DIY Wellness Ideas

Instructions No. 2213

Difficulty: Beginner

Working time: 5 Hours 30 Minutes

Create your own personal wellness oasis at home. Pour pleasantly scented anti-stress candles, make rainbow bath salts or hand washing paste for hardworking hands. Our ideas will help you. All the crafts also make excellent gifts.



Anti-stress candle

1. Heat wax in a melting pot and colour with colouring granules.

2. Add rose and lavender fragrance oils. These scents are said to have a particularly relaxing effect.

3.Meanwhile, place a wick in the middle of the jar. If necessary, secure it with wooden skewers at the top.

4. Pour the melted wax into the jar and leave to cool.

5. Tie the wide jute ribbon around the jar as a bow and glue the pink jute cord around the outside with craft glue.

6. Punch a circle out of kraft paper and make a hole in it.

7. Thread a piece of jute cord through the hole.

8. Add the lettering and decorative elements with a marker and stick on a rose blossom.

9. Tie the finished pendant behind the bow.



Rainbow Bath Salts

1. Mix bath salts with scented oil according to personal taste.

2. Divide the bath salts into 5 small bowls and colour them with soap colouring.

3. Layer the coloured bath salts in the storage jar.

4. Decorate the jar with sprinkles and homemade labels.

Hand scrub for hardworking hands (for 1 - 2 jars)

Recipe:

- 60 g VBS pouring soap
- 50 g distilled water (boiled water)
- 60 g coconut oil for soap making
- 45 g shea butter
- A few drops of skin care oil calendula oil
- A few drops of scented oil Coconut milk oil
- 3 tablespoons natural sand for the exfoliating effect



Preparation:

1. Warm coconut oil and shea butter in a water bath.

2. Mix pouring soap with distilled water to a smooth

paste.

3. Add the coconut oil and shea butter mixture to the organic soap and mix well.

4. Add the natural sand and mix well to form a smooth mixture.

5. Finally, add the skin care and fragrance oil and stir the mixture again.

Packing:

1. Fill the finished paste into a nice jar and sprinkle few dried flowers "marigold" on the hand scrub.

2. Punch out circles of watercolour paper. Watercolour marigold flowers with a water tank brush and craft paints.

3. Add lettering with liners and stick the label to the jar lid with double-sided adhesive tape.

4. Decorate the jar with a satin ribbon.

Article information:

Article number	Article name	Qty
16314	Organic plant based wax500 g	1
24254	VBS Candle wick with metal base, waxed, 10 cmNature	1
502788-06	Candle fragrance oil, 10 mlRose	1
502788-01	Candle fragrance oil, 10 mlLavender	1
500654-22	Wax colouring granulatePink	1
13987	Jute cord "Basic"Old Pink	1
54406103	VBS Craft punch "Circle smooth", Ø 5,0 cm	1
686228	VBS Glass lantern with metal bracket	1
133050	VBS Hole puncher	1
491402	Universal melting pot	1
50571001	French Bath salts	1
766579	VBS Storage jar with screw cap, 700 ml	1
12197	Scent oil for soapVanilla	1
14263	Soap colors set "Flower	1
27509	VBS Craft paint, 50 mlOlive	1
950558	Water tank brush	1
27477	VBS Craft paint, 50 mlYellow	1
24589	Satin ribbon, 6mmGold	1
810401	Mixing cup made of rubber	1
491402	Universal melting pot	1
686426	VBS Jars with clip closure "Bulbous", 24 pieces	1
27813	VBS Pouring soap, white300 g	1

Article number	Article name	Qty
15145	Coconut oil	1
506786	Shea butter	1
12195	Scent oil for soapCoconut	1
12221	Skin care oilCalendula oil	1
503730-01	Coloured sandNature	1
762410	Pigma Micron case, set of 3	1
12050	Watercolour block24 x 32 cm	1
644303-06	VBS Double page Adhesive tape6 mm	1
567206-06	3D-Glue pads5 x 5 x 2 mm, 400 pcs.	1
133685	Pinking shears	1
567732-07	POSCA Marker PC-3MBlack	1
661140	VBS Wooden sticks "Nature"	1
610439	VBS Bamboo wood spikes, 50 pieces	1
111065	VBS Handicraft glue	1
567725-08	POSCA Marker PC-1MCWhite	1
860123-01	Kraft paper-BlockDIN A4	1