

**Homemade Hand lotion**  
**Cheryl Hermann**  
**for**  
**Christ Centered Retreats, Inc.**

- ▶ 1 (16 ounce) Vitamin E Skin Cream with Argon Oil
- ▶ 1 (13 ounce) Plastic jar of smooth Petroleum Jelly
- ▶ 1 (15 ounce) Bottle Johnson and Johnson Baby Lotion, unscented

**Note:** I have used the lavender baby lotion, “Sleepy Time,” and added either rose oil or mint oil to it. For retreat, I did not use the lavender scented lotion nor lavender oil due to some reported allergies.

- ▶ 1 (16 ounce) Palmer's cocoa butter
- ▶ 2-to-3 Tablespoons of Olive Oil and/or Almond Oil.

**Note:** This is a necessary ingredient; it helps the essential oil combine with the lotions.

- ▶ Add essential oil of a scent that you like (**Note:** for retreat, I used Orange Oil).

**Note:** I typically use 10-to-15 drops (or until I think it smells great!). I have used rose and mint; mint and lilac; mint and tangerine; lavender; rosemary and cucumber; orange and vanilla; grapefruit and orange (or tangerine is refreshing as well).

**Note:** Often I add extra vitamin E oil, about 10-to-20 drops, to soothe certain skin issues.

**Directions:**

Put all ingredients in large glass mixing bowl. Mix together with a household mixer – start with low speed, then to high speed – until well blended. Remember to adjust the scent to your liking.

Use a funnel and/or squeeze tube (such as you might use for decorator’s icing) to fill containers. You may wish to reuse the containers that the ingredients came in, or you may want to purchase two-to-six-ounce containers at a craft or hobby store. For retreat, I used 4-ounce plastic bottles purchased at one of the dollar stores.

