

# Joybilee Farm's DIY Beard Care Kit

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## Shopping List (Sponsored by iHerb)

(linked for you convenience)

- Artnaturals, Bergamot Oil
- Artnaturals, Carrier Oil, Rosehip
- Artnaturals, Frankincense Oil
- Aura Cacia, Pure Essential Oil, Rosemary
- Aura Cacia, Pure Essential Oil, Texas Cedarwood
- La Tourangelle, Grapeseed Oil
- SeaBuckWonders, Organic Himalayan Sea Buckthorn Berry Oil
- Sky Organics, 100% Pure Organic, Argan Oil
- Sky Organics, Organic Aloe Vera Gel
- Sky Organics, Organic, Yellow Beeswax Pellets
- 3 x 2 ounce bottles with dropper caps
- 2 ounce salve tin or glass jar

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# Recipes

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## Conditioning and Hydrating Beard Oil Recipe

*Make this DIY Beard Oil Recipe in less than 5 minutes. It will tame dry, wiry beard hair, soften and improve the skin getting rid of flaky dryness. It will also promote thicker, more luxurious growth by nourishing the hair follicles with natural oils.*

***Yield: 2 ounces***

***Time 3 to 5 minutes***

### Ingredients:

- 3 drops Texas cedarwood essential oil
- 6 drops rosemary essential oil
- 3 drops bergamot essential oil
- 6 drops frankincense
- 3 tablespoon grapeseed oil
- 2 tablespoon argan oil
- 1 tablespoon rosehip seed oil

### You'll also need:

- 2 ounce amber bottle with a dropper cap
- Small stainless steel funnel

### Directions:

Drop essential oils directly in the empty bottle. Using a stainless steel funnel, measure grapeseed oil, seabuckthorn berry oil, argan oil, and rosehip seed oil directly into the bottle.

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Cap tightly with a dropper cap and shake well.

Label. This beard oil should last at least 6 months to a year if kept in a cool, dark place.

## How to use beard oil

- To use beard oil, apply after shampooing the beard, while the beard is damp. It can also be applied to a dry beard.
- Put 3 to 5 drops of beard oil in your palm
- Rub your hands together to evenly distribute the beard oil.
- Stroke your beard, rubbing the oil deep into the roots of the beard. Brush downward to distribute the oil from root to tip.
- Rub hands through the sides of the beard in the same way, stroking from root to tip. Massage the oil through the hair.
- Finish by combing the beard into place and styling.

## Moisturizing and Conditioning Beard Balm for Dad

*If dad is a little more rogue and needs a beard balm he can toss in his kit bag without fear of spillage, than this beard balm will work as well as the beard oil and offers the ease of safe travel. Use it as a beard conditioner and a styling aid.*

***Yield: 2 ounces***

***Time 20 minutes***

### ***Ingredients:***

- 1 teaspoon beeswax (4 grams)
- 2 tablespoon grapeseed oil
- 1 tablespoon rosehip seed oil
- 2 tablespoon argan seed oil
- 2 drops Texas cedarwood essential oil
- 6 drops rosemary essential oil
- 3 drops bergamot essential oil

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- 6 drops frankincense

### You'll Also Need:

- A 2 ounce glass jar or tin with a lid
- A saucepan
- A glass measuring cup

### Directions:

Make [a double boiler using a glass measuring cup like this](#). Add beeswax, grapeseed oil, rosehip seed oil, and argan oil to the glass measuring cup. Simmer the water inside the saucepan over medium heat, just until the beeswax melts. Stir to fully combine carrier oils and beeswax. Remove from the heat.

Add the essential oils to the mixture in the glass measuring cup. Stir to combine. Pour the beard balm into a 2 ounce tin.

Wait until the beard balm cools completely before completing the lid. Label and date.

### To use:

- Put a pea size amount of beard balm in the palm of the hand. Rub hands together to melt the beard balm.
- Rub the fingers and palms through the beard from root to ends to evenly distribute the beard balm.
- Style with a natural beard comb.

## Moisturizing and Nourishing After-Shave Oil

Refreshing and rejuvenating after-shave oil that moisturizes and protects Dad's face while easing redness. It isn't drying like alcohol based after shaves.

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*Yield: 2 ounce*

*Time to make: 5 minutes*

- 6 drops frankincense essential oil
- 6 drops myrrh essential oil
- 3 drops bergamot essential oil
- 2 drops Texas cedarwood essential oil
- 2 drops sandalwood essential oil
- 2 tablespoon grapeseed oil
- 2 tablespoon rosehip seed oil
- 1 tablespoon argan oil
- 1 teaspoon seabuckthorn oil

#### **You'll also need:**

- A 2 ounce glass bottle with dropper lid
- Label

#### **Directions:**

Add essential oils to a dropper bottle. Add grapeseed oil, rosehip seed oil, argan oil, and seabuckthorn oil to the bottle. Cap with a regular drop reducer cap and shake well. Replace drop reducer cap with dropper cap. Label and date.

#### **To Use:**

Drop 1 ml from the dropper into the palm of the hand. Rub palms together to distribute the after shave oil evenly in both palms. Apply to still damp face. Rub in to completely cover the cheeks, chin, and upper lip area of the face. It is quickly absorbed and won't leave the face feeling greasy.

## Conditioning Hair Tonic to Help Dad Look His Best

As dads get older their hair has a tendency to thin. Oxidative stress, heredity, and even shampoo are blamed for hair loss in older men. This hair tonic is rich in antioxidants and hair conditioning argon oil. While it can't turn back the clock, it might just make a difference in the day to day appearance of his hair. It is filled with ingredients that are traditionally used for hair care, like Moroccan argan oil, aloe vera gel, and rosemary. Help dad feel good about his appearance with this easy to make hair tonic. You can make this conditioning hair tonic in less than 5 minutes. And if you give him the recipe, Dad can even make his own refills. It's that easy.

*Yield 2 ounces*

*Time 3 minutes*

### Ingredients:

- 16 drops Rosemary Essential Oil
- 8 drops Texas Cedarwood Essential Oil
- 5 drops Frankincense Essential Oil
- 5 drops Myrrh Essential Oil
- 4 tablespoons Sky Organics Aloe Vera Gel
- 2 teaspoons Argan Oil

### You'll Also Need:

- A 2 ounce glass bottle with a dropper lid
- Label

### Directions:

Add the essential oils directly to your glass bottle. Add aloe vera gel and argan oil. The Sky Organics aloe vera gel already contains a preservative so there is no need to add an additional preservative. There is no need to refrigerate this hair tonic. This hair tonic recipe is stable at room temperature

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### To use:

Shake well before using. Put a pea size amount in the palm of the hand. Rub through wet hair. Allow to dry naturally or use it as a styling gel. It offers only light holding power so it won't weigh down fine hair.

### Label instructions:

Print out page 8 of this document in full color on plain paper. Trim around the labels. Using a glue stick, apply glue to the back of the label. Center glued label on glass bottle. Press to smooth into place.

For the Beard Balm label, cut around the circle leaving a small portion of the picture inside the trim area. Use a glue stick on the back of the label. Press the label on the top of the tin. Trim with a knife to remove any excess paper.

**Labels**

