

# **Aloe Vera Gel Recipes**

*Natural Skin Care Treatments You Can Make At Home*



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This publication is designed to provide general educational information about Aloe Vera Gel recipes. It is distributed with the understanding that it does not contain medical advice. If medical advice or other expert assistance is required, the services of a competent medical professional should be sought.

## Calendula & Aloe Moisturizer



This lotion combines the anti-inflammatory properties of calendula oil, honey, and chamomile, with soothing and cooling aloe. It's great for sensitive skin, sunburns, dry, or irritated skin.

### **Ingredients:**

½ TB raw honey  
½ TB Aloe Vera Gel  
3 TB calendula oil  
10 drops of Chamomile essential oil

### **Instructions:**

Pour ingredients into a bottle and shake to mix them together before applying. Store in refrigerator.

# Aloe Face Cream



Use this rich, moisturizing cream as a day or night cream. Vitamin E and Jojoba Oil soften and hydrate skin while Aloe Vera soothes and heals.

## **Ingredients:**

¼ cup Aloe Vera Gel  
1 tsp Vitamin E Oil  
1 tsp Jojoba oil  
3 drops Lavender Oil  
2 TB Coconut Oil

## **Instructions:**

Melt Coconut Oil and mix with the Aloe Vera Gel and Jojoba Oil, then mix in the Vitamin E Oil and Lavender Oil. Transfer into a jar and store in refrigerator.

# Coconut & Aloe Lotion



This lotion is great for face and body and absorbs quickly leaving skin soft and smooth. It can be customized for your skin type. If you have oily skin, just add more aloe vera gel. If you have dry skin, use more coconut oil.

## **Ingredients:**

½ cup Coconut Oil

½ cup Aloe Vera Gel

A few drops of your favorite essential oils

## **Instructions:**

Melt Coconut Oil and blend with Aloe Vera Gel and essential oil in food processor or blender until creamy and emulsified. Transfer into a jar and store in refrigerator.

## Shealoe Butter Moisturizer



This moisturizing butter soothes and heals dry, rough, or irritated skin. Also works well to condition dry hair.

### **Ingredients:**

½ cup Shea Butter  
¼ cup Aloe Vera Gel  
2 TB Coconut Oil  
1 tsp raw honey  
A few drops of tea tree oil  
A few drops of Vitamin E Oil

### **Instructions:**

Melt Shea Butter and Coconut Oil and blend with Honey and Aloe Vera Gel with a hand mixer. Allow to cool and mix in essential oils. Refrigerate for a few hours to let mixture set. Store in a cool, dry place.

## Avocado & Aloe Face Mask



This mask combines 3 intensely moisturizing ingredients. It's great for dry skin.

### **Ingredients:**

1/8 Avocado  
1 TB Aloe Vera  
1 tsp Oatmeal

### **Instructions:**

Use a fork to mash the avocado. Add the aloe and mix together until smooth, then mix with the oatmeal. Apply to face and let dry. Rinse with warm water.

## Aloe-Seaweed Mask



This moisturizing mask combines the detoxifying properties of seaweed with moisturizing Aloe and healing honey to rejuvenate skin.

### **Ingredients:**

1 TB Powdered Seaweed  
½ TB Aloe Vera Gel  
½ TB of raw Honey  
1 capsule Vitamin E  
A few drops of your favorite essential oils

### **Instructions:**

Combine all the ingredients in a bowl and mix together. Apply to face and leave on for 20 minutes. Rinse with warm water.



## Aloe Shaving Gel



This is a simple 2-ingredient recipe that works great as a moisturizing shaving gel.

### **Ingredients:**

¼ cup Olive Oil or Coconut Oil  
¾ cup Aloe Vera Gel

### **Instructions:**

Pour ingredients into a bottle and shake to combine. Apply to wet skin in a thin layer before shaving.

# Aloe Aftershave Spray



This mixture will soothe skin after shaving and help heal razor burn.

## **Ingredients:**

2 TB Aloe Vera Gel

2 TB Witch Hazel

4 TB Apple Cider Vinegar

1 TB Olive Oil

A few drops of your favorite essential oils

## **Instructions:**

Add ingredients to spray bottle and shake to mix together before use. Spray on skin and rub in after shaving. Store in refrigerator.

## Cucumber & Aloe Spray



This cooling face and body spray will soothe, refresh, and soften skin.

### **Ingredients:**

1 cucumber\  
1 squeeze of a lemon\  
1 tsp aloe vera gel\  
1 TB rosewater

### **Instructions:**

Peel the cucumber and cut into small pieces. Blend on high for 1 minute. Strain the cucumbers over a cheese cloth or strainer into a bowl. Mix the rest of the ingredients into the bowl and pour into a spray bottle. Add distilled water as necessary to dilute the spray. Store in refrigerator and use within 1 week.

# Aloe & Green Tea Hair Spray Treatment



This moisturizing hair spray strengthens hair and adds shine.

## **Ingredients:**

1 cup of Aloe Vera Gel  
1 cup of Green Tea  
A few drops of your favorite essential oils

## **Instructions:**

Combine ingredients in a spray bottle and shake before use. Spray on hair after washing.  
Store in refrigerator.

## Aloe & Yogurt Hair Mask



This moisturizing hair mask helps hair growth and relieves scalp itchiness and dandruff.

### **Ingredients:**

3 TB Aloe Vera Gel  
2 TB Yogurt  
1 TB raw Honey  
2 TB Olive Oil

### **Instructions:**

Combine ingredients in a bowl and mix together. Apply to hair and massage into scalp. Let sit for 25 minutes and rinse with warm water. Use weekly as needed.

## Aloe & Sweet Almond Cleanser



This simple mixture can be used as a moisturizing, gentle cleanser for dry skin.

### **Ingredients:**

5 TB Aloe Vera Gel  
3 TB Sweet Almond Oil  
A few drops of your favorite essential oils

### **Instructions:**

Mix up the ingredients in a bottle and shake before use. Apply to damp skin and rinse with cool water.

# Aloe Body Scrub



This exfoliating sea salt scrub helps remove dry, rough, flaky skin.

## **Ingredients:**

1 Cup ground Sea Salt  
½ cup Aloe Vera Gel  
1 TB raw Honey  
1 TB Brown Sugar  
½ cup Olive Oil

## **Instructions:**

Combine ingredients in a bowl and mix together. Apply to damp skin and massage gently. Rinse with warm water.

## Aloe Hand Sanitizer (Alcohol-Free)



When you need to disinfect on the go, you don't have to use a harsh alcohol-based hand sanitizer that dries out skin. Try this blend of natural antibacterial essential oils mixed with moisturizing Aloe instead.

### **Ingredients:**

6 oz distilled water

2 TB Aloe Vera Gel

10 drops each of clove, cinnamon, eucalyptus, and rosemary essential oils

20 drops of lemon essential oil

### **Instructions:**

Add distilled water, Aloe Vera Gel, and essential oils into spray bottle and shake to combine. Spray on hands and rub together to sanitize as needed.



## Soothing After Sun Spray



When you've had too much sun, this refreshing spray will soothe burned skin and relieve irritation.

### **Ingredients:**

¼ cup Green Tea  
¼ cup Aloe Vera Gel  
¼ tsp lavender essential oil

### **Instructions:**

Add ingredients to spray bottle and shake to mix together before use. Spray onto sunburned areas as needed. Store in refrigerator.