

Homemade Natural Body Wash

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Simple and natural homemade body wash with liquid castile soap, raw honey, natural oils and essential oils to nourish skin without drying.

Ingredients

3 Tablespoons **liquid castile soap**
3 Tablespoons **raw honey**
2 Tablespoons **extra virgin** olive oil
5 drops of **essential oil**

Instructions

Carefully mix all ingredients by hand with a spoon in a glass liquid measuring cup. Do not use a blender, whisk or hand mixer as this will create bubbles and make it impossible to get into a container.

Pour into a (preferably glass) container and use in the shower as a body wash. I use with a natural sea sponge for easy use.

Notes

All ingredients are shelf stable and I've had this recipe last for months without a problem.