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GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

Each day, for the next 7 days, you'll get a super-easy and fun way to connect with your spouse. At the end of this week, no matter how well you thought you knew your spouse, you'll have a whole new way of looking at the ways in which they love to be loved!

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the
DATING  **DIVAS**

STRENGTHENING MARRIAGES, ONE DATE AT A TIME

diy BODY PAINT RECIPES



PRINTABLES DESIGNED BY ELIZABETH EDWARDS
EXCLUSIVELY FOR THE DATING DIVAS



EDIBLE BODY PAINT RECIPE + BOTTLE TAG



DIRECTIONS:

- Bring water to a boil in a saucepan.
- Reduce heat down to low.
- Add beeswax, coconut oil, and cocoa butter to a mason jar, or other heat safe container.
- Put the mason jar with the solid ingredients into the water. Allow the water to heat the outside of the jar without letting any water in.
- Stir the ingredients until they are melted.
- Remove the mason jar from the water and add the honey powder, almond extract, peppermint, etc.)
- Add food coloring until you create your desired color. You can also crush up fruit for a natural way to color the paint!

INGREDIENTS:

- 3 Tablespoons beeswax
- 3 Tablespoons coconut oil
- 3 Tablespoons cocoa butter
- 1 Tablespoon honey powder
- 1/2 teaspoon flavoring
- Natural food coloring



Edible Body Paint

FOLD LINE


Chocolate Body Paint

INGREDIENTS:

- 1/3 C sugar
- 1 pinch salt
- 4-6 Tablespoons water
- 2 teaspoons butter
- 1/4 C cocoa powder
- 1/2 teaspoon vanilla
- 1/2 teaspoon flavoring

DIRECTIONS:

- In a saucepan, combine sugar, salt, and water over medium heat. Next, bring it to a boil, then reduce heat and let it simmer until the sugar is dissolved.
- Remove the mixture from the heat and add the butter, stirring until melted and fully combined.
- Add the cocoa and flavorings. When fully combined and smooth, pour into a mason jar or other heat safe container.
- When ready to use, heat for 15 seconds at a time, stirring in between.




Chocolate

BODY PAINT

RECIPE




Chocolate

BODY PAINT

CHOCOLATE BODY PAINT RECIPE + BOTTLE TAG

Non-Edible Body Paint

INGREDIENTS:

- Corn starch
- Face lotion
- 1/4 teaspoon vegetable oil
- Natural food coloring
- or washable paint

DIRECTIONS:

- Mix together equal amounts of corn starch and lotion until it forms a thick mixture.
- Add vegetable oil to the thick paint base to keep it smooth.
- Add washable paint to the mixture. You can also divide the paint base prior to step 3 and add different colors to the divided paint base so you can have a variety of body paints!



NON-Edible

BODY PAINT

RECIPE

NON-Edible

BODY PAINT

NON-EDIBLE BODY PAINT RECIPE + BOTTLE TAG

INSTRUCTIONS: DIVIDE THE BODY PARTY CARDS INTO A DECK AND THE PAINT PROMPT CARDS INTO THEIR OWN DECK. TAKE TURNS PICKING ONE BODY PART CARD AND ONE PAINT PROMPT CARD. PAINT THE PROMPT FROM THE CARD ONTO WHATEVER BODY PART OF YOUR PARTNER THAT YOU DREW. (EXAMPLE: PAINT A SELF-PORTRAIT ON YOUR PARTNER'S FOOT.) IF YOUR BODY PAINT IS EDIBLE, LICK OFF YOUR PAINTING WHEN YOU ARE DONE!

butt

shoulder

chest

cheek

forehead

thigh

foot

stomach

ribs

back

PAINT AN ANIMAL
YOUR PARTNER
REMINDS YOU OF.

PAINT AN IMAGE OF
YOUR FAVORITE
BODY PART.

PAINT A
SELF-PORTRAIT.

PAINT A
PORTRAIT OF
YOUR PARTNER.

PAINT A PICTURE
OF A HOUSEHOLD
ITEM YOUR PARTNER USES MOST.

PAINT THE SCENE
OF A LOCATION YOU
WANT TO TRAVEL TO.

PAINT YOUR
FAVORITE FOOD.

PAINT
SOMETHING
SEXY.

PAINT A
MONSTER.

PAINT SOMETHING
SPICY.