl or a tub big enough to soak both feet! Top with warm water and add essential oil. Stir and soak.

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