



Gardeners Hands

DIY Recipes

- **Gardeners Hand Cream**
- **Gardeners Hand Scrub**
- **Gardeners Hand Salve**

Gardener's Hand Cream

20 Drops Lavender

20 Drops Melrose

1/2 Tbsp Vitamin E

4 tbsp beeswax pellets

1/4 cup Shea Butter

**1/2 cut cold-pressed, organic
coconut oil.**

**In a double boiler (or mason jar
in boiling water) melt coconut
oil and shea butter together.
Let cool 3-5 minutes and mix in
all other ingredients.**





Gardener's Hand Scrub

1/4C Brown Sugar

1/4C coconut oil

1T thieves cleaner

10 drops lemon essential oil

Mix all ingredients together and
store in an airtight jar

Gardener's Hand Salve

2oz coconut oil

2oz beeswax

**16oz dandelion oil (make by
infusing dried dandelion flowers in
olive oils for 2-4 weeks then
straining out flowers)**

8 drops lavender essential oil

4 drops frankincense essential oil

**In a double boiler (or mason jar in
boiling water) melt coconut oil,
beeswax, and dandelion oil
together. Let cool 3-5 minutes and
mix in oils.**



**"The glory of gardening: hands in the dirt, head in the sun, heart with nature.
To nurture a garden is to feed not just the body, but the soul."**

Alfred Austin

"Gardens are not made by singing 'Oh, how beautiful,' and sitting in the shade."

Rudyard Kipling

**"Everything that slows us down and forces patience, everything that sets us
back into the slow circles of nature, is a help. Gardening is an instrument of
grace."**

May Sarton

"When the world wearies and society fails to satisfy, there is always the garden."

Minnie Aumonier

**"The single greatest lesson the garden teaches is that our relationship to the
planet need not be zero-sum, and that as long as the sun still shines and people
still can plan and plant, think and do, we can, if we bother to try, find ways to
provide for ourselves without diminishing the world."**

Michael Pollan