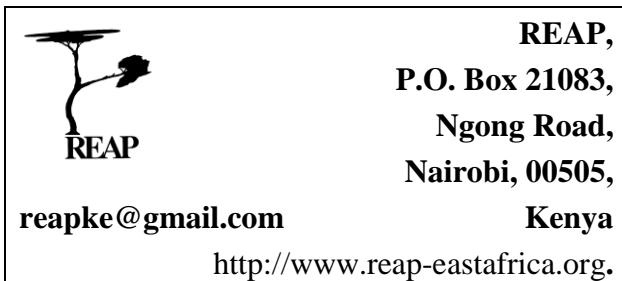


- If it is available, add 1½ caps full of glycerine or liquid paraffin (use the cap from the top of the bottle to measure). This makes the oil smoother, although usable body oil can be made without it.
- Continue to heat the oil but do not allow it to boil, or it may develop a bad smell.
- Remove the oil from the fire and leave it to cool for five minutes. To make scented oil you can then add about five drops of perfume and immediately pour the oil into the containers. Replace the lids as quickly as possible or otherwise the perfume will evaporate leaving the oil without the good smell.
- Transfer the oil to a cooler place for the oil to set, and it will be ready to use.



MAKING PERFUMED BODY OIL.



Body oil is made by dissolving either candle wax or beeswax in hot vegetable oil. Choose the ingredients most relevant for your area, depending on whether candles or beeswax are cheaper and easier to obtain. The most easily available vegetable oil should be used.

- Put the pan or pot on the fire.
- Measure one glass or cup full of oil.
- Pour the oil into the pan or pot while it is on the fire.
- Stir it with a stick or wooden spoon, going round in the same direction for five minutes, letting the small particles seen in the oil settle.
- If using a candle, after the oil is settled, dip one candle in the oil so that it melts and continue stirring in the same direction. When the candle is completely melted remove the wick. If using beeswax melt the wax first and use about a quarter of a glass of melted beeswax per glass of oil.

Summary of the Process of making Perfumed Body Oil

