

# DIY Wellness Ideas

**Instructions No. 2213**

Difficulty: Beginner 

Working time: 5 Hours 30 Minutes

Create your own personal wellness oasis at home. Pour pleasantly scented anti-stress candles, make rainbow bath salts or hand washing paste for hardworking hands. Our ideas will help you. All the crafts also make excellent gifts.

## Anti-stress candle

1. Heat organic wax in a melting pot and colour with colouring granules.
2. Add rose and lavender fragrance oils. These scents are said to have a particularly relaxing effect.
3. Meanwhile, place a wick in the middle of the jar. If necessary, secure it with wooden skewers at the top.
4. Pour the melted wax into the jar and leave to cool.

5. Tie the wide jute ribbon around the jar as a bow and glue the pink jute cord around the outside with craft glue.
6. Punch a circle out of kraft paper and make a hole in it.
7. Thread a piece of jute cord through the hole.
8. Add the lettering and decorative elements with a marker and stick on a rose blossom.
9. Tie the finished pendant behind the bow.

## Rainbow Bath Salts

1. Mix bath salts with scented oil according to personal taste.
2. Divide the bath salts into 5 small bowls and colour them with soap colouring.
3. Layer the coloured bath salts in the storage jar.
4. Decorate the jar with sprinkles and homemade labels.

## Hand scrub for hardworking hands (for 1 - 2 jars)

### **Recipe:**

- 60 g VBS eco-pouring soap
- 50 g distilled water (boiled water)
- 60 g coconut oil for soap making
- 45 g shea butter
- A few drops of skin care oil calendula oil
- A few drops of scented oil Coconut milk oil
- 3 tablespoons natural sand for the exfoliating effect

### **Preparation:**

1. Warm coconut oil and shea butter in a water bath.
2. Mix eco-pouring soap with distilled water to a smooth paste.
3. Add the coconut oil and shea butter mixture to the organic soap and mix well.
4. Add the natural sand and mix well to form a smooth mixture.
5. Finally, add the skin care and fragrance oil and stir the mixture again.

### **Packing:**

1. Fill the finished paste into a nice jar and sprinkle few dried flowers "marigold" on the hand scrub.
2. Punch out circles of watercolour paper. Watercolour marigold flowers with a water tank brush and craft paints.
3. Add lettering with liners and stick the label to the jar lid with double-sided adhesive tape.
4. Decorate the jar with a satin ribbon.