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## 1. Effervescent bath pebbles

Exfoliating, stress-relieving, and skin repairing. **Effervescent bath pebbles do wonder for your body and mind.** Combine a bit of clementine and almond essential oils to create the perfect mix of sooth and tonic!

### INGREDIENTS FOR 15 TABLETS:

- 3.8 oz citric acid
- 7.8 oz baking soda
- 4.8 oz cornflour
- 1.8 oz almond milk powder
- 0.35 oz orange powder
- 7 tablespoons almond oil
- 40 drops bitter amont essential oil
- 40 drops clementine essential oil
- 4 tablespoons water
- [1L Le Parfait Super Jar \(view online\)](#)

### PREPARATION:

In a big bowl, mix cornflour, citric acid, baking soda, orange and almond milk powder together.

Add the almond oil and the essential oils, then add water slowly, but stir quickly so the mixture doesn't start to bubble.

Once the preparation is well blended and has a slight salty texture, fill your favorite mould with it and let it dry a few hours.

Then grab your Le Parfait jars, fill it with this little homemade treats, and decor with old scarves, tissues, labels of your choice.

## 2. Almond and shea butter hydrating whipped balm

Everyone looooooves body cream. Especially in winter when the temperatures are so low they can easily damage the skin. The only negative point is that, most of the time, body cream comes with plastic bottles... But not this one. Le Parfait came up with the perfect recipe that will fit a small familia wiss jar.

And oh my, it's so soothing and so good, it's literally a care product for the body as for the planet !

### INGREDIENTS FOR 275 GR:

- 3.0 oz shea butter
- 1 oz jojoba oil
- 10 tablespoons (or 1.8 oz) arnica oil
- 3 drops de vitamine E
- 1/4 de teaspoons honey
- 1/2 teaspoons de vanilla powder
- 40 drops vanilla aromatic extract
- 30 drops gingerbread aromatic extract
- 20 drops d'huile clementine essential oil
- [Le Parfait familia wiss terrine](#) (view online)

### PREPARATION:

Crush the shea butter then blend and whip it with the arnica and jojoba oils till smooth.. Add and mix the other ingredients one by one till the mixture becomes really uniform.





### *3. Gingerbread Body Scrub*

Picture it : a hot bath, good music (or podcast) and this smellicious exfoliating scrub with gingerbread spices. It is actually extremely simply to make, and winter is the perfect time to use it to avoid skin damage!

#### INGREDIENTS FOR 200GR:

- 15 tablespoons (or 6.4 oz) brown sugar
- 1 tablespoon jojoba oil
- 1 tablespoon cinnamon powder
- 3 tablespoons (or 0.64 oz) walnut powder
- 1 tablespoon honey
- 100 drops clementine aromatic extract
- 3 drops de vitamine E
- [Le Parfait Super Terrines \(view online\)](#)

#### PREPARATION:

Mix the jojoba oil, cinnamon, honey, clementine extract and vitamine E in a pot, then add the brown sugar, mix a bit more, and voilà !

