

*5 Days of*

DIYS

BY JENNY PENA

# C O N T E N T

01

S U P P L I E S

02

O W I E R O L L E R  
S E R U M  
M A S K

03

M E R M A I D H A I R  
B A T H B O M B S

*5 Days of DIYs*

# SUPPLY CHECKLIST

## OWIE ROLLER

- 10ml roller bottle
- Carrier oil
- Essential oils

## SERUM

- 20ml dropper bottle
- Carrier oil
- Essential oils

## CLAY MASK

- Clay
- Water
- Essential oils

## MERMAID HAIR

- Witch hazel
- Water
- Essential oils
- 20ml spray bottle

## BATH BOMBS

- Citric acid
- Corn starch
- Essential oils
- Epsom salts
- Baking soda
- Coconut oil

Get shopping list at [Amazon.com/shop/HeavenlyTreasureLiving](https://www.amazon.com/shop/HeavenlyTreasureLiving)

# DIYS

## OWIE ROLLER

ADD 5 DROPS EACH ESSENTIAL OILS:

- COPAIBA
- CEDARWOOD
- FRANKINCENSE
- LAVENDER

FILL REST OF BOTTLE WITH CARRIER OIL

## SERUM

ADD 5 DROPS EACH ESSENTIAL OILS:

- GERMAN CHAMOMILE
- GERANIUM
- FRANKINCENSE
- MANUKA

ADD DESIRED AMOUNT OF ROSE HIP OIL  
( I ADDED ABOUT A TEASPOON)

FILL REST OF BOTTLE WITH CARRIER OIL  
( I COMBINED COCONUT AND JOJOBA)

## CLAY MASK

THE AMOUNT OF LIQUID WILL DETERMINE  
TOTAL AMOUNT OF CLAY MIXTURE

ADD WATER TO WOOD/GLASS BOWL

ADD 5 DROPS ESSENTIAL OILS

- COPAIBA
- FRANKINCENSE
- ANY OF YOUR CHOICE

LIGHTLY DUST CLAY POWDER INTO WATER  
UNTIL CLAY ABSORBS WATER

AVOID METALS OR PLASTIC IN CLAY

# DIYS

## MERMAID HAIR

ADD 5 DROPS EACH ESSENTIAL OILS:

- ROSEMARY
- CEDARWOOD
- FRANKINCENSE
- LAVENDER

FILL REST OF BOTTLE WITH  
HALF WITCH HAZEL, HALF WATER.

## BATH BOMBS

COMBINE ALL DRY INGREDIENTS IN A BOWL

GRADUALLY ADD WET INGREDIENTS WHILE  
STIRRING WITH A WHISK UNTIL WELL COMBINED

WHEN THE MIXTURE IS WET ENOUGH TO STICK  
TOGETHER IN CLUMPS, PRESS MIXTURE FIRMLY  
INTO MOLDS.

- 1/2 CUP BAKING SODA
- 1/4 CUP CORN STARCH
- 1/4 CUP EPSOM SALT
- 3-4 TSP COCONUT OIL
- 1-2 TSP WATER

15-25 DROPS OF ESSENTIAL OILS  
-FEW DROPS OF FOOD COLORING OPTIONAL

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