DIY With Malissa

OK everybody, welcome to the second session with Melissa Conti dinner. So Melissa, this is a 2 hour session by the way, so. Which is uncomfortable. And Melissa, take it away. All right. Hi, everybody. It's me, the oily groomer Melissa Conti dinner. I am going to talk to you today about Aromatherapeutic SPA products, which we are going to DIY, which is do-it-yourself. And since I always say I'm the queen of everything, one of my favorite queenly things to do is to make my own products.

Mary and I actually were discussing the fact that when I did have my own shop, I used to make a large majority of the products that I would use, especially the SPA products. Times have changed. We have access to some amazing spa products that are ready made, that are easy to purchase and to utilize within our grooming practices. But sometimes it's just nice to be a bathtub mixologist and to just get in there. And I always say if I'm not getting dirty, I'm not having any fun. So I love. To mess with my concoctions and get my mortal and pestle out and just kind of brew everything up and then just.

Put it to work and know that even though I can buy this stuff on most of the websites out there that give us our immediate fixation of where we can get things. At the drop of a hat. I like to put intention into everything I do, so when I am creating these products, I'm physically using my energy and putting my intentions into these things so that when I'm working with that animal, they get those intentions too. You knew I was going to talk about energy. It doesn't matter what I'm talking about. I'm going to bring that in because that's what. At my core is what I'm all about.

It's just about putting that loving intent into everything we do so. With that said, this video, this little presentation is about our DIY Paul Bomb and we do have two hours today. So if you guys have questions, feel free to put them in the Q and A and i will happily answer them at the end. If if you think of something and you're watching this later at a later date, feel free. At the end of my presentations, all my contact information is there, so feel free to hit me up that way.

I am on almost every social media platform, so slide into my DMS with whatever is on your heart and I'll be happy to try and help you. So go ahead. In the next 5 minutes I'm going to create a private. Facebook group for this summit. Did you into it in this way? Or you could also ask questions there and probably the best place to ask them, because if someone else has a question, they're probably going to be similar questions, right? So there you go. You'll also have access to a private Facebook group which I will be happy to answer any of your questions there as well. So I'm going to this actual presentation has videos of me creating the PAW bomb just because it's a little bit more labor intensive than the other DIY's So we will work on this one right now and then we'll slide into the next one which we'll go over recipes 1st and then.

I will, make our lovely concoctions live so you can actually kind of see me. And I'll show you some of the stuff that I have for you. With all that said, let's dive into my DIY my homemade paw bomb. I love this Paul bomb. It is so easy. And here's a little. Just a little tidbit of info. I also make a bomb for groomers to rub on their joints and their and make a sinus bomb OMB like blow up those sinus issues.

Mary has purchased it from me, i've sold it from others. It's not on my website, I really need to put it on there, but the base is the same base as this, so there are some variations and some different. Herbs and oils, but I love this Paul bomb because it's so simple to create and to use this as a foundation for other types of bombs that you can expand on yourself.

let's. Little bit of information about me i'm a certified diploma master, pet human aromatherapist. I've been involved in Western and eastern herbalism for more than 20 years. I've been creating my own products for over 20 years. I am a bathtub mixologist when grooming and sometimes if I have videos on that stuff, you'll see me use the #bathtub mixologist. Utilizing a simple, obtainable try to use organic when available ingredients. So my botanicals, carrier oils and any carrier agents. And of course I wouldn't be the oily groomer without using essential oils, so.

This is me. This is just a integral part of my life and I utilize these things for myself as well As for my pet clients. We are live here in my little studio in the back of my house, so I do still groom. Even though I do teach primarily full-time, I do groom on the weekends, and I have my own pack of dogs that I'm sure if you follow me on social media you've seen so they all get groomed by me as well. So I keep my hands in the fur and keep myself grounded by continuously grooming and utilizing these products that I make on a regular basis.

So why even use Paul Bomb? If you watched Chris Pearson's presentation before mine, she talks about it with her whole Potter cure. It should be part of your pot cures. It should be something that you're using that is going to soften up those paws, soften up the cuticle at the nail bed to be able to help with. Any kind of burns or abrasions. When we have dogs that a are kenneled a lot and they may be on concrete and then they're standing in urine or we'll walk through urine, they'll get urine burns on those pads. The carpal pads and the sometimes even at the nail bed depending on how bad you know the conditions are where sometimes when they're in boarding facilities.

That kind of stuff. Ice and salt for those of you that live in. Cold weather. I'm in Arizona, so it's extremely dry and warm here most of the time. So what happens is those beautiful little feet, just or big feet, just get so dried out from the heat because the cement and the blacktop just draws that moisture out of those pads. So we want to always take care of those pads, take care of those feet.

We want to keep it hydrated. We want to help relieve any irritation. We want to basically. Put a barrier system over any cracks or scrapes that are on the pads or abrasions that are actually on the feet to stop any anymore bacteria from getting in there. We want to soothe, we want to heal, and we want to protect the paw pads. So when a customer says, why would I, why do we want to use pop bomb, you know, why do you use it? Or I don't want to pay for that, that's not going to do anything.

There's your reasons. It soothes, it heals and it protects. So those are three top reasons to create a Paul bomb and use it on a regular basis. One of my favorite things with this also is. When we look at a foot that. Has not been receiving Paul Baum, you know, moisturizing treatments that pause, look like this on the on the left hand side dry a lot of times. If you really get close, you'll see little tiny little hairline cracks in there. When we apply that moisture and we want to always rub it in well, get up in that webbing. Moisturize that delicate skin between the toes if the pop had.

Are dry. More than likely the webbing inside and between the feet and in and around the pads is also dry. More than likely the hair is also the hair coat that grows there is also very dry. So we want to deeply moisturize those areas really well. You can come up and hit. If they have a dew claw, hit that duclaw, rub it into those nails. Get that little stopper pad. Don't forget about him.

He's way up here, up by the ankle. He often gets kind of just lost in the mix. Nobody ever really pays attention to that little stopper pad up there. Poor lonely guy. So go ahead and massage some in there. The only time he ever gets any attention is when somebody accidentally Nicks him with the shear. I work with grooming students so they're always like, Oh my God, I didn't know it was there so. Give him some love. Rub in some paw bomb there. Let him know that he is just as important as all those little toe beans on us on the foot.

He's up, way up here. Come up even higher and most of our large breed dogs get those big elbow calluses. They are usually Gray or this kind of tannish color where they have some hyperkeratinization in there where it's kind of thick and some get crusty. We want to make sure that we're also taking that Paul bomb up into that area as well, letting that be able to be a part of massaging that coat. There is nothing in this paw bomb that you can't even just bring up the leg or go down, start at the elbow and come down that leg.

Remember to give love to that little, that little guy hiding back there, the little. Copper pad and then come down into the foot and the nails. Make sure you grab that dew claw if it's there, and then the same thing with the back feet come down. If there's a dew claw, grab hold of it, massage some of that in, and then come down the rest of the foot.

Make sure you're rubbing into the nail bed between the webbing the. Base ingredients that are in this recipe, our skin soothing, our coat soothing are not so heavy that it's going to weigh down the coat and you're not using a ton. Now I'm going to tell you that when we get into the recipe that you can either put it in little tins or you can you can also use lip balm containers. So it's up to you whatever you want. To use, just be sure that you're using something. If you're using a lip balm container, you are assigning that to that particular pet. If it's a regular pet that comes in on a regular basis, I used to keep their theirs in a little zip lock bag so that you're not cross contaminating.

If I am using this on fluffy and spot comes in, I'm not going to use a fluffy's paw bomb on spot. It's a no we don't want to do cross contamination, so the. By keeping it one individual animal for it per each product, it makes it easy so that you're not having to worry about cross contamination. If you want to have a universal Paul Bomb then use something like a Q-tip to scoop out and then or a little. They have cosmetic spatulas that you can order. Their little spat plastic spatulas are. Even at the kitchen supply or the food supply, you can get those little tiny spoons, you know, the ones that they give you at like 31 flavors, baskin-robbins Not saying that I've been there, but.

You can use those kind of things with the little wooden spatulas that are disposable because we do not want to cross contaminate because obviously they're going to have their bacteria on their skin. So we don't want to put that back in to the clean container of bomb. So you can see that just one application this dry foot. And then the app, the foot that we've applied it to, even the fur, even that hair coat around the toes looks so much more moisturized. It's important. Oil is life and I am a huge proponent of oiling skin and coat.

Again, I wouldn't be the oily groomer. So with everything I do just like me, I'm a pretty simple girl. Not really, but. Like, simple, sustainable, easy to get ingredients, things that you can go, oh, I'm at Walmart or I'm at Target or I'm at Kroger or whatever grocery store and I can grab this and know that I could use this for whatever the application is and it's not that you have to send away to. South Africa for argon oil that has been pressed by. The African Bush people, you know, I want things to be easy.

We have a hard enough job and now we're creating products. So I want you to be able to do this with simplicity. So I try to keep all my ingredients very simple and easy to obtain. So here's the basic recipe. It is half a cup of organic beeswax pellets. I usually order these directly again. Instant gratification nation. So Amazon, I'll I order a lot of the stuff straight off of Amazon. Although lately I have been looking for some local bee farms because I know that they sell their beeswax and so I'm in the middle of my research for that.

But you can get these organic beeswax pellets. They're easy to use, they come in self sealable bags so if you're only making a small batch you and they last for a long time. 3 tablespoons of organic extra virgin coconut oil. That's up to you can use coconut oil. You can use olive oil, which that's the picture that's behind this little box with the recipe on there you can use. My favorite which I have some over here for later which is the.

Organic Castor oil. I love Castor oil. I can't tell you. Let me tell you how much I love Castor oil. I use it for almost everything. I use it in my in my own skin care routine. Skin and hair care routine. And I use it in almost every single application that I make that requires a carrier oil. It is just such a skin nourishing oil. You can also use things like argon, hoba, grapeseed, sweet almond oil. It's up to you. Experiment, find your favorite.

6 tablespoons of an additional oil like hemp, olive, avocado, or. More again, start to experiment. I've actually lately been using a blend. Of olive and avocado in some of my mixtures. The little heavier but we've been in the winter months and a little bit drier from the cold air. That kind of stuff. So you can switch up things seasonally but don't be afraid to try something and if it doesn't work. Chalk it up. To the experiment and be like, not too greasy. Make small batches so that way you can be able to. A lot of times I will melt stuff down again and add more of the base to it.

Add a little bit more of the beeswax to stretch it out. Make sure that you're you know you're using things that are easily remedied if you use too much of something, or if you don't like the texture, you can go back and maybe adjust it a little bit. Don't be afraid to play with the recipe. This is why I am the world's worst Baker, because baking is so precise and I am just a you know.

I'm just, you know, one of those that you know I'm like the let's add a little drop of this and see how this does and let's add a sprinkle of that and see how this does. So don't be afraid to do that because to me that's all part of our creativity. You want to do 3 drops of an essential oil of your choice. Now I kept that very low. Sometimes I can go up to 10. Depending on what we're what I'm creating for and how I'm going to be using this. But this is for a Paul bomb.

And also we're using it on elbows. We can use it on noses. We're going to be using this on abrasions. Again, I teach students. I've had a few that have nicked around the. Anus area doing a sanitary and I will quickly add that bomb with the lavender in it and the and the botanicals the dried botanicals and pop that on there really fast clean it and then put the bomb on there. So I don't want it to be so strong because if they lick it if they lick their feet or if it's in an area that is delicate that we're treating and abrasion I don't want it to burn and umm. With everything with essential oils, less is always more, you know? Nature is perfect in the way that it creates things and so we need to understand that we don't have to use a ton of a product to get the benefits.

It may be slower working but there is perfection in using a more natural substance. So go slow with your with your essential oils. And then you're dried or whole botanicals. So again, later I'm going to go over a lot of this, but I have. Some of my botanicals here. Where is my bag with? haha so. These are dried roses from my garden just there. The ground up, rose petals with the Rose hips.

Everything in here so these are mine. I keep these to add when I say dried botanicals. You can do this. Keep yours now. Just so happens that both my daughters, who I always thought would be groomers, grew up in a grooming salon. Neither one of them wanted to be groomers, but both of them also grew up with me being this bathtub mixologist and aromatherapist and an herbologist. They're both now professional florists and they work in the floral and plant industry different ways. One is in the floral and bridal industry and the other one is an actual floral designer.

I never thought of this, but I had a conversation with my daughter Rita the other day and we were talking about. All the leftover waste flowers and she was saying how she wishes that she would be able to make rose water because there's going to be so much waste and leftover from Valentine's Day, and how she wishes she could make concoctions and decorations from the leftovers because. They were raised to waste, not, want not and. But unfortunately, you can't use the leftovers from like your floral arrangements, that kind of stuff, because of the pesticides and the ways that they're grown to make that flower be highly preservable for a longer period of time.

So know that has been a question that I actually had never been asked before, and I never really even thought about it until Rita was like, you know, it kind of stinks that we can't use any of these. Because of all the chemicals that they use to keep these floral arrangements beautiful for an extended amount of time. So make sure that when you are purchasing any kind of. Ah. Herbs for your products that you're going to make like this is a prepackaged one. This is the ultra blue lavender and it's raw, it's from France, it's kosher certified and it is food grade. So you always want to make sure that they are food grade, which means that they're suitable and they're not using specific types of chemicals that could be detrimental that could leach into the skin so.

There's those little tidbits for you with when you're choosing the products to use. You're gonna need a glass measuring cup, a wooden stirrer, and then tins or Mason jars to store your bomb or the lip balm tubes. So let's make some paw balm. I'm going to play you some videos of me I made these couple years ago, but they're still relevant. Here we go. Hey, everybody, it's me. The oily groomer Melissa Conti dinner and. Nope, sorry guys, didn't mean to do that.

I am here today in my little apron with my little measuring spoons and we are going to make some natural paw bomb. For dogs, and this can also be used for their for their nose. For those little rough, dry, scaly noses that hyperkeratinization on the nose. You can also use this on crusty spots on their skin. It's just going to be a deep, soothing conditioning treatment that you can use for lots of different ailments as far as like skin stuff going on when it's dry. And crusty. So this video is strictly about what we're going to need for ingredients, and then the subsequent videos that will come up will show the step by step, make it with me kind of instruction.

So here we go. So you're going to need at least a tablespoon. Little measuring spoon. Ok you will need some organic. You don't have to use organic. I prefer to use organic. These are the beeswax pellets. And you can order these directly from Amazon or there's a generally in different places online you can pick them up or you can get them at your local, sometimes your health food stores, some of your candle supply, and craft stores will also carry it. They usually come packaged like this and it's just the little beeswax pellets.

I'm going to show you what they look like for those of you who have not seen them before. Drop some on the floor. I'm sure my dogs will love to eat them. That's what they look like. So they're just those little Nuggets of beeswax. They're little pellets, and they melt fairly easily. So we're going to use that. You're going to need now I have organic coconut oil. I live in Arizona, so it's summertime here, so this will never be solid.

Even though I keep my house at 75 degrees, it's still, unless I keep this in the fridge, it's always going to be, you know, in its liquefied form. So, but you do want the kind that gets solid. You don't want the fractionated, you just want the regular one that looks like it reminds me of Crisco. So if you're old enough to remember where Crisco was like, but I got this at Walmart and this is the organic. And it is coconut oil. You're also going to need another oil to put in there with the coconut and the beeswax. And you can use hemp. You can use, sweet almond. You can use no. I have some olive oil in my work.

Good Italian girl wouldn't have olive oil in their cabinet. Or you can use olive oil, so that's up to you can use those. You are going to need some kind of a container to either. I prefer to just melt everything in the microwave. It's a lot easier. But you can also use a saucepan and melt everything down inside of a glass measuring cup. So it's up to you and I'll show you how I do it and then like I said in the next video. An essential oil. I actually have Roman chamomile, so that's what I'm going to use today. You need something to, once you melt everything down, to pour it into.

You can use a Mason jar or you can use a tin. This is. I order these off of Amazon as well. They just unscrew and you can pour directly into them. They have a nice tight ceiling lid. I also ordered these off of Amazon and these are just so much prettier and it's same concept, it's just a little tin. But Umm, and this recipe will yield what does it yield? 4 and a half ounces.

So make sure that your little tins or your Mason jars or whatever you decide you want to transfer the thing the melted down product into so that it can solidify. It's going to be able to be accessible to either your fingers or these larger tins are big enough that you can just put the dog's paw in if you're using it for your own animal, you can just put your, you know, your dog's paw in it if you're not.

You're using it in a grooming setting? Then you're going to want to wear gloves or use a small spatula to scrape out what you need so that you're not cross contaminating and putting bacteria in there. So, and as an added bonus, I know I didn't include it in the. Ingredients list, but I have some. Organic botanical here I have organic lavender buds and I have some organic rose and these are dried and I also have some calendula or calendula.

However you like to say it mine is actually mixed with some chamomile in here as well. So you can use those, you just want to macerate them with your pestle and mortar and I'll show you how I do that also and. But those are the basic ingredients that you're going to need to create this. And then once we once we put everything together, then it will go. You'll need a refrigerator, or you can leave it out at room temperature. But again, if you lose somewhere like I do, that it's extremely warm.

Put it in the fridge. It's just going to stay longer and it's going to stay solid longer. So and I'll walk you through the step by step of that after we're done with this. So again here is our recipe. We need a half a cup of that beeswax. We need 3 tablespoons of the coconut oil, 6 tablespoons of either olive, hemp. I even have the sweet almond. If you want to combine a few, go ahead to make up that 6 tablespoons of an additional oil. And then three drops of the essential oil.

Whichever you choose, make sure that it is safe. I prefer things like lavender, camomile. We want things that are not going to be super heavily scented, but we also want them to have those calming and soothing properties for the skin. And so you never want to use more than three fold drops if you're not sure. About drops and your essential oil should have a little airier on it. Of course my essential oils have. Pause and hair stuck to my bottle because they came from my grooming studio, but you should have a little aerator on there if you can see what that looks like.

So and that will help you measure out drop by drop. And no more than three drops for this recipe. So OK, so I'm going to get everything together and I'm going to scooch on over to the next video so that you can watch me make this and I will see you in a minute alright. Ok. Part 2. But let's get back to making our fall bomb here. So we're are going to start to here's my I have a nice big glass Pyrex measuring cup, so this is what we're going to use to melt everything down in.

And so we are going to take our coconut oil again and. Sorry guys, I'm flying solo today. Hubby's at work, so like, he's usually my cameraman, so I have to do this by myself, so let's take care. So we've got 3 tablespoons of coconut oil so see. There's one. And since mine is liquid 2 3. Ok. And you should have an apron or something down. This is all oil, so if you get it on your clothes, it's going to make a stain for sure. So OK, so we have that is our 3 tablespoons of coconut oil and then we need 6 tablespoons of olive or whichever you decide on.

I'm going to use the hemp. I bet you're not surprised that I decided to go with the hemp. I like the hemp. It really, if you could see that I don't spill it all over my computer. It's very green. Can you see how green it is? So it really gives the bomb a nice green color. So there's one to 3 4 5. Ok, there's our sex oil. Now we need the half cup.

I'm going to toss these really quick in my sink. Then we need that cup. You know with that? Here we go. We are going to do what? About half a cup of the. Being little organic if you need. What these wax pellets, if you if you go over a little bit of it and it's not a big deal, it's just going to make it. You know, a little thicker, a little harder and it will be as soft but. That's for me, that's OK like I said, it's warm here 90 % of the time, so OK, so I got my beeswax in there. These are the pellets. They're going to get dumped right in. With all that.

So I am going to put this in my microwave for two minutes. I'm going to stand by and watch it, and I am going to. I don't know if you're like me, but I have a plethora of chopsticks because I make my own soaps and I'm always being a mixologist. And so chopsticks, the free ones you get from the Chinese food restaurants are awesome to work with crafts and things. So take an old chopstick and make sure your stuff is all mixed together.

Give it a little swirl now. We did not put any botanical then we did not put any essential oil. And yet, so this is going to get popped in to the microwave if you prefer not to microwave it. If you put it in a pot of boiling water only up to, you know, about half of this is covered by the boiling water, it'll take about 10 minutes for it to melt down that way as well. So me, I'm always, you know, have a issue with not doing things quick enough.

So I'm going to put it in the microwave. And let this microwave down, next video I'll show you when we take it out and how we add the essential oils and the botanicals and then to put it in our 10. So this is getting popped right into the microwave and I'm going to start it at few minutes. I it may go longer if those wax pellets don't melt as quickly. So adjust your time. That's why I start out with slow, start out with smaller increments of time so that you can stir and mix as well. So I'm going to give that 2 minutes to start and we will be back in two and two then.

Anybody remember that from TV? I'll see you in a minute. But let's. All right, you go to. Alright, so we're going to use a little gloves to get this out because that glass does get hot and you just always want to double check to make sure that the pellets are fully melted. There's no more little circles, little yellow circles in there and it's going to come out, it's going to look like this. Can you see how green that is? That's that beautiful hemp oil. So I'm going to let this sit for just a minute. I'm going to get my mortal. Yeah, mortal mortal yeah. Mortar and pestle at mine is super big and heavy, but I'm going to show you guys how I do this.

Take this and just I have some lavender and little lavender buds in there and some rose buds in there and I'm just going to grind this up in here. Well, now I'm just breaking it up so that when it goes into that hot oil that is going to really release all those oils that are because they're dry. So it's going to help it rehydrate and create a nice already smell.

So phenomenal. And just get it in there, get it ground up. So let's see if I could show you in there, OK? That's in there. That is all ground down. Where is my little? glove. So this is so warm, so we have to be careful of the heat. So there we go. I'm going to put that on a paper towel. Gonna get my pestle and or my mortar because my pestle is not needed right now. Sprinkle this in. And sorry that.

Don't inhale the botanical. Terry up with your chopstick. So this is already cold enough that I can hold it. So you want to stir that up really well now. You can add your essential oil, your three drops. So you're gonna take your bottle and you're going to dip. Dip shake the two little dips in the beginning, just get some air in there. It's when you actually shake that those drops are going to come out. So that's in there. We're going to take our chopstick again. Take this.

And we are going to mix it up. And our botanical, they're in there now. I like to. I prefer to use a paper plate because I'm going to put this in my refrigerator. And I'm going to. Take the lids off of my jar so I have them on a paper plate like this. That's why having the measuring cup is great, because it just gives you an easy way to pour it in.

Where to use the beautiful one first. And all my poor just until. It's almost full. So whatever botanicals are left at the bottom of your you can see them in there, have them in there. If you could see them. Oh, there they go. Ok. So what as I pour the oil on my screen? Get a little piece of the. Chopstick and get rid of that into both of those so and OK. But she actually, I think I'm going to use a little spoon.

Just be easier to get it out of this. And put it towards the middle. And then it should spread out for you. Pour the rest of it in there. Now this. Have to go right into the sink with some hot soapy water to break down those oils or you'll have a really big mess. That'll be very hard to clean up. This is our ten that are on the on the plate and they are full. So I'm going to pop these in my refrigerator now and probably leave them in there for a few hours and then on the last video I will show you them finished and some.

Kind of finished. Added touches you can do to your bomb once it's all. Solidified in the from the fridge, so I'll see you again in a few hours time, but through the magic of this presentation it'll just be a minute. We'll go to the next slide so I'll see you in a few with our completed PAL bomb oops. I think it's this one. Welcome back. We are back and here are my finished bombs.

Here is the one. Sorry if my guy stopped marking their badly. Here is the one that we put in the bigger tin. And always check your stuff. There's you know, little spillage or whatever. Just wipe it all down real good. If the oil is still sticky or tacky on there, use a little alcohol swab. You can clean our alcohol on a cotton ball. So this is the bigger. Then that is perfect just like that. And if you look, you can see some of the little tiny pieces in there of the lavender.

I'm the worst person for this. That's why my husband does it so much better than me. So you can see the little pieces of lavender in there. And it's never going to get super hard. It's always going to be like a stab, like a nice bomb it should be. You shouldn't have to dig too hard into it to get it out unless you used too much of the beeswax. So that's this one. And here's our Pretty Little purple pot with the Mandela on it. I'm just cleaning it off a little bit here so.

I might need alcohol, that one, but there's the little pot. You could see the little pieces of lavender and roses in there. It smells great. Chamomile doesn't have an overwhelming smell, which is why I prefer lavender and camomile, because we don't want to overwhelm the animal. But this is perfect to rub on noses if they eat a little bit. If they get a little bit of that lavender, you know by licking it, it's not the end of the world, they'll be fine.

This is not for use on felines. This is strictly for dogs, for their nose, that kind of stuff. Now and then obviously it has a cute little lid that goes on here. This just has a pot lid where it pops right on there. So and again, I ordered these off of off Amazon and they're great. They look so pretty and. When you scrape everything out, then soak it in some hot water and you can reuse your tins.

So, don't throw them away when they're finished. And like I said, just wipe them off with some alcohol because the oil does stick to your fingers. It gets everywhere. So those are our two little pal bomb pots right here. Very super simple easy recipe. I gave you a little bonus with adding the botanicals if you want. It's not a necessary thing, it's just a little booster. Now this same exact recipe you can use and substitute either some. For all of the you know, all of our hemp or sweet almond, whatever you choose, if you substitute, and this is the one that I like, the Jamaican mango and lime. That's the company name Jamaican Black Castor oil.

And here is that. Again, this is for dogs, so use your six. What do we use? 6-6 tablespoons of your Jamaican oil. And with the coconut in with the. Organic beeswax as well. Mix that you can put your botanicals in. Now you have a skin SAB that will help regrow hair. So any spot that is. Just dry and cracked and the hair is not growing in or spots that the hair is very brittle and it just needs moisture. This stuff is amazing. I use it on my own hair. I add it to my kind a little bit to my conditioner. You can add this to your conditioner for your for your dogs that you're washing for anybody that needs an additional skin, soothing skin, healing.

Hydration this is amazing. It has vitamins A D and E in it so it will soften. It will it will soften the skin and the coat. It will prevent split ends. It also I will rub it around the cuticles of dog. Old dogs that have those crusty nails you know when you cut their nails their nails just splinter away. I will also use this on a cat if they have. The same kind as the older cat, and so I will rub that right around that cuticle or that sheath that the nail comes out of.

It is. It just gives an amazing Sheen to the coat as well. So it has a you know, this has a regular top, you know, like a regular pore top. So you want to make sure you're only using a little bit. If you dip a Q-tip in, pour some in the lid, dip a Q-tip in, you can apply it that way. You don't ever want to be taking the lid off and pouring it and getting your hand all over the mouth of the bottle because you're going to cross contaminate.

So, but here's another little bonus. Get yourself some black Jamaican black Castor oil. It is amazing to add to any of your skin treatments. I mix this with some of the clays. If I'm going to do a clay or mud treatment I will mix this in with sugar to make a sugar scrub. Or I like to call them polishes because sugar polishes the skin.

Sugar is very healing and way better for the skin. Then actual salt is so depending on what you're trying to do to balance that skin. So there's my little bonus for you guys and that is the Jamaican black Castor oil. I hope you enjoyed making the bombs with me and you get a lot of use out of them. If you make it and you post it, tag me so I can see your concoctions. Tag me in your Facebook or on your Instagram and always use the hashtag the oily groomer and always hashtag more than a haircut. So I wish you guys love and light and amazing rest of your week.

For this upcoming week and I will see you soon if you're coming to the small animal summit, which I hope you are, I'm doing the four hour master class on feline skin and coat and I'm going to give you lots of little tidbits like this as well. So I look forward to seeing you again soon. Take care. Thanks so much for sharing this time with me. Have a great one. So I obviously i said that I did that a few years ago. So that was one of the summits that we did with the small mammal. So that was that was a couple years ago, but the information is still all relative.

So again if you have any questions feel free to seek me out personally. I will. Put all my info up here and then Mary just created a group of Facebook groups so you guys will be able to post questions in there about this summit and about the presentations that are here. And i'm always more than happy to help if you just have general questions about. Creating your own products. Now we're gonna go into I'm going to stop the share. From this one. Ok yeah, there I am with all my. Crazy hairs. And then I do have a second presentation for you guys that let's just make sure. Alright, so let's just make sure that there's nothing.

Going on here that I need to aye I need to share again. Ok. So I'm going to go into, we're going to do now I'm going to do live with you guys and I have everything back here. So I'm going to do a screen share with another little presentation that is just going to go over these recipes for aromatherapeutic shampoo and then aromatherapeutic conditioner that we're going to make the tea rinses.

Then we're going to do invigorating. If I could talk invigorating herb bath sachets, which we used to be my all time favorite thing. And honest to God, guys, any of this stuff you can use on you, all right, don't even. Say that you haven't used a dog come to fix your hair or you haven't used dog perfume to spray on yourself because you have to go somewhere directly after work. So my products that I make are cross species. So you can use these on your dog or on the dogs or they can be used on yourself and again when I had my shop.

I used to sell these things and I used to tell my clients, you know, you can use this on yourself as well, especially that bomb. I sold it at my shop and when I used to work with Kate Clayson, we used to carry it as well up at her shop at balanced paws and we used to sell out of it. I would make those little tins and my customers would just be like I just come in just to pick those up and buy those. So remember, these make really good little retail items as well. So we'll do the invigorating herb sachet as well and I'm going to do these with you.

Obviously I don't have the camera to be right on top of my hands, so I'm going to gather these stuff here and come over and show you. So this is very low tech, but I think you'll get the idea. And again, if you have any questions, I'm always happy to answer questions. Mary just did a group or you can always send me an email or hit me up on social media. I'm happy to help that way too.

I am. I'm going to start with the aromatherapy aromatherapeutic shampoo. But first we'll do the little PowerPoint that I have just to go over. I think it'll help if I actually pull the PowerPoint up and. Ah, get out of this one. All right, let's see. Ok. Now I want to close this one. All right and. Here we go. All right. Now I'm going to do a screen share hahaha. Told you low tech. Alright, so now I am screen sharing with you guys. I'm going to go to the big screen here.

We're just going to talk just for a little bit about the actual recipes. So this is aroma therapeutics with me again, you can't get rid of me yet this is. All about the additional products that we're going to talk about today and what a little bit more on what Aroma Therapeutics are. And it's me, it's most acante dinner and I am the oily groomer. So aromatherapy is caring hands on therapy which seeks to induce relaxation, to increase energy, to reduce the efforts of stress and to restore lost balance to mind, body and soul. And that is a direct quote from Robert Tisserand from the Tisserand Institute, which is one of the places that I got some of my certifications from in aromatherapy.

And this is kind of like my. Hippocratic Oath. You know, when I create these products again, I said this in the beginning. I infused them with my intent, my intentions. These are this is a hands on way for me to just induce these things for either myself, if I'm using them on myself or on the animals that I work with, and to really restore that balance to mind, body and spirit or soul so i wanted to include that. That's an important quote to me. It's something that I always think about when I am creating these products is what is my intent. What am I looking to do with this? So here's our little agenda. So we'll go over a little introduction, then we'll talk about some of our primary goals and we'll dive right into those recipes and then the summary will be thanks for joining and let's do the actual live DIY and this is going to go pretty quick guys, so.

I wanted you to understand that the background of aromatherapy goes back to the ancient Egyptians and the Greeks and that they it has been used for religious and medicinal purposes. Many religions, not just the Greek religions or the Egyptians, many religions use. The power of aromatherapy within their rituals during World War One, French soldiers were going home from the war. They were given aromatherapy not only to treat their wounds, but also to reduce the anxiety and the PTSD from battle. We know now that we are actually using more and more aromatherapy within hospitals and care centers. So it's pretty much showing up. More even in our medical practices for humans and for animals.

But we're seeing it more and more in like candles and perfumes and spa treatments and you know, go into a meditation class or a yoga class. Even a lot of retail stores are starting to use aromatherapy to induce a relaxation and get people wanting to stay in that space and shop as professional pet groomers we are seeing. A growing trend to utilize this therapy in the products available to us and for us to actually use them on the pets we're working with.

So it's more than just to smell good it's to actually have a purpose. I thought it was pretty cool when, Umm, I actually during COVID. I actually had COVID several times and was hospitalized. And one of the things that they gave me in the hospital for the severe nausea, which. Now I see it's kind of funny. But then I would have, I was so ill, I would have taken anything. I just wanted to be better. But they gave me a little inhaler to just sniff and it had peppermint oil in it. And it really, I mean, I knew it would work, but I was amazed that was what they were sending me home with, to help with that nausea instead of having to take an actual medication.

The goal of each holistic pet groomer should be to work intentionally with each animal we are entrusted with. And that's a direct quote from me. That's right from the horses mouth. So make sure you set your intentions. Your intentions are energetic. Your intentions flow from everything you say, do and create. So make sure you are setting a good intention to flow from you and. Into the products you create and to push that through into the animals and the people that we work with. So what are your primary goals why? Why would we use aromatherapy with pets? So here's my here's my list. Top ten OK, my biggest thing is energy balancing.

Because if we can balance that energy, we can also be balancing skin. We can also be balancing the Physiology of that animal. We want to relieve pain, relieve discomfort, relieve inflammation. We want to try to boost that immune system. Some dogs actually get very upset tummies when they come to the groomers. Just because of stress. All of us know that some of them will just have severe digestive issues when they're being blown dry. One of my apprentices when I used to have my shop and have, I primarily did Cocker spaniels and shitzus at my shop, so was my specialty. She's, she used to call them Cooper Spaniels and Shitzus because they did a lot of special needs as well so a little lavender bomb on the tummy after you know, after that bath, or a little lavender oil in your in your shampoo can help with some of that digestive upset and the stress.

We know that it's going to enhance that skin and coat and it should smell great. It should smell good. If it doesn't smell good to you then don't use it. I don't. I know there are people that are like, I can't stand lavender, I just can't handle it, or Rosemary or pine. To reiterate, if you watched Chris's presentation before mine, she talks about kind of steering away from tea tree. Teacher oil is in a lot of pet products. I tend to stay away from it.

There are plenty of other products that and plenty of other oils that you can add to products that are far less caustic. And far less just that don't cause the same reactions. It's a very strong oil. It's a wonderful oil, but it needs to be used sparingly and appropriately because you can have quite a bit of adverse reactions with tea tree and animals. So, and again, it should smell great. It should smell like something that is pleasing because.

If it smells yucky, you're not gonna want to use it. And that is that. Yucky is a. Professional term. So our aromatherapeutic shampoo recipe. Here it is. Umm, I think this is in your workbook. If it isn't, let me know when I can post it in the group as well for you guys. I can put all these recipes up in the private group also, but it should be in the workbook. They are in the workbook but however. But posting them in the Q and A group would be good as well. Ok, I'll definitely pop those in there, no problem at all.

So I'll put. All the recipes including the Paul bomb, so that you guys have all that in there. So I'm going to go through these kind of quick. So that way we can actually get to the hands on stuff. But I want to talk to you about the recipes. So your shampoo. A quarter cup of distilled water a quarter cup of liquid Castile soap. I usually use unscented but you can choose your favorite. It's up to you. I love Castile soap. It is drying. It is soap. It is usually made from olives.

So but it does the job and because I add additional oils and I always moisturize in some form after I bathe. Using Castile soap does not. Give me the heebie jeebies about drying out the pet. So i love Castile soap. I love it. Especially when I'm working on those white dogs that their parents walk them all over the black top and they come in and they look like they're wearing little black boots because steel soap will clean that off beautifully. And as long as you moisturize, I have never had an issue with it.

You're going to use a half a teaspoon of poba, grapeseed or other light vegetable oil again. I told you my favorite you don't even have to use the black, the Jamaican black Castor oil. If you don't want to, you can purchase that. You can get that at a lot of the hair care stores or online. I like right. Even the regular castor works great. I love hemp.

You can use avocado. Again, experiment with what works well for you. Make small batches so that you're not left over with a ton of product that you can't use. Excuse me, we use distilled water because we want to just keep our bacteria contamination to minimum. If you don't have distilled, you can use regular. Just get rid of whatever. Excuse me? Get rid of whatever your. You're finished using, and when you're finished using it, don't store it for later use. Because bacteria will grow in any standing water. Even if you have lavender or Rosemary or a citrus oil in it or it doesn't matter, bacteria will.

It only inhibit growth for so long. Six drops of essential oil of your choice. I gave you a few with what they do. Lavender and chamomile for calming, Rosemary and peppermint for hair growth, strength and to help with. Sabrea dandruff. Lemon for shine. Again, only a few drops. You don't need 1020 drops in there, you just need a couple of few. Couple is two, few is usually three you can add. Additional things I'm going to show you this.

Aloe Vera gel from moisturizing apple cider vinegar for stimulating dandruff, itchy skin, vegetable glycerin to add some conditioning. Coconut milk for skin soothing. Flip cap bottles or foaming bottles so you can dispense this. I just use regular mixing the plastic mixing bottles. I'm going to show you in a minute what I use. But you can use glass bottles. If you use glass bottles, be careful. I try to use PET bottles but not always are the ones from the groomer supply PET bottle. So sometimes you have to seek them out.

You usually come buy them from companies like Uline or. Even on Amazon, you can get them. You're just going to take all those ingredients, mix them together, store them in your bottle, and shake them up before you use them. So if you're going to make a bigger batch, make a bigger batch, enough for that day. Figure about how much you're going to use per pet, look at your daily schedule, and then if you have anything left over at the end of the day, ditch it, because by the next morning it will have bacteria in it.

It's not going to be any good and like the last thing we want to do is to introduce more bacteria, so. That's that is that recipe. I'm going to stop sharing for just a minute. I'm back and then I'll bring the next recipe up. But let me show you what I'm going to do for the aroma therapeutic shampoo so. No, that's it for the conditioner. So I have my mixing bottle here and this is just a regular old Paul brothers mixing bottle.

And we're going to add an I'm going to eyeball this for the most part because I do this so much. It's ridiculous. I can pretty much do this on my, you know, with my eyes closed half the time. So we're going to do our water. Look at that. And then and we're going to use the distilled. Now we're going to take our Castile soap. You can use unscented. I actually am. This is my brand new one, so I have to poke a hole in it. Sorry guys, unprepared. All right and. Let's see. Make sure yeah. Ok, now this is. The Walmart brand equate OK, Pure Castile soap. This is the peppermint and it has peppermint, coconut oil, hemp and jojoba oils.

It is. I've used this before. I really like this. I actually will clean floors, clean my tub, clean things with this. Also wash my table if it's a great cross product that you can use on lots of different ways. So we're going to use about a. Quarter cup and this is highly foaming so and again I didn't open it enough to squeeze it out so there. So about a quarter cup and a pour that in.

And it's a beautiful golden color. And it has a light peppermint scent, not a huge, you know, like, man, that's peppermint. I know that you can purchase some pet products that have peppermint and man, they're so strong. And remember that the animals have so many more scent receptors than we do. So we our job is to relax them and make them feel comfortable and soothe them and not overwhelm them, not make them feel like they are. Wrapped up in a peppermint stick. So there is our Castile soap are half spoon of our oil. I have the sky organics, the organic Castor oil and this is a favorite of mine.

So this has no paraben, no filiates, no silicones, no sulfates, no mineral oils, no petroleums, and no dyes in them. So this is our. Castor oil hey. I also like to add a tiny bit depending on what i'm doing, like what I'm working on. I like to do a couple little drops of the vitamin E oil in there. Not a lot, just a couple. There we go, just a few.

It just is so nice to add for the skin. Now you can also you're going to do your. Since we're using Peppermint, we'll tone it down a little bit with our lavender oil. So we'll use our essential oil and again get some air in there one two three there we go. Three drops of lavender. And then you can do some different additives. It's up to you. If you'd like to add some aloe Vera gel for moistening and moisturizing, apple cider vinegar works great. Also remember you're also using a drying. If you're using the Castile soap, it's it can be drying.

So if you're adding apple cider vinegar to that, remember you're really going to strip away those oils, so you're going to need to add them in the conditioning phase. You can also if you don't want to, use the Castile soap. You can purchase shampoo bases that are minimally processed. Just go online and search it out. There's a. Kind of different companies out there that you can just buy shampoo base or even conditioner base that are minimally. Processed and just research your ingredients if you don't know anything about ingredients and how to read labels or any of that stuff, and this is just your first foray into this.

First of all, welcome to the dark side. Second of all, go get Barbara Birds Sense said sense and sudden sense Barbara birds book. Find it wherever it is, buy it from someone and read it cover to cover and understand that knowing how to read your labels is the first step in being able to really work with product appropriately and what products you're going to want to use and what products are made for what. So with all that said. You can add vegetable glycerin also to add a little bit of more, a little bit more conditioning as well. Or you can use coconut milk for some skin soothing.

I love coconut milk. I actually love coconuts. Maybe because I love the beach, so I love anything to do with the tropics. So for me. I have savilla. And it is coconut milk leche, Dick Coco. So you can buy this in a can like this. And I do have the lid off. I'm going to get my little. My spoon and. Scoop a little bit out and it is a little thicker than regular milk. See, it's kind of thick and chunky and it leaves a little bit of a residue. Can you see that on my spoon? So we're going to add some of that to this. And I am doing a I'm going to give us a little make this a nice moisturizing shampoo.

There's 2 tablespoons. And we can also double up. And add a little bit of aloe Vera. So I like this brand. You can get this at Target, you can get this at Walmart, you can get this at most big retailers, fruit of the Earth. It has no alcohol, it has no color. It is just pure aloe Vera gel, so. I like to add just a little bit of this and just give a little squirt.

I always keep this on hand. I like to use this for things like little Nicks or abrasions or even little if I get a burn if. I just see something on the pet skin that just looks weird to me and I'm like, I don't know, it looks crusty and stuff is coming off. I might just put a little bit of this on there just to put a barrier over it.

So that's the hundred percent gel so. Take all this, put our mixing. Lid on. Check it up. Like Taylor Swift says, shake all right. So it's going to foam up in there. It's going to look like your bottles full. But it's only probably to be right about here product if it feels too thick. If it looks too thick, I'm going to adjust. It's not. It's very. It's kind of thin so. I have a towel over here. My god gravy. It smells amazing though. It's still going to foam. It's still going to oh, it smells wonderful. It's still going to clean and it's also going to moisturize and you can add more, you can double the recipe, triple the recipe, whatever you want to create.

A larger amount for whatever you have going on that day. That's totally up to you. So we also have the conditioner. And I'm gonna just pull up the recipe for you really quick here. And no this one. Ok, let's go to the next one so. We'll use the coconut oil which? You have two choices. And again, I like coconut oil. It is low on the OR, I'm sorry, it's high on the cosmogenic scale, which means it takes a little longer to absorb into the skin. It's up to you can choose a different base oil if you want. I like it. You can either melt it if you get the hard the solid.

Ok, this is the organic one. You can get this at pretty much any retailer, or you can get the liquid. Which is called fractionated. Ok, so it's up to you. I try and always use the organic and I'm going to use the fractionated today because I'm not near the microwave. I'm in my in my studio back here, so we're going to use about a teaspoon, I'm sorry, tablespoon of coconut oil. And then? We're going to use our caster again. Throw that in there. And again, I'm just using a regular mixing model. This one's from nature specialties so. And then a cup of green tea, so I actually have. Green tea is great for antioxidants and since we're going to do 2 rinses later, actually pre made some teas.

This one is a peppermint tea, so I'm going to use peppermint instead of green. It also is full of antioxidants and since we used made created a peppermint shampoo, we'll use the peppermint tea to complement that. Shampoo we made, so I'm going to use this as our cup. So again. I'm pretty good at eyeballing. There we go. And then I'll put my stopper back in because we can even use this. As a tyrant. You know that's in there and. We can add coconut milk, or we can use just the aloe, or we can use vegetable glycerin, any of that.

But we do want to add our lavender again so that we have that same. I just like my shampoo and my conditioner to complement one another, so. Ok, there's our lavender. And we can use a tiny bit of the coconut milk. Well, in here. Just do 2 tablespoons and again you can mess with the amount if you want to experiment with them, so we have that. It's all in our bottle.

We're going to shake it up. Now you know I when I go to the trade shows, I always watch all the groomers and they always are shopping and they're always going like this. Oh my gosh, this smells so good. I'm buying this and I'm like, Oh my gosh, that's nothing but just straight up alcohol, fragrance oils. This smells amazing and you saw how I made it. And there's nothing in here that is really detrimental to the skin and coat. And it's a it's a beautiful and it's highly moisturizing and it's easy to make from, easy to find products so.

You can also add vegetable glycerin if you want, or the vitamin E oil like I showed you. It's up to you guys. These are just suggestions. Play around with it really, you know. Let your imagination go and look at things that could be hydrating or could be beneficial to skin and coat and try a little bit in there and tweak your recipes and find what. Works for that individual pet and also for you.

So we used the T in there. That was also to water it down. Also, for the antioxidants, we use the peppermint because the peppermint is also invigorating since we're using and invigorating shampoo. The lavender is also just going to help balance things out when we go to the tea rinses. Let's see. When we go to do these T rinses OK? Tea rinses are a wonderful, easy to use, very inexpensive way to make a color enhancing rinse for that pets coat. So if you use things like white tea that is used on pretty much any kind of hair type, it is.

I'm trying to think of the color buff, you know, like a buff Cocker or an apricot poodle or you know white dogs. Anything that's light it's going to do really well for you can use it for yourself. So if you are a blonde. Use white tea, it will help shine and repair your hair. Ok, camomile rinses, enhance blondes, those light apricots whites, buff any of those kind of colors. Hibiscus, Rubio's teas. Those of course they smell amazing and they are wonderful for those like light Browns, the Reds.

Even some of the darker apricots that aren't quite brown. But they're not quite blonde, and I actually have. Here it is. I have a couple of different ones. I have the Chai Rubio's which works great and you can throw a hibiscus in there as well. I have a camomile Annis. Tea that works amazing and it has the anus. It's smells like licorice, a little bit like black licorice. So when you make these tea concoctions. You know you can use a black or a dark colored tee, which this one I have is. Right here. And you can see these decanters that I use, they work great.

Ok, so, they are glass and I think I got them at Target a million years ago, but I love this one. This is a black current beauty. It is a black tea. It is deep purple and you can see it here. This is only one. Tea bag, did I? Lose everybody. I hear you, but I don't see you anymore. It just said. Now just let me, let me see. Wait a minute, it says Zoom is unable to detect detect your camera. Let me stop the screen share and no. It's just telling me you can't find my camera all of a sudden. Alright, so here's what you got to do. I'm going to pause the recording right now.

Ok? You're going to log out and you're going to come back in. Ok i'll be right back. Well, yeah. Ok. So sorry. Lost my camera for a minute but. This is the black currant. It's a beautiful dark tea. The more tea bags you use, the darker the tea will be for your for your wrist. Again, if you want to use these for your own hair, go right ahead you this is my dark color. You can use black teas also, that's up to you. They're super easy to make. Couple of tea bags, put them in your box, you know, in your decanter with the with the warm water and just let it.

Steep and let it cool down and then just make sure you're washing your you're using that as a rinse for a clean coat. Ok, so you want to pat that dry with a towel and then I just pour from my decanter. But sometimes I will use a spray bottle if it's like a big dog and I want to like get this whole area so you can pour it into a spray bottle and that works beautifully as well distributed all through.

Down to the skin if you can massage it in there and then you can cover it up with warm towel for up to 10 minutes and then rinse it away with cool water. You don't need to shampoo again, but remember to always follow with some kind of a light conditioner even if it is a leave in. So T rinses are really nice. And now here's a bonus. We did not add any essential oils to this, so you can use these on felines. So if you are also a feline groomer. Tea rinses work beautiful to enhance those Co colors to help skin balance with without introducing any kind of essential oil that can be detrimental to them.

So let's talk about these were one another one of my really big sellers, which were the botanical soaks and the sachets. So how do we soak? So you can soak in your tub, but a lot of these things are going to damage your tub if you just pour them directly into a tub. So I like to use these for my small dogs. I'll use yeah. Sorry, gotta get my props here. For small dogs, I will use these little tubs that I get at the Family Dollar Tree or Walmart or you know, wherever. They're just a little you know the small sink tubs that you can fill with the water and then put the dog in and let it be submerged up until whatever the height of the dog is and then take a nice big cup and you can gently pour.

The water over them if you have a large breed. I like these bigger pants, a larger breed and you can get these at most of the pet supply stores and if you have a really large breed. Get yourself a big Rubbermaid container and put that inside your tub and have the dog get in there still. Same concept, you just pick up the water and pour it over them. That the dog does not need to be submerged up to its head for this to work OK. The recipe that I give you here or the way to make it I give you here talks about using the handkerchiefs or linen squares or even wash cloth cloth.

I have done this and they turn out so cute. If you use fabric that makes sure it's color safe and that's not going to run in the water. A lot of my customers would buy them and use them for themselves also as soaks. I would make specific ones also for customers that would do little foot soaks for their dogs that had perpetual. Corn chip feet. We all know about what that is. If you don't look it up, it's bacteria, so. You can make those that way and follow this and it's super simple and they're cute and they look adorable, but I also.

Make my sachets using either. These type of bags, these little gossamer bags or. These muslin ones which you can order from any craft store or Amazon and you can get them plain, but I'm not a plain kind of girl. Simple ingredients, yes, plain stuff now. So these are just little muslin bags. These have little gold polka dots on them so these are easy. You can just pull the strings on them and it tightens up and nothing is going to fall out. If you really are worried about it, you can use. A rubber band. And then once you fill it, you can.

Put the rubber band you know, cinch it, and then put your rubber band around it. Ok, so you can see that. So I am going to show you some different ways. I'm going to stop the screen share really quick for just a minute, so you can see me a little bit better. So we're going to use this. We're going to use these two different bags. So when we make these botanicals, OK, you can add things like. Ah, powdered milk, dried oats. And then I gave you a couple of different ones. A calming herb bath sachet and an invigorating one to use different herbs. What I didn't include in everything because I like to do this so that you guys get information that is just not.

Is right here one-on-one you know, you and I together. So one of the other things that when I add. Let's get our herbs together. So I'm going to use some of my rose hips and rose petals and I'm just going to take a little bowl that I have here and. I'm gonna put a few of them in. I just like to mix everything ahead of time. So put some of that and now. You can get lavender. This is dried from my. I dry my own so this is from my garden. This is some dry.

Oh my God, I love it. And it's just so smells so beautiful when it's just fresh dried like that. So you can take this and just get your little buds right off of off of there or you can order it. Premade I have the ultra blue lavender buds and again, make sure your herbs make sure your botanicals are food grade. We're going to throw some in there. It smells good. It still smells beautiful. Mine smells better though. Oh, it's up to you if you want to use oats. I like to always put a little bit of oats in.

Of course I'm going to use the organic, but you can just get the basic. Rolled oats, also old fashioned oats. We're going to put a little bit in there as well as this is also from my garden. This is some rose, my dried Rosemary, so we'll add a little dried rosemary and. We'll add. Remember, we're just filling this sachet. So Umm. We're only putting enough that unless you want to make a big container of it and you just keep that mixture together so. Putting all that in there. Now I also this is not in the recipe, I like to add a little activated charcoal. Going to absorb any of that excess oil, all that gunk that comes off of them.

So I'll just take a small spoonful of the activated charcoal, add that in. If you really want to go the extra mile, instead of using activated charcoal, you can use the black Hawaiian Sea salt. And this is works just like activated charcoal, so this will absorb so one or the other. This is made from the coconut husks. And so this works amazing as well, so you can add a scoop of that. There are things that you can do that like I have these, parami tees and.

They come in these little sachet bags. See those little in a little silk bag? It is the raw. T the raw herbs are in here. This is a white tea with Raspberry leaves. Ok, you can add just this and it'll just be in its little bag like this and put that right in there. It's up to you however you want to do that. You will. Also be able to add things like baking soda. Add a little baking soda that's also going to draw out and purify. You can add things like Marigold or calendula or. Tell meal any of that and then you can use your essential oil. A few drops of essential oil in there one two.

Get that in there. I personally like to premix my things. You can see in here that I have all the charcoal and the salt and I have the little bit of Himalayan sea salt in there. I have my herbs, I have lavender, eucalyptus, geranium and a little bit of Epson salt in here. Also you can see this was at one time a big giant bag. So I will take a scoop of this and add this to my mixture here. And then I will take all of that.

I'm gonna do it in the little muslin bag so you can see. First I'm going to shove my tea bag in here and you can use any kind of a tea bag, but these last better the other ones. The paper bags seem to fall apart and don't last very long. If they're soaking. Even if they're in this little bag umm. Plus, I just. I like the silk. This smells amazing. And put everything in that little bag. Seal it up, squeeze it.

Tie it off. And now? Get your dog. Get your or actually get your tub all set up. Get your bucket or your, you know, your bathing basin or your soaking basin. Make sure you tie this so that it doesn't come off, you know, and open up and everything goes all over and makes a mess but. Ah. Let's see, my thing is asking me to restart being crazy. Take this, put this in your soaking tub and you can make several if you want and have them bobbing around in there and let it steep. Take the water, pour it over the dogs. Oh, it smells so good.

You can make beautiful jars, just the big ball Mason jars with the pop tops and keep these, have these already premade. Put those in there and then as you are going to use these therapies, drop these in there for them. I used to have several different jars. I would have like an Apocrypha at the front of my shop. So I would have all those jars up front and I would be able to say to my clients, we're going to use this today.

Or your coat. That coat needs this, tea needs this, needs that. So if that's your thing and you want them to be able to see what you have available. Spa wise these are beautiful and you can fill a little jar with these and have them out. You can even sell them. Even having some just out and about our like they smell so beautiful so they're going to make the space smell good again. Make sure put a little rice at the bottom of your back of your jar so that way. It will absorb any excess moisture. Or you can use those little chemical things that those little ball things that absorb moisture and you can use these same bags.

These are the Muslim, you just can't see through them. These people can actually see, but they work the same way. Now my other hint is that you can also. Instead of justice doing at rinse, you make a big thing of tea. You can pour this in to the existing water and then drop your herbs and stuff in there as well and do a tea soak. Know that if you're using the dark colored Tees, it will be able to make those coats, those dark coats enhanced with color. So just be aware of that. That's a, you know, I've had people email me and be like, oh, my dog got so dark afterwards.

So be aware that does work like that. Here are the two that I gave you as a recipe for the sachets, but play around with it again, experiment, and see what you want to use if you're using a peppermint based shampoo and conditioner. Then you might want to do an invigorating herb bath sachet. These invigorating ones work great for the older dogs, some of them that are little lethargic or having a hard time with circulatory issues. You know, those seniors, they really enjoy that little pick me up and that little tingle and it just kind of feels so nice.

So, Umm, so think about the different combinations that you can create. This is the full recipe about how you create it with the little squares. Or you can go the easier route and just make the little use the little premade sachets. It's up to you. I just. I like the premade sachets that come in a wide variety of colors and the color doesn't bleed. Here's my summary. I hope you enjoy using my DIY products. I welcome your questions and your comments anytime through. You can contact me through my website or any of my social media accounts. And of course, Mary has been kind enough to also set up a Facebook group that we will be able to answer direct questions as well.

Please tag me if you post using any of these recipes with your clients use my or the at the oily groomer. And then you can always use the hashtags, bathtub, mixologist, and more than a haircut. Again, I am so happy to be able to bring this stuff to you today and I so appreciate you spending 2 hours with me blathering on about how much I love to do this and I hope that you gain the joy and. See the results from taking practical, everyday food items that you can use to enhance your holistic grooming practice.

So thanks so much for being here today. I really, truly appreciate you taking the time to spend it with me. Here's all my info if you need to find me. And that's it. I'm thrilled that we got through this with only one hitch. I think I've always said technology is wonderful until it doesn't work yeah. Ok. There was one question, I don't know if you answered it. Anita wanted to know, do you have the feet have to be cleaned each time? Defeat have to be cleaned each time before Paul Bomb. I think that was when the question came in.

Yeah, you should. You should always wipe them off, you know, if you're not doing this after a bath. And if you're doing like a walk in nail tram or, you know what I mean, something that they're not getting a full service, I would always just take a nice wipe and clean off the foot before you apply any kind of bomb and rub it in glue because you don't want them eating it or slip sliding all over. Ok, so the first recording is already up on the website along with the transcript so. We'll be back in 40 minutes with Michelle. Hey, Michelle. And so we'll see everybody in 40 minutes. Thank you guys.

Much love.