



ESSENTIAL OILS 365 DAYS OF ESSENTIAL OILS



Coral James

Essential Oils: 365 Days Of Essential Oils

365 Essential DIY Oils Recipes for 365 Days of the Year

By Coral James

© Copyright 2015 by Coral James - All rights reserved.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

Respective author own all copyrights not held by the publisher.

Table of Contents

Introduction

January

[Dry Lips Rescue Balm](#), [Chapped Cheeks Facial Salve](#), [Facial Oil for Parched Skin](#), [Winter Shower Gel](#), [Winter Blues Be Gone Bath Oil](#), [Comforting Bath Salts](#), [Uplifting Air Freshener](#), [Say, “No Way!” to the Flu \(Adult\)](#), [Say, “No Way!” to the Flu \(Child\)](#), [Flu Fighting Diffuser Oil](#), [Disinfecting Diffuser Flu Bomb](#), [Go Away Sniffles Bath Oil](#), [Winter Flu Fighting Herbal Tea](#), [Decongestant Chest Rub](#), [Help for Itchy Scalp Dandruff Spray](#), [Cough and Throat Defence Drop](#), [Winter Weight Loss Water](#), [Be Calm for your Dog](#), [Ear Ointment for Your Pooch](#), [Drawer and Linen Closet Refresher](#), [Citrus Wood Polish](#), [Cinnamon Snack Attack Mix](#), [Night-Night Pillow Spray](#), [Moisturizing Hair Gel](#), [Stiff Muscle Rub](#), [Warm Winter Foot Soak](#), [Puffy Ankle Rub](#), [Swollen Sinus Relief](#), [Cold Sore Buster Balm](#), [Sore Throat Remedy](#), [Fever Relief](#).

February

[Sensual Perfume for Her](#), [Rugged and Manly Cologne for Him](#), [Aphrodisiac Massage Oil](#), [Enticing Essential Oil Soap Bar](#), [Essential Oil Chocolates](#), [Tantalizing Body Mist](#), [Sexy Scents Linen Spray](#), [Hot Chocolate Between Lovers](#), [Brownie Nibbles](#), [Homemade Hand Lotion for Soft Caresses](#), [Water-Based Personal Lubricant for Intimate Moments](#), [Romantic Bath Oil](#), [Healthy Blood Flow Oil for Men](#), [Sweet Smelling Laundry Soap](#), [Fancy Fabric Softener](#), [No More Monsters Spray](#), [Luxurious Shampoo for Dry Hair](#), [Luxurious Conditioner for Dry Hair](#), [Fertility Tonic](#), [Cuticle Cream](#), [Scented Love Letters](#), [Smooth Skin Shaving Cream](#), [Rosy Lips Tinted Balm](#), [Car Air Freshener](#), [Scented Toilet Paper](#), [Detoxifying Facial Cleanser](#), [Citrus Kitchen Cleanser](#), [Scented Wax Melts](#).

March

[Shamrock Smoothie](#), [Scented Nail Polish](#), [Hair Spray](#), [Carpet Refresher Powder](#), [Luck of the Irish Scented Socks](#), [Kitty Litter Deodorizer](#), [Dog Spray](#), [Crisp and Clean Irish Candle](#), [Green Soap Bar](#), [Natural Baby Wipes](#), [Aromatic Shower Bomb](#), [Scented Bookmarks](#), [Scented Drawer Sachet](#), [Homemade Scented Play dough](#), [Energizing Diffuser Blend](#), [Irish Cream Sugar Scrub](#), [Crock Pot Corned Beef and Cabbage](#), [Apricot Orange Salad Dressing](#), [Night Cream](#), [Day Cream](#), [Breath](#)

[Freshener for Dogs](#), [Toilet Bowl Scrub](#), [Green Zing Coffee](#), [Dino Egg Bath Bombs for Kids](#), [Zit Zapper](#), [Essential Oil Infused Herbal Tea](#), [Stress Relieving Foot Soak](#), [Makeup Remover Wipes](#), [Hot Oil Hair Treatment](#), [Lemon Popcorn](#), [Funky Feet Shoe Spray](#).

April

[Rise and Shine Waffles](#), [Skin Health Pet Blend](#), [Fizzy Bath Soak](#), [Facial Serum](#), [Chocolate Body Balm](#), [Soothing Facial Mist](#), [Air Purification](#), [Spring Zing Room Spray](#), [Spring Cleaning Spray](#), [Window Cleaner](#), [Baby Massage Oil](#), [Perfume Oil for Little Girls](#), [Garden Spray](#), [Creepy Crawly Spider Spray](#), [Lemon Berry Protein Smoothie](#), [Arthritis Massage Oil for Dogs](#), [Decorative Rice Bunnies](#), [Carrot Sugar Scrub](#), [Jelly Bean Whipped Body Butter](#), [Diaper Rash Cream](#), [Focus Friendly Hot Lemon Tea](#), [Tummy Trouble Relief](#), [Anti-Nausea Blend](#), [Soothing G.I. Drink](#), [Garbage Disposal Refreshers](#), [Springtime Potpourri](#), [Whitening Toothpaste](#), [Scar Be Gone Oil](#), [Gunk Remover](#), [Relaxing Oatmeal Bath](#).

May

[Beard Balm](#), [Lavender Hydration Water](#), [No-More-Paws-On-Furniture Spray](#), [Patchouli Bath Soak](#), [Mopping Solution](#), [Dish Soap](#), [Hand Sanitizing Gel](#), [Sweet-Smelling Foot Soak](#), [Fruit and Veggie Rinse](#), [Armpit Spray](#), [Toenail Fungus Treatment](#), [Yellow Hemp Hummus Dip](#), [Anti-Cellulite Oil](#), [Wart Remover](#), [Hair Regrowth Serum](#), [Restorative Face Mask](#), [Scalp Detox](#), [Green Tea Foot Lotion](#), [Baby Bath](#), [Sweet Dream Cream](#), [Tasty Tomato Sauce](#), [Sink and Tub Scrub](#), [Hemorrhoid Treatment](#), [Teething Cream](#), [Spring Allergy Relief](#), [Bright Eyes](#), [Tired Legs Blend](#), [Pep Potion for Aching Feet](#), [Doggy Health Blend](#), [Peaceful Foot Powder](#), [Clarifying Body Spritz](#).

June

[Herbal Sunscreen](#), [Bug Be Gone Spray](#), [Heat Rash Treatment](#), [Cool Feet Gel](#), [Heel Repair Summer Stick Balm](#), [Sea Salt Texture Spray for Hair](#), [Summer Tuna Salad](#), [Grapefruit Sugar Scrub](#), [Floral Face Mask](#), [Herbal Ice Cubes](#), [Wild Orange Fruit Smoothie](#), [Lavender Lemonade](#), [Anti-Anxiety Pillows for Pets](#), [Safe and Scented Bubbles for Kids](#), [Woody Man Spray](#), [Summer Suds Bubble Bath](#), [I'm Lovin' Lime Shower Melts](#), [Dog Cologne](#), [No More Poo-Poo Stink Spray](#), [Mock Febreze Spray](#), [Poison Ivy Relief](#), [Summer Lip Butter](#), [Summer's Night Diffuser Scent](#), [Summer Herbal Water Pick-Me-Up](#), [Summer Herbal Water Calm-Me-Down](#), [Scented Sidewalk Chalk](#), [Mojito Salt Scrub](#), [Sweet Summer Iced Tea](#), [Orange-Vanilla Summer Sugar](#), [Head Lice Treatment](#).

July

[Cool and Creamy Lavender Blueberry Honey Ice Cream](#), [Mother's Summer Foaming Foot Soak](#), [Go Away, Mosquitos](#), [Red, White, and Blueberry Parfait](#), [Sunburn Soother](#), [Lady Shave Cream](#), [Independence Day Soap](#), [All Natural Tinted Skin Balm](#), [Ingrown Hair Treatment](#), [Hair Loss Treatment](#), [Dry Shampoo for Blondes](#), [Dry Shampoo for Brunettes](#), [Dry Shampoo for Red Heads](#), [Dry Shampoo for Dogs](#), [Cilantro Lime Rice](#), [Cantaloupe Custard](#), [Citrus Marinade for the BBQ Pit](#), [Cherry Limeade Summer Refresher](#), [Moisturizing Skin Spray](#), [Summer Aromatherapy Spray](#), [Cooling Lotion](#), [Summer Sunscreen for Babies](#), [Summer Body Polish](#), [Morning Sunrise Foaming Facial Cleanser](#), [Kiss the Moon Goodnight Foaming Facial Cleanser](#), [Yummy Chocolate Orange Sauce](#), [Summer Iced Detox Tea](#), [Green Tea Face Mist](#), [Body Acne Banishing Spray](#), [No More Ouchy Balm](#), [Extra-Lemony Lemonade](#).

August

[Sweet Summer Memories Diffuser Blend](#), [Bee Sting Soother](#), [Callus and Corn Remover Oil](#), [Conditioning Foot Bath for Rough Heels](#), [Say, "No!" to Nosebleeds](#), [Bladder Infection Buster](#), [Bad Breath Be Gone](#), [Nail Biter's Foe](#), [Teat Wash for Farm Animals](#), [Udder Balm for Cows, Goats, and Sheep](#), [Pet's Paw Potion](#), [Mirror Cleaner](#), [Warming Muscle Rub](#), [Solid Perfume Bar](#), [Oily-Skin Friendly Facial Sunscreen](#), [Coffee Creamer with a Twist](#), [Dilly Dip](#), [Campfire Marshmallows](#), [Pregnant Mama Belly Balm](#), [Get Labor Going Again](#), [Say, "Goodbye" to Stretch Marks](#), [Freckle Fighter](#), [House Blessing Air Freshener Spray](#), [Sleep Tight Candle](#), [Deep Clean Mattress Powder](#), [Chemical-Free Kids' Toy Cleaner](#), [Cleaning Wipes](#), [Microwave Steam Cleaner](#), [Yummy Cottage Cheese Snack](#), [Quick and Easy Focus Blend](#),
[Calming Baby Room Spray](#).

September

[Back-to-School Immunity Booster Oil](#), [Brain Fog Lifter Diffuser Oil](#), [Kids' Calming Detox Bath](#), [Big Test Aromatherapy Blend](#), [Smelly Locker Rescue Spray](#), [Upset Tummy Remedy](#), [Gym Shoe Refresher](#), [Desk Freshener](#), [After School Snack Mix](#), [Apple Cider Pick-Me-Up](#), [Reflection Blend](#), [Coffee Infused Sugar Scrub](#), [Cake Batter Body Butter](#), [Mandarin Orange Weight Loss Smoothie](#), [Hair Thickening Treatment](#), [Fabulous Foot Detox](#), [Crock Pot Essential Oil Diffuser](#), [Homemade Cinnamon](#)

[Applesauce](#), [Nail Strengthening Blend](#), [Healing Cuticle Oil](#), [Tennis Elbow Relief](#), [Headache Remedy](#), [Armpit Detox Blend](#), [Lip Scrub](#), [Split End Hair Treatment](#), [Nighttime Water Beverage](#), [Sweet Smelling Body Lotion for Baby](#), [Fluffy Whipped Cream Edible Topping](#), [Ear Wax Remover](#), [Soft and Supple Hand Scrub](#).

October

[Cackling Witch's Party Punch](#), [Chilly Morning Cinnamon Oatmeal](#), [Pumpkin Pie Diffuser Blend](#), [Pumpkin Spice Bath Salts](#), [Oatmeal Cinnamon Soap](#), [Chewy Chocolate Carmel Pretzels](#), [Fall Inspired Decorative Wreath](#), [Healthy Pumpkin Pie Smoothie](#), [Halloween Lollipops](#), [Apple Spice Organic Muffins](#), [Trick-or-Treat Diffuser Blend](#), [Whipped Pumpkin Spice Body Butter](#), [Simmering Harvest Potpourri](#), [Honey Fall Face Wash](#), [Pumpkin Face Mask](#), [Autumn Car Air Freshener](#), [Sinus Clearing Steam Treatment](#), [Apple Cider Lip Balm](#), [Pumpkin Spice Lip Rescue](#), [Cough, Cold, and Flu Tea](#), [Falling Leaves Diffuser Blend](#), [Pumpkin Potion for Frizzy Hair](#), [Nutmeg Achy Muscle Bath](#), [Pumpkin Party Latte](#), [Warm Vanilla Chai Sugar Scrub](#), [Walk in the Wood Diffuser Blend](#), [Fall Scented Postcards](#), [Adult Caramel Apple Wassail](#), [Candida Be Gone Clove Tea](#), [BOOberry Muffins](#), [Halloween Popcorn Balls](#).

November

[Creamy Pumpkin Pie](#), [Vanilla Custard Hair Treatment](#), [Fragrantly Delicious Thanksgiving Stuffing](#), [Good Night Sleep Stuffies](#), [Rosy Lip Gloss](#), [Banana Nutmeg Protein Shake](#), [November Spiced Pinecone Decoration](#), [Spicy November Air Diffuser Blend](#), [Stay Healthy during Fall Y'all Diffuser Blend](#), [Ginger Cookies](#), [Orange Vanilla Body Butter](#), [Bountiful Baked Apples](#), [Thankful Diffuser Blend](#), [Celebrate Fall Sugar Scrub](#), [Cinnamon Vanilla Foot Scrub](#), [Perfect Pumpkin Bread](#), [Clove Cleaning Spray](#), [Fall Forest Diffuser Blend](#), [Laundry Spot Remover](#), [Holiday Crave Curbing Salve](#), [Appetite Suppression Diffuser blend](#), [Eczema Treatment Lotion](#), [Nutmeg Pancakes](#), [Lemon Glaze](#), [Thankful Tea](#), [Fresh Turkey Brine](#), [Ginger Rice Pudding](#), [Cinnamon Coffee](#), [Friendly Fall Diffuser Blend](#), [Rosemary Wreath](#).

December

[Tis the Spirit to be Jolly Diffuser Blend](#), [Chocolate Mint Holiday Body Butter](#), [Invigorating Rosemary Peppermint Shampoo](#), [Honey Orange Solid Lotion Bars](#), [Santa's Coming Diffuser Blend](#), [Holiday Peppermint Chocolate Brownies](#), [Christmas Kefir Bath Soak](#), [Holiday Detoxifying Clay](#)

[Mask](#), [Peppermint Hot Cocoa](#), [Winter Wonderland Shaving Cream](#), [Candy Cane Diffuser Blend](#), [Fresh Chocolate Fudge](#), [Winter Kisses Lip Scrub](#), [Christmas Stocking Aromatherapy Decoration](#), [Cranberry Orange Holiday Bread](#), [Holiday Wax Melts](#), [Happy Holiday Cider Diffuser Blend](#), [Heart-Healthy Butter Mints](#), [Merry Mason Jar Drink Cups](#), [Orange Holiday Tea Sachet](#), [Snowflakes on My Nose Diffuser Blend](#), [Holiday Reed Diffuser](#), [Happy Holiday Spiced Popcorn](#), [Stocking Stuffer Hand Sanitizer](#), [Christmas Morning Muffins](#), [Eggnog Diffuser Blend](#), [Glitter Gel](#), [Sweet Clove Toothpaste](#), [Mistletoe Diffuser Blend](#), [Resolution Diffuser Blend](#), [Mint Berry Essential Oil Cocktail](#).

Conclusion

Bonus Book-50 Free Essential DIY Recipes for Skin Care & Stress Relief

[Stress Relieving Roll On](#)

[Aromatherapy Stress Reduction Inhaler](#)

[Calming Bath Oil](#)

[Relaxing Massage Oil](#)

[Sleep Well Linen Spray](#)

[So Relaxing Bath Salts](#)

[Sleep Potion](#)

[Calming Bubble Bath](#)

[Anxiety Relief Lavender Rub](#)

[Stress Relief Room Mist](#)

[Sleep Well Shower Steamer](#)

[Peppermint Bath](#)

[Hydrating Lavender Soap Bar](#)

[Nourishing Lotion](#)

[Cellulite Scrub](#)

[Shaving Cream](#)

[Shaving Gel](#)

[Hydrating After Shave](#)

[Stretch Mark Reducing Rub](#)

[Foot Rub](#)

[Lotion Bars](#)

[Facial Serum](#)

[Cooling Toner](#)

[Body Butter](#)

[Lemon Foaming Hand Soap](#)

[Hand Sanitizer](#)

[Lip Balm](#)

[Foaming Facial Wash](#)

[Deodorant](#)

[Rosemary Shampoo](#)

[Bug Repellent Spray](#)

[Itch Control Spray](#)

[Eczema Cream](#)

[Psoriasis Remedy](#)

[Varicose Veins Massage Oil](#)

[Facial Moisturizer](#)

[Cracked Foot Salve](#)

[Solid Perfume](#)

[Vanilla Body Spray](#)

[Lemon Body Scrub](#)

[Lavender Hair Pomade](#)

[Chamomile Hair Gel](#)

[Lip Tint](#)

[Blackheads Face Scrub](#)

[Avocado Face Mask for Dry Skin](#)

[Moisturizing Lotion](#)

[Anti-Aging Face Cream](#)

[Face Wrinkle Cream](#)

[Anti-Aging Eye Cream](#)

[Feminine Wash](#)

CHAPTER 1

Before you get started reading

[>>CLICK HERE<<](#)

I have a very important message that you MUST READ!

I promise you it is not spam and I am not trying to sell you anything.

[>>CLICK HERE NOW<<](#)

Introduction

Have you ever wondered what's in the products you use? Perhaps you've found yourself staring at the ingredients list on the back of a shampoo bottle or cleaning product and felt perplexed. What are all of these hard-to-pronounce ingredients and what do they do? The truth is, some of the ingredients mixed into your favorite products are chemicals that are actually harmful to humans, animals, and the environment. It's a bit disheartening to think that when you're using a product for health, beauty, or cleaning purposes, you're actually exposing yourself to toxic substances.

Don't worry, there's hope. You've taken the first step to a better you by obtaining a copy of this book. There are countless ways to incorporate essential oils into your life that you probably never imagined possible, and this book is going to teach you how. You'll find a new recipe for every day of the year, the materials you need to make it happen, and step-by-step instructions for bringing it all together. Who would have ever thought you'd be capable of making your own wellness products using essential oils and simple ingredients in your very own home. You know that sounds amazing, right? Right! Now let's get started.

January

The hustle and bustle of the holidays are over, and it time to get back to basics. The winter season is upon us, and unfortunately, so is the flu season.

The combination of holiday recovery, cold weather, and being cooped up indoors, you need a few essential oil pick-me-ups to get you through winter. This chapter covers recipes for just that, and so much more.

January 1

Dry Lips Rescue Balm

What You Need:

- 1 tbsp. coconut oil
- 1 tbsp. beeswax granules
- 2 tbsps. shea butter
- 7 drops peppermint EO
- 7 drops lavender EO
- Small baby food jar or lip balm tin

How to Make It:

Using a small sauce pot, melt the beeswax granules, coconut oil, and shea butter over medium low heat. Use the end of a wooden spoon to stir the mixture. Once melted, remove from the heat and add lavender and peppermint essential oils. Stir the mixture to ensure all oils have been incorporated. Immediately pour lip balm into jar or lip balm tin and allow to sit undisturbed until it has hardened.

January 2

Chapped Cheeks Facial Salve

What You Need:

- ¼ cup coconut oil
- ¼ cup olive oil
- 2 tbsps. beeswax granules
- 20 drops lavender EO

- Lip balm tube

How to Make It:

Fill a small pot with hot water. Place the coconut oil, olive oil, and beeswax granules into a jar and set it into the pot of water. Stir the ingredients every few minutes as they melt. Once completely melted, add the lavender essential oil and stir with the end of a wooden spoon. Carefully pour the salve into lip balm tubes using a pipette. Allow to harden before applying to cheeks.

January 3

Facial Oil for Parched Skin

What You Need:

- 2 tbsps. avocado oil
- 2 tbsps. jojoba oil
- 2 tbsps. rosehip oil
- 6 drops Jasmine EO
- 4 drops Sandalwood EO
- 6 drops Ylang Ylang
- Brown or blue glass bottle

How to Make It:

Mix the first 3 oils together in a glass bowl with a wooden spoon. Using a funnel, pour the mixture into the brown or blue glass bottle. Add the essential oils to the mixture, cover the bottle's opening, and shake. Apply to affected areas. Shake before every use.

January 4

Winter Shower Gel

What You Need:

- 2/3 cup castile soap
- 2 tbsps. raw honey
- 1 tsp. vitamin E oil
- 1 tsp. Jojoba oil
- 10 drop Ylang Ylang EO

- 5 drops Idaho Blue Spruce EO
- 2 tsps. vegetable glycerin

How to Make It:

Place all ingredients into a glass bowl and whisk together with a stainless steel whisk. Pour shower gel into an 8 oz. glass jar and screw on a soap pump lid. Use daily.

January 5

Winter Blues Be Gone Bath Oil

What You Need:

- 2 oz. apricot kernel oil
- 5 drops Lavender EO
- 5 drops Neroli EO
- 5 drops Jasmine EO
- Brown or blue glass bottle

How to Make It:

Pour the oils into the glass bottle, cover the opening, and shake until the mixture is evenly incorporated. Add ¼ oz. of bath oil to the tub right before getting in.

January 6

Comforting Bath Salts

What You Need:

- 3 c. Dead Sea Salt
- 1 tbsp. Jojoba oil
- 10 drops Orange EO
- 5 drops Ginger EO
- Jar with tight fitting lid

How to Make It:

Place salt into a bowl and add Jojoba oil. Mix together with clean hands. Now, add the essential oils and give the salt mixture another good stir. Place the bath salts into the jar and cover with the lid. Add a few tbsps. of bath salts to the tub before getting in and allow to dissolve.

January 7

Uplifting Air Freshener

What You Need:

- 4 oz. clean spray bottle with a fine mist spritzer
- 9 drops Lemon EO
- 6 drops Lavender EO
- 15 drop Clary Sage EO
- 1.5 oz. of distilled water
- 1.5 oz. of vodka

How to Make It:

Add distilled water and vodka to the spray bottle. Next, add in the essential oils, cap the bottle, and shake. Allow the brew to sit for 24-hours before using.

January 8

Say, “No Way!” to the Flu (Adult)

What You Need:

- 15 drops Tea Tree EO
- 15 drops Lemon EO
- 10 drops Oregano
- Fractionated coconut oil
- Glass roll-in bottle

How to Make It:

Add the essential oils to the glass roll-on bottle followed by the coconut oil. Give it a good shake and apply to bottoms of the feet or the base of the spine every hour while symptoms last. Use twice a day as a preventative measure.

January 9

Say, “No Way!” to the Flu (Child)

What You Need:

- 10 drops Tea Tree EO
- 10 drops Lemon EO
- 10 drops Lavender
- Fractionated coconut oil
- Glass roll-in bottle

How to Make It:

Add the essential oils to the glass roll-on bottle followed by the coconut oil. Give it a good shake and apply to bottoms of the feet or the base of the spine every hour while symptoms last. Use twice a day as a preventative measure.

January 10

Flu Fighting Diffuser Oil

What You Need:

- 5 drops Tea Tree EO
- 5 drops Lemon EO
- 5 drops Lavender EO
- 5 drops Peppermint EO

How to Make It:

Add oils to your diffuser and diffuse at least twice a day. You can also diffuse during bedtime hours.

January 11

Disinfecting Diffuser Flu Bomb

What You Need:

- 15 drops Pine EO
- 15 drops Lemon EO
- 20 drops Lavender EO

How to Make It:

Add the essential oils to a brown or blue glass dropper bottle. Shake them vigorously to incorporate. Add a few drops to your diffuser whenever there is sickness in your home.

January 12

Go Away Sniffles Bath Oil

What You Need:

- 20 drops Ginger Root EO
- 15 drops Palma Rosa EO
- 10 drops Ajouan Seed EO
- 15 drops Pine Needle EO
- 10 drops Lavender EO
- 1 c. apricot kernel oil

How to Make It:

Add all of the oils to a brown or blue glass jar and shake for at least 1 minute to ensure proper blending. Place the oil in a dark cupboard and allow to sit for 24-hours before using. Add about 2 tbsps. to hot bath water and soak at least 30 minutes.

January 13

Winter Flu Fighting Herbal Tea

What You Need:

- 1 drop Ginger Root EO
- 1 drops Cinnamon EO
- 1 tbsp. organic orange peel
- 1 tbsp. organic cloves
- 1 tbsp. organic black tea leave
- ½ tsp. coconut oil
- 16 oz. filtered water

How to Make It:

Bring the 16 oz. of filtered water to a boil and remove from heat. Steep orange peel, cloves, and

black tea for 10 minutes. Strain tea into 2 mugs. Mix the essential oils with the coconut oil and stir into tea.

January 14

Decongestant Chest Rub

What You Need:

- ¼ c. coconut oil
- 2 tsp. beeswax pastilles
- 20 drops Peppermint EO
- 15 drops Eucalyptus EO
- 15 drops Rosemary EO
- BPA-free plastic container

How to Make It:

Place a few cups of boiling water into a glass bowl. Put the coconut oil and beeswax into a glass jar and allow to sit in the hot water. After the oils have melted, add the essential oils to the mixture and stir. Pour the chest rub into the plastic container and allow to sit until firm.

January 15

Help for Itchy Scalp Dandruff Spray

What You Need:

- 1 oz. apricot kernel oil
- 10 drops Tea Tree EO
- 10 drops Lavender EO
- 10 drops Sweet Orange EO
- 10 drops Eucalyptus EO
- 10 drop Peppermint EO
- 1 oz. Calendula liquid extract
- 2 oz. glass spray bottle

How to Make It:

Fill your bottle about 2/3 to the top with the apricot kernel oil. Add one teaspoon of the calendula

extract to the bottle followed by the essential oils. Close the lid and give the blend a good shake. Spray mixture onto dry hair and gently massage into scalp.

January 16

Cough and Throat Defense Drop

What You Need:

- 1 c. raw honey
- 4 drops Lemon EO
- 4 drops Cinnamon EO
- 1 candy thermometer
- Candy moulds
- Waxed paper

How to Make It:

Place honey into a stainless steel pit and allow to heat until 300 degrees. Remove honey from heat and stir to encourage cooling. Once the honey has cooled a bit, add the essential oils. Stir the mixture again, and place drops of it into the candy moulds. Allow to set until firm. Wrap hardened cough drops in waxed paper.

January 17

Winter Weight Loss Water

What You Need:

- 1 drop Lemon EO
- 1 drop Cinnamon Bark EO
- 1 drop Peppermint EO
- 1 drop Ginger Root EO
- 1 drop Pink Grapefruit EO
- 1 drop Celery Seed EO
- 16 oz. filtered water

How to Make It:

Add all essential oils to 16 oz. of water, cap, and shake vigorously. Drink throughout the day or in-

between meals to discourage overeating and food cravings.

January 18

Be Calm, Doggy

What You Need:

- 1 drop Lavender EO
- 1 drop Chamomile EO

How to Make It:

Place a drop of each essential oil onto your dog's collar during times of distress, anxiety, or obsessive barking.

January 19

Ear Ointment for Your Pooch

What You Need:

- 5 drops Geranium EO
- 5 drops Tea Tree EO
- 5 drops Lavender EO
- 1 tbsp. coconut oil
- Cotton swab

How to Make It:

Mix the essential oils with the coconut oil in a small glass bowl. Coat the ointment onto the cotton swab and gently swab the inside of your dog's ear. Be mindful not to push the swab in too far. Do this twice a day until ear health returns to normal.

January 20

Drawer and Linen Closet Refresher

What You Need:

- Orange EO
- Lemon EO

- Peppermint EO
- Lavender EO
- Cinnamon EO
- Cotton balls

How to Make It:

Choose the essential oil that you like best or create a combination of a few for a personalized scent. You only need 1 drop of each placed onto a cotton ball. Put treated cotton balls into drawers, linen closets, and even storage totes to keep them smelling fresh.

January 21

Citrus Wood Polish

What You Need:

- 20 drops Lemon EO
- 20 drops Lime EO
- 20 Orange EO
- 1 c. olive oil

How to Make It:

Mix all ingredients into a glass or BPA-free plastic spray bottle. Spray onto wooden surfaces and wipe away with a clean cotton cloth.

January 22

Cinnamon Snack Attack Mix

What You Need:

- 3 c. dry Chex cereal
- 1 c. peanuts
- ½ cup chocolate chips
- ½ melted coconut oil
- 2 drops cinnamon EO
- 1 drop vanilla EO
- Gallon-sized Ziploc bag

How to Make It:

Place first 3 ingredients into a gallon-sized Ziploc bag. Gently melt the coconut oil using a double boiler method. Add essential oils to the melted coconut oil and pour over cereal mixture. Seal the bag and shake vigorously. Enjoy!

January 23

Night-Night Pillow Spray

What You Need:

- 1 oz. rubbing alcohol
- 1 oz. distilled water
- 10 drops Roman Chamomile EO
- 10 drops Lavender EO
- 2 oz., spray bottle

How to Make It:

Fill your spray bottle halfway with the rubbing alcohol and top it off with the distilled water. Leave a little room at the top. Add in the essential oils, close the lid, and shake. Spray onto pillows before bedtime for a peaceful night's sleep.

January 24

Moisturizing Hair Gel

What You Need:

- 1 c. aloe vera gel
- 1 vitamin E capsule
- 5 drops Peppermint EO
- Clean baby food jars

How to Make It:

Place aloe vera gel into a glass bowl. Empty the vitamin E capsule onto the aloe followed by the essential oil. Stir the mixture with a wooden spoon. Fill baby food jars with the hair gel and keep in the refrigerator until ready to use.

January 25

Stiff Muscle Rub

What You Need:

- 1 oz. apricot kernel oil
- 6 drops Wintergreen EO
- Container with tight-fitting lid

How to Make It:

Mix the apricot kernel oil with the wintergreen oil and store in an airtight container. Massage the rub into achy muscles.

January 26

Warm Winter Foot Soak

What You Need:

- 10 drops Ginger Root EO
- 10 Cinnamon Bark EO
- 5 drops Clove Bud EO
- 2 vitamin E capsules EO
- 1 c. apricot kernel oil
- 1-gallon hot water
- Foot soak tub or bucket

How to Make It:

Fill the foot soak tub with hot water. Set aside. Place apricot kernel oil into a glass bowl and add contents of the vitamin E capsules and essential oils to it. Stir well. Add the oils to the hot water and soak tired feet for as long as you want.

January 27

Puffy Ankle Rub

What You Need:

- 12 tsps. evening primrose oil
- 30 drops fennel EO

- 30 drops Cyprus EO
- Small glass bowl

How to Make It:

Blend essential oils with evening primrose oil in a glass bowl. Slather the rub onto feet, ankles, and bottom half of legs. Make sure to pay extra attention to swollen ankles. Store any leftover oil in an airtight container.

January 28

Swollen Sinus Relief

What You Need:

- 5 drops eucalyptus EO
- Humidifier or pot of boiling water

How to Make It:

Place the essential oil in your humidifier to distribute sinus soothing aroma throughout your home. You can also add the oil to a pot of boiling water and stand over the steam, taking in the moist air. Use caution when utilizing this method.

January 29

Cold Sore Buster Balm

What You Need:

- 5 drops geranium EO
- 2 drops lemon EO
- 5 drops tea tree EO
- 5 drops chamomile EO
- 3 drops Lavender EO
- 2 tbsps. coconut oil

How to Make It:

Melt coconut oil using the double boiler method. Once melted, add the essential oils and mix. Place balm into a tin and allow to harden. Use up to 3 times a day on cold sores.

January 30

Sore Throat Remedy

What You Need:

- 1/2 c. warm water
- 1 drop ginger root EO
- 2 tbsps. Himalayan pink salt

How to Make It:

Add warm water to a glass mug. Dissolve the salt in the water and add the essential oil. Stir. Gargle the mixture until gone.

January 31

Fever Relief

What You Need:

- 1 drop peppermint EO
- 3 drops lavender EO
- 1 cup cool water
- Clean washcloth

How to Make It:

Add cool water to a glass medium-sized bowl. Place essential oils into the water and mix. Immerse the washcloth in the water and ring. Place the cloth on the forehead to reduce fever.

February

Ah, sweet, sweet, February, the month of love, romance, and CHOCOLATE! It is also the month that essential oils can be used to create a variety of Valentine's Day soaps, massage oils, foot rubs, bath soaks, and yummy things to eat and drink. If you're a hopeless romantic, you're going to love this chapter.

February 1

Sensual Perfume for Her

What You Need:

- About 10-15 drops of base Eos like: cedarwood, vanilla, vetiver, ylang ylang, sandalwood, and jasmine
- 1 tsp pure vanilla extract
- 20-30 drops of middle tone Eos like: geranium, rose, lavender, and chamomile
- 10-15 drops of top note Eos like: bergamot, sweet orange, and neroli
- 4 oz. of vodka
- Clean perfume bottle, preferably brown or blue

How to Make It:

Combine all the oils together in the perfume bottle. Add more or less to get the desired scent. Allow the oils to mingle in the bottle for about 3 days. Then, add the vodka to the oils and cap. Shake the perfume and place in a dark cabinet that isn't too hot for around 30 days before using.

February 2

Rugged and Manly Cologne for Him

What You Need:

- 2 tbsps. grapeseed oil
- 3 drops peppermint EO
- 8 drops juniper berry EO
- 8 drops fir needle EO
- 8 drops cypress EO
- 20 drops vitamin E oil
- 1 oz. colored glass dropper bottle

How to Make It:

Add the essential oils to the glass bottle followed by the grapeseed and vitamin E oil. Cap the bottle and carefully tip the bottle back and forth to evenly mix. Cologne can be used immediately.

February 3

Aphrodisiac Massage Oil

What You Need:

- 4 drops bergamot EO
- 4 drops ylang ylang EO
- 4 drops sandalwood EO
- 3 drops wild orange EO
- 3 drops rosemary EO
- 2 drops ginger EO
- 2 drop black pepper EO
- 1 oz. of carrier oil like grapeseed or apricot kernel
- Glass bottle

How to Make It:

Add these 7 sensual oils to the carrier oil of your choice and blend well. Use as a massage oil to enhance feelings of intimacy. Store in an airtight glass jar with lid.

February 4

Enticing Essential Oil Soap Bar

What You Need:

- Glycerin soap base
- Pink food coloring
- 2 drops neroli EO
- 2 drops rosemary EO
- 4 drops jasmine EO
- Heart-shaped soap molds

How to Make It:

Place 3 oz. of glycerin soap base in a double boiler to melt. Once melted, add the food coloring. You can add as much or as little as you like. Next, add the essential oils. Pour the soap mixture into the heart-shaped molds and allow to harden.

February 5

Essential Oil Chocolates

What You Need:

- 3 c. dark chocolate chips
- 1 (14 oz.) can sweetened condensed milk
- ¼ tsp. sea salt
- 1 tbsp. vanilla extract
- 3 drops rosemary EO
- 15 drops wild orange EO
- Cocoa powder
- Powdered sugar

How to Make It:

Start by melting the chocolate chips over low heat in a small saucepan. Add the sweetened condensed milk and stir. Once the chocolate is melted, remove from the heat. Pour the mixture into a medium-sized mixing bowl and stir in the salt, essential oils, and vanilla extract. Cover the chocolate mixture and place in the refrigerator until pliable. When ready, spoon out chocolate into 1-inch balls. Mold the balls between your hands. Now, roll the balls through the powdered sugar to coat. Put the chocolates on waxed paper and store in the refrigerator until ready to eat.

February 6

Tantalizing Body Mist

What You Need:

- 1 drop eucalyptus EO
- 2 drops geranium EO
- 3 drops peppermint EO
- 4 oz. distilled water
- Small spray bottle

How to Make It:

Pour the distilled water into the small spray bottle. Add the essential oils, cap the bottle, and shake. Spray all over the body after a bath or shower to feel invigorated and refreshed.

February 7

Sexy Scents Linen Spray

What You Need:

- 15 drops bergamot EO
- 15 drops sandalwood EO
- 2 drops rose EO
- 2 drops jasmine EO
- 4 oz. fine mist spray bottle
- 1.5 oz. distilled water
- 1.5 oz. vodka

How to Make It:

Add the vodka and water to the fine mist spray bottle. Mix in the essential oil, cap the bottle, and shake. Spray linens to give them a sensual scent.

February 8

Hot Chocolate Between Lovers

What You Need:

- 2 ½ tbsp. unsweetened cocoa powder
- 1 ½ tbsp. raw cane sugar
- 1/8 tsp. sea salt
- ¾ c. coconut milk
- 1 ½ c. almond milk
- 2 drops peppermint EO

How to Make It:

Place the cocoa powder, salt, and sugar into a saucepan; stir. Add the coconut milk, and heat over low heat. Next, slowly add the almond milk while stirring the mixture. Continue to stir until bubbles

form on the surface. Remove from heat and allow to lightly cool. Add 2 drops of essential oil and stir. Pour the hot chocolate into 2 mugs and enjoy with a dollop of whipped cream.

February 9

Brownie Nibbles

What You Need:

- 1 box organic brownie mix
- 10 drops wild orange EO

How to Make It:

Prepare brownie batter according to package directions. Place 10 drops of essential oil into batter and stir. Pour the batter into a greased baking pan. Bake according to package directions. Allow to cool when done.

February 10

Homemade Hand Lotion for Soft Caresses

What You Need:

- ¼ c. shea butter
- 2 tbsps. sweet almond oil
- 1 tbsp. beeswax
- 3 drops patchouli EO
- 6 drops tangerine EO
- 2 oz. glass jars

How to Make It:

Place first 3 ingredients into a glass bowl and melt them together using a double boiler method. Once melted, remove from heat and pour into glass jars. Add essential oil to slightly cooled carrier oil jars and stir with the end of a wooden spoon. Allow to cool and set.

February 11

Water-Based Personal Lubricant for Intimate Moments

What You Need:

- 1 c. cold water
- 4 tsps. arrowroot flour
- 5 drops peppermint EO
- 3 drops black pepper EO
- BPA-free plastic tube container

How to Make It:

Add cold water and flour to a small saucepan. Mix until well combined. Slowly bring the mixture to a boil over medium-low heat, stirring constantly. Once the mixture begins to boil, remove it from the heat. Pour the liquid into the container and allow to slightly cool before adding the essential oils. Store at room temperature.

February 12

Romantic Bath Oil

What You Need:

- 3 drops patchouli EO
- 1 drop ylang ylang EO
- 1 drop geranium EO
- 2 drops clary sage EO
- ¾ c. Epsom salts

How to Make It:

Place Epsom salts in a bowl and add essential oils. Mix together with a clean hand and pour into a tub filled with hot water. Soak for as long as you like.

February 13

Healthy Blood Flow Oil for Men

What You Need:

- 5 drops goldenrod EO
- ¼ cup coconut oil

How to Make It:

Place $\frac{1}{4}$ c. coconut in your palm to get it warm. Add 5 drops of goldenrod EO and rub between palms. Massage your man's lower abdomen, ankles, feet, and inner thighs for increased performance during intimacy.

February 14

Sweet Smelling Laundry Soap

What You Need:

- $\frac{1}{2}$ c. borax
- $\frac{1}{2}$ c. washing soda
- 1 bar shredded ivory soap
- 30 drops jasmine EO
- Air tight container

How to Make It:

Pour both the borax and washing soda into the air tight container. Using a cheese grater, grate the bar of soap over the powders. Mix together. Add the essential oil and place the lid on the container. Shake the mixture vigorously until well incorporated. Use 1 tbsp. per load of laundry.

February 15

Fancy Fabric Softener

What You Need:

- 3 c. white vinegar
- $\frac{1}{4}$ c. rubbing alcohol
- 20 drops lavender EO
- Glass jar

How to Make It:

Place all ingredients into a glass jar, cap, and shake. Add $\frac{1}{2}$ cup to your washing machine's fabric

softener during each wash cycle reservoir.

February 16

No More Monsters Spray

What You Need:

- 32 oz. glass jar
- Large glass spray bottle
- 30 drops lavender EO
- ½ c. witch hazel
- ½ gallon distilled water

How to Make It:

Pour water into the jar, followed by the witch hazel and essential oil. Put the lid on the jar and shake. Fill the glass spray bottle with the solution and store the rest in the glass jar when replenishing is necessary. Spray children's rooms with No More Monster spray to ensure there are no nightmares while you and your lover are having a romantic evening together.

February 17

Luxurious Shampoo for Dry Hair

What You Need:

- ¼ c. distilled water
- ¼ c. liquid castile soap
- ½ tsp. grapeseed oil
- 3 drops peppermint EO
- Glass jar

How to Make It:

Place all ingredients into the glass jar and stir together with the end of a wooden spoon. Use on damp hair, creating a lather. Rinse.

February 18

Luxurious Conditioner for Dry Hair

What You Need:

- 1 tbsp. apple cider vinegar
- 1 c. distilled water
- 8 drops lavender EO
- Glass jar

How to Make It:

Place all ingredient into the glass jar and stir together with the end of a wooden spoon. Massage into damp hair. Rinse.

February 19

Fertility Tonic

What You Need:

- 10 drops basil EO
- 25 drops clary sage EO
- 5 drops cypress EO
- 5 drops eucalyptus EO
- 15 drops geranium EO
- 5 drops lavender EO
- 15 drops marjoram EO
- 3 drops ylang ylang EO
- 2 oz. sweet almond oil

How to Make It:

To increase fertility, mix the essential oils with the sweet almond oil in a glass jar and apply to the bottoms of the feet and inside of ankles at least twice a day.

February 20

Cuticle Cream

What You Need:

- 1 tbsp. coconut oil

- 2 drops lavender EO

How to Make It:

In a small glass bowl, combine the coconut oil and essential oil with the end of a wooden spoon. Massage into cuticles.

February 21

Scented Love Letters

What You Need:

- 2 drops jasmine EO
- 2 drops vanilla EO
- Cotton balls
- Ziploc bag

How to Make It:

After writing a sweet note to your beloved, leave an alluring scent on the paper. To do this, add essential oil blend to a cotton ball, place into Ziploc bag, add your letter or greeting cards, and seal. Allow the love notes to sit overnight before removing from the bag and sending them off.

February 22

Bubble Bath

What You Need:

- 1 c. castile soap
- ½ c. vegetable glycerin
- 2 tbsps. purified water
- 20 drops of rose EO

How to Make It:

In a glass bowl, combine the castile soap, veggie glycerin, and purified water. Next, add the essential oil. Stir and pour into a glass jar. When ready to enjoy, pour ¼ c. of bubble bath into hot, running tub water.

February 23

Smooth Skin Shaving Cream

What You Need:

- 1/3 c. shea butter
- 1/3 c. coconut oil
- ¼ c. fractionated coconut oil
- 5 drops sandalwood EO
- 5 drops peppermint EO
- 5 drops tea tree EO
- Glass jar

How to Make It:

Place the first 3 oils into a double boiler and melt over medium-low heat. Once melted, remove from heat, and allow to cool for about 4 minutes. Now, add the essential oils and stir using the end of a wooden spoon until well incorporated. Add the shaving cream to it until firm. Using a hand mixer, whip the shaving cream until fluffy. Place into a glass jar with a lid.

February 24

Rosy Lips Tinted Balm

What You Need:

- 2 tbsps. coconut oil
- 1 tbsp. beeswax
- 1 tbsp. shea butter
- ½ tsp. rose colored mica powder
- 2 drops peppermint EO
- Lip balm tins

How to Make It:

Place the first 3 ingredients into a glass jar. Add the glass jar to a pot of barley boiling water and allow the contents to melt. Once melted, add the rose colored mica and essential oil. Stir together and transfer the tinted lip balm to the tins. Allow to completely cool before using.

February 25

Car Air Freshener

What You Need:

- Clothes pin
- 5-10 drops of EO of choice

How to Make It:

Place the essential oil onto the clothes pin's surface. Clip to the air vent in your car. Get ready for some sweet smells!

February 26

Scented Toilet Paper

What You Need:

- 1 roll of toilet paper
- 5 drops EO of your choice

How to Make It:

Sprinkle the essential oil onto the inner cardboard roll of the toilet paper. Place the roll onto its dispenser and there you have it.

February 27

Detoxifying Facial Cleanser

What You Need:

- 1 c. coconut oil
- 6 activated charcoal capsules
- 2 tbsps. aluminum-free baking soda
- 5 drop lavender EO
- 5 drops rosemary EO
- Glass jar

How to Make It:

Break open charcoal capsules over a glass bowl. Next, add the coconut oil and baking soda to the

charcoal and mix together. Now, add in the essential oils and stir. Pour the facial cleanser into the glass jar and cap with a lid. When ready to use, slather over damp skin and allow to sit for a minute or two. Wipe away with a warm washcloth.

February 28

Citrus Kitchen Cleanser

What You Need:

- 2 c. white vinegar
- Filtered water
- Peels from 6 oranges
- Peels from 6 lemons
- 20 drops orange EO
- 20 drops lemon EO
- Large glass jar with lid

How to Make It:

Add the orange and lemon peels to the glass jar, followed by the white vinegar. Then, add the essential oils. Place the lid on the jar and shake vigorously. Allow the jar to sit for 30 days, shaking once each day. Once ready, strain the liquid into a large spray bottle using a funnel. Fill the bottle the rest of the way with filtered water. Use to disinfect countertops and other kitchen surfaces.

February 29

Scented Wax Melts

What You Need:

- 2 oz. grated beeswax
- 2 tbsps. coconut oil
- 10 drops lavender EO
- 10 drops chamomile EO
- 2 tbsps. lavender and chamomile flower buds, dried

How to Make It:

Melt the beeswax and coconut oil using the double boiler method. Once melted, stir the wax and oil

together to evenly incorporate. Remove from heat once melted and stir in the essential oils. Pour the concoction into candle bar molds. Sprinkle with flower buds before wax hardens. Use in a candle wax warmer once firm.

March

March is the month of new beginnings. Old Man Winter is on his way out and Queen Spring is on her way in. St. Patrick will make his annual appearance, too. Even though we still have a few cold days left, let's make the best of them with exciting essential oil recipes for everyday living.

March 1

Shamrock Smoothie

What You Need:

- 2 frozen bananas
- 1 half avocado
- $\frac{3}{4}$ c. almond or rice milk
- 1 drop peppermint EO
- Blender

How to Make It:

Peel the frozen bananas and toss them into the blender, followed by half of a peeled avocado. Pour in the milk and add a drop of peppermint essential oil. Whip the ingredients together until smooth. Adjust the amount of milk you use for a thicker or thinner smoothie.

March 2

Scented Nail Polish

What You Need:

- 1 bottle of partially used nail polish
- 10 drops EO of your choice

How to Make It:

Open the nail polish bottle and add the essential oil to its contents. Replace the lid and give the bottle a good shake. Use as normal.

March 3

Hair Spray

What You Need:

- 1.5 c. purified water
- 2 tbsps. white sugar
- 1 tbsp. spiced rum
- 10 drops EO of your choice
- Spray bottle

How to Make It:

In a small saucepan, boil the water. Once the water begins to boil, add sugar and allow it to dissolve. Remove water from heat so it can cool. Once at room temperature, add spiced rum and essential oils to the mixture. Place into a spray bottle.

March 4

Carpet Refresher Powder

What You Need:

- 1 c. baking soda
- ½ c. French lavender buds
- 10 drops of lavender EO
- Blender or coffee milling machine

How to Make It:

Place the lavender buds and baking soda into a blender and use the “grind” setting. When finished, pour the powder into a Ziploc bag and add the essential oil. Seal the bag and shake it vigorously to incorporate the ingredients evenly. Sprinkle on carpets and allow to set for a few minutes before vacuuming.

March 5

Luck of the Irish Scented Socks

What You Need:

- 1 pair cotton socks
- 1 c. cold filtered water

- 2 drops lemon EO
- 2 drops white eucalyptus EO
- 2 drops cedarwood EO

How to Make It:

Pour water and essential oils into a large bowl. Place the socks into the water, making sure to saturate them. Then, put the socks into the dryer for about 8 minutes. Wear these Irish-inspired scented socks on your next trip to the casino.

March 6

Kitty Litter Deodorizer

What You Need:

- 1 box of unscented cat litter
- 2 cups baking soda
- 2 drops Frankincense EO

How to Make It:

Place the baking soda and essential oil into a mixing bowl and incorporate. Into a clean litter pan, add the unscented cat litter. Dump the baking soda mixture into the fresh cat litter and mix. Be very careful as to which EO you use as some are very toxic to cats.

March 7

Dog Spray

What You Need:

- 1 bottle of partially used nail polish
- 10 drops lavender EO
- 5 drops eucalyptus EO
- 1 oz. organic soap
- 1 oz. filtered water
- Spray bottle

How to Make It:

Place all ingredients into the spray bottle, cap, and shake. Spray on your dog throughout the day, being

Careful to avoid the eye area. This spray not only smells good but it can ward off fleas and ticks.

March 8

Crisp and Clean Irish Candle

What You Need:

- 16 oz. soy wax
- 10 drops peppermint EO
- 10 drops patchouli EO
- 10 drops ginger EO
- 16 oz. glass jar
- 1 wick
- Wooden skewer
- Thermometer

How to Make It:

To begin, tie one end of the wick to the middle of the skewer. Trim the wick so that it reaches the bottom of the jar. Next, place the soy wax into a glass bowl. Melt the wax in the microwave using the lowest power setting. Every few seconds, stir the wax. The wax should reach 170 degrees so use the thermometer liberally. Once melted, add the essential oils to the wax and stir. Measure the temperature until the wax cools to 100 degrees. Now, pour the cooled wax into the glass jar and adjust the wick. Cover the candle with a cloth and allow to harden.

March 9

Green Soap Bar

What You Need:

- Soap mold
- Glycerin soap base
- 2 drops rosemary EO
- 2 drops lemongrass EO
- 2 drops rose EO
- 2 drops geranium EO
- 2 drops lavender EO

- 1 tbsp. aloe vera
- 6 drops green food coloring

How to Make It:

Using the double boiler method, melt the glycerin soap base over medium-low heat. Once melted, add the food coloring, essential oils, and aloe vera. Stir until well incorporated. Pour the soap mixture into the mold and allow to sit until hardened.

March 10

Natural Baby Wipes

What You Need:

- 1 roll paper towels
- 1 old baby wipes container or coffee can
- 1 ¾ c. boiled distilled water
- 1 tbsp. aloe vera
- 1 tbsps. witch hazel extract
- 1 tbsps. castile soap
- 2 capsules vitamin E
- 1 tsp. olive oil
- 6 drops orange EO
- 6 drops lavender EO

How to Make It:

Start by cutting the roll of paper towel in half with a serrated knife. Remove the cardboard rolls. Fold the paper towels into the old baby wipes container. If using a coffee can, place one of the paper towel halves right-side up inside. Cut a slit into the lid. Next, add the water, aloe, witch hazel, castile soap, and vitamin E, and oil to a glass bowl and stir. Then, add the essential oils and stir again. Pour the mixture over the paper towels and allow to blend for about 10 minutes before using.

March 11

Aromatic Shower Bomb

What You Need:

- Muffin tin and paper liner cups
- 1 c. baking soda
- 1/3 c. filtered water
- 10 drops eucalyptus EO
- 5 drops peppermint EO
- 5 drops lavender EO

How to Make It:

Mix the baking soda and water together until it paste forms. Pour the mixture into the lined muffin tins about $\frac{3}{4}$ of the way. Bake in the oven at 350 degrees for 20 minutes. Allow the shower bombs to cool before shaking them out of the muffin tins. Add essential oils. Place 1 bomb onto the shower floor and experience the aromatic qualities as you cleanse.

March 12

Scented Bookmarks

What You Need:

- Store-bought or homemade bookmarks
- Essential oils of your choice
- Cotton balls
- Ziploc bag

How to Make It:

Place a few drops of your favorite essential oils onto a cotton ball. Put the cotton ball and bookmarks into a Ziploc bag and seal. Allow to sit, undisturbed, for at least 24-hours.

March 13

Scented Drawer Sachet

What You Need:

- 1 cotton sock
- Potpourri mix of your choice
- 30 drops essential oil of your choice
- Burlap string or raffia

How to Make It:

Pour the potpourri into a bowl and add a complementing essential oil. Mix the potpourri with your hands to evenly distribute the oil. Pour the mixture into the cotton sock and secure the opening with burlap string or raffia. Place into clothing or linen drawers to keep fabrics fresh.

March 14

Homemade Scented Playdough

What You Need:

- 1 c. all-purpose flour
- ½ c. salt
- 2 tsps. cream of tartar
- 1 cup water
- 1.5 tbsps. vegetable oil
- Food coloring
- 8 drops of lemon verbena EO

How to Make It:

Place the flour, salt, and cream of tartar into a saucepan and stir. Add the water, vegetable oil, and food coloring; stir. Heat over medium-low range flame until the dough begins coming together. Remove from heat and knead in the essential oil.

March 15

Energizing Diffuser Blend

What You Need:

- 5 drops lime EO
- 2 drops peppermint EO
- Diffuser

How to Make It:

Add the essential oils to your diffuser for a quick burst of aromatic energy encompassing your home or workspace.

March 16

Irish Cream Sugar Scrub

What You Need:

- 1 c. olive oil
- ½ c. prepared coffee grounds
- ½ c. brown sugar
- 10 drop peppermint EO
- Glass jar

How to Make It:

Place the first 3 ingredients into the jar and mix using a wooden spoon. Then, add the essential oil and stir again. Put a lid on the glass jar for storing. Use in the shower as a body scrub.

March 17

Crock Pot Corned Beef and Cabbage

What You Need:

- 1 corned beef brisket
- 1 head cabbage
- 1 lb. carrots
- 1 large onion
- 2 ½ lbs. potatoes
- Salt
- Pepper
- 2 filtered water
- 1 drop rosemary EO
- 2 drops fennel EO

How to Make It:

Start by shredding the cabbage using a serrated knife. Then, cut and peel carrots, onion, and potatoes. Place vegetables and meat into the Crock Pot. Season with salt and pepper to taste. Place filtered water into a glass bowl followed by the essential oils and stir. Pour water over the meat and veggies. Cover and cook on low for 8 hours.

March 18

Apricot Orange Salad Dressing

What You Need:

- ¼ c. apricot preserves
- 2 tbsps. sunflower oil
- 2 tbsps. white wine vinegar
- 2 tbsps. orange juice
- 1 tbsp. filtered water
- 2 drops sweet orange EO
- 1 drop lemon EO
- Salt
- pepper

How to Make It:

Place all ingredients in a glass jar and close tightly with a lid. Shake vigorously. Allow to chill in the refrigerator for at least 2 hours before serving.

March 19

Night Cream

What You Need:

- 1 c. coconut oil
- 3 drops frankincense EO
- 3 drops tea tree EO
- 2 drops lavender EO
- 3 drops Melissa EO
- 1 drop sandalwood EO
- Glass jar

How to Make It:

Place coconut oil and essentials into the glass jar and stir with a wooden spoon until well mixed. Cap the jar, and use before bed.

March 20

Day Cream

What You Need:

- ¾ c. coconut oil
- 5 drops helichrysum EO
- 5 drops neroli EO
- 5 drops roman chamomile
- 5 drops rose EO
- 1 tsp. vitamin E oil
- Small glass jar

How to Make It:

Place all ingredients into a glass bowl and beat using a hand mixer. Once the texture is creamy, pour into a glass jar. Cap the jar tightly. Use before putting on makeup or after washing your face in the morning.

March 21

Breath Freshener for Dogs

What You Need:

- .8 oz. vegetable glycerin
- .1 oz. liquid grapefruit seed extract
- .1 oz. melted coconut oil
- 6 drops neem oil
- 6 drops rosemary EO
- 6 drops spearmint EO
- 1 oz. amber glass bottle with dropper

How to Make It:

Add the first 3 ingredients to a glass bowl and stir. Next, add the neem and essential oils and stir again. Using a funnel, pour the breath freshener mixture into the glass bottle and close the lid. Give it a few shakes. Add a few drops to your finger and swab your dog's gums for fresher canine breath.

March 22

Toilet Bowl Scrub

What You Need:

- ½ c. baking soda
- 15 drops grapefruit EO
- ½ c. borax

How to Make It:

Place all ingredients into a glass jar and mix until evenly incorporated. Add ¼ c. to toilet bowl and scrub as you normally would, flushing once finished.

March 23

Green Zing Coffee

What You Need:

- Green coffee bean grounds
- Water
- 1 tsp. high-quality butter
- 2 drops peppermint EO
- 1 drop spearmint EO

How to Make It:

Brew your coffee as you normally would. Pour into a mug and add the essential oils and butter. Stir and enjoy.

March 24

Dino Egg Bath Bombs for Kids

What You Need:

- 2 c. Epsom salts
- 10 drops food coloring
- 8 drops lemon EO

- 2 tbsps. filtered water
- Plastic Easter eggs

How to Make It:

Mix the first 4 ingredients together in a glass bowl. Fill both sides of the plastic Easter eggs with the mixture and close. Carefully, reopen the egg and remove halves. Place on waxed paper to dry for no less than 3 days.

March 25

Zit Zapper

What You Need:

- 1 tsp. apple cider vinegar
- 1 drop tea tree EO
- Cotton swab

How to Make It:

Place apple cider vinegar into a small medicine cup. Add the essential oil. Stir with the cotton swab. Use the end of the cotton swab you stirred the mixture with to treat blemishes.

March 26

Essential Oil Infused Herbal Tea

What You Need:

- 1 organic green tea bag
- 12 oz. boiled water
- 2 drops grapefruit EO

How to Make It:

Steep tea bag in boiled water for 5 minutes. Remove the bag and add the essential oil. Stir and sip.

March 27

Stress Relieving Foot Soak

What You Need:

- 1 c. sea salt
- 1 c. Epsom salt
- 2 c. aluminum-free baking soda
- 6 drops peppermint EO
- 6 drops lavender EO
- Glass jar

How to Make It:

Combine the salts and soda together in a mixing bowl. Add essential oils and mix well. Store in a glass jar with lid. Place $\frac{1}{4}$ c. of foot soak mixture into hot water before soaking feet.

March 28

Makeup Remover Wipes

What You Need:

- Cotton pads
- 3 tbsps. fractionated coconut oil
- 1 tbsps. castile soap
- 2 cups purified water
- $\frac{1}{2}$ tsp. glycerin
- $\frac{1}{2}$ tsp. vitamin E oil
- 10 drops lavender EO
- 8 oz. glass jar

How to Make It:

Stack glass jar with cotton pads. Add coconut oil, soap, water, glycerin, and vitamin E oil to a glass bowl and stir. Then, add the essential oil. Give the solution a final mix and pour over the cotton pads, filling the jar. Cap and store in a cool, dry place.

March 29

Hot Oil Hair Treatment

What You Need:

- 3 tbsps. coconut oil

- 2 tbsps. olive oil
- 1 tbsps. honey
- 5 drops lavender EO

How to Make It:

Melt coconut oil using a double boiler method. Slowly add olive oil to melted coconut oil and stir. Remove the oils from the heat and add in the honey. Allow the mixture to cool for a few minutes. Once cooled, add in the essential oils and stir. Comb the solution through your hair, wrap head in a damp towel, and sit for 15 minutes. Rinse and wash hair as normal.

March 30

Lemon Popcorn

What You Need:

- 20 drop lemon essential oil
- 2 tbsps. olive oil
- Unflavored popcorn
- Sea salt

How to Make It:

Place the oils in a glass spray bottle and shake. Pop the popcorn and spray immediately with the oil mixture. Add sea salt to taste.

March 31

Funky Feet Shoe Spray

What You Need:

- 2 oz. spray bottle with fine mist top
- Vodka or rubbing alcohol
- 30 drops tea tree oil

How to Make It:

Fill the spray bottle $\frac{3}{4}$ of the way with alcohol. Add the essential oil and screw on the bottle top. Shake before spraying into shoes.

April

At last, Spring is here! It's time for opening the windows and letting fresh air and sunshine into your home. April is the month when plants begin to bloom and new life officially starts to begin. Essential oils can help make the transition from winter to spring much easier in a variety of ways.

April 1

Rise and Shine Waffles

What You Need:

- 1 box organic waffle mix
- 2 drops orange EO
- Waffle iron

How to Make It:

Prepare waffle mix according to package instructions. When the mix is wet, add the essential oil and stir. Pour into waffle iron and cook accordingly.

April 2

Skin Health Pet Blend

What You Need:

- 3 tbsps. tamanu oil
- 2 drops lavender EO
- 5 drops rose EO

How to Make It:

Combine the oils in a glass dish or jar. Pour into palm and rub into afflicted areas. Discourage pets from licking the oils for at least 15 minutes.

April 3

Fizzy Bath Soak

What You Need:

- 6 tbsps. aluminum-free baking soda
- 2 tbsps. citric acid
- 24 drops tangerine EO
- 24 drops lemon EO
- 4 oz. dark colored glass jar

How to Make It:

Combine all ingredients together in a mixing bowl. Pour into glass jar and cap. Add 2 tbsps. to running bath water.

April 4

Face Serum

What You Need:

- 1 oz. sweet almond oil
- 1 oz. blueberry seed oil
- 24 drops roman chamomile EO
- 2 oz. amber colored glass bottle

How to Make It:

Add all ingredients to the bottle, cap, and shake. Use the serum on clean facial skin, careful to avoid the eyes.

April 5

Chocolate Body Balm

What You Need:

- 3 oz. cocoa butter
- 1 oz. grapeseed oil
- 12 drops vanilla EO
- 3 drops ylang ylang EO
- 3 drops tangerine EO
- Glass jar

How to Make It:

Melt the cocoa butter in a small saucepan over low heat. Stir in the grapeseed oil and remove from heat. Add the essential oils and stir. Pour the mixture into a jar and cap. Allow to body balm to sit for 24-hours before applying to skin.

April 6

Soothing Facial Mist

What You Need:

- 2 oz. purified water
- 12 drops geranium EO
- 2 oz. dark colored glass spray bottle

How to Make It:

Pour the water and oils into the spray bottle, cap, and shake. Close eyes and mist over facial area.

April 7

Air Purification

What You Need:

- 3 drops basil EO
- 3 drops thyme EO
- 10 drops lemon EO
- Shot glass

How to Make It:

Place the oils into a shot glass and set out in an open area to diffuse.

April 8

Spring Zing Room Spray

What You Need:

- 4 drops lemongrass EO
- 8 drops fir needle EO

- 2 drops lemon EO
- 2 drops citronella EO
- 2 oz. distilled water

How to Make It:

Combine the oils and water into a spray bottle, screw on the top, and shake. Spritz the solution around the house for an invigorating spring-like aroma.

April 9

Spring Cleaning Spray

What You Need:

- 2 c. filtered water
- ½ tsp. borax
- ¼ tsp. castile soap
- 2 tsps. lavender EO
- 2 tsps. tea tree EO
- BPA-free plastic spray bottle

How to Make It:

In the spray bottle, add the water and borax. Stir in the essential oils, screw on the top, and shake. Use to clean hard surfaces like countertops, refrigerators, and microwaves.

April 10

Window Cleaner

What You Need:

- 24 oz. distilled water
- 8 oz. white vinegar
- 30 drops lemon EO
- 30 drops orange EO
- 30 drops grapefruit EO
- BPA-free plastic spray bottle

How to Make It:

Combine all ingredients into a large spray bottle, screw on the top, and shake. Use to clean windows as you would with any commercial product. Can also be used on car windows.

April 11

Baby Massage Oil

What You Need:

- 1 tsp. coconut oil
- 1 drop vanilla EO

How to Make It:

Place the coconut oil in the palm of your hand, followed by the essential oil and rub hands together to incorporate. Gently massage baby with warm hands and oil mixture.

April 12

Perfume Oil for Little Girls

What You Need:

- 2 tbsps. apricot kernel oil
- 1 drop sweet orange EO
- 2 drops vanilla EO
- Amber or blue colored .5 oz. dropper bottle

How to Make It:

Combine the oils together and add them to the dropper bottle using a small funnel. Cap the bottle and shake. Little girls love to add a dab behind the ears and on the wrists. Makes a cute Easter basket gift.

April 13

Garden Spray

What You Need:

- 32 oz. white vinegar
- 32 drops of peppermint EO
- BPA-free plastic spray bottle

How to Make It:

Add vinegar and essential oil to a large spray bottle and shake. Spray around the perimeter of your garden to keep pests away. DO NOT spray directly on plants as vinegar will kill them. Use this spray from the time you plant the seeds to harvest season for optimal results.

April 14

Creepy Crawly Spider Spray

What You Need:

- 16 oz. filtered water
- 20 drops peppermint EO
- BPA-free plastic spray bottle

How to Make It:

Combine water and essential oil into spray bottle, cap, and shake. Spray in areas where spiders lurk such as under beds, corners, crevices, and closets. As spring sets in, the spiders wake up. Beat them at their own game with this spray.

April 15

Lemon Berry Protein Smoothie

What You Need:

- 2 tbsps. high-quality protein powder
- 1 c. plain yogurt
- 1 frozen banana, peeled
- ½ c. frozen berries
- 2 drops lemon EO
- Blender

How to Make It:

Add all ingredients to a blender and whir until a smooth consistency is reached. Pour smoothie into a tall glass and enjoy.

April 16

Arthritis Massage Oil for Dogs

What You Need:

- 4 oz. jojoba oil
- 8 drops lemon EO
- 6 drops lavender EO
- 8 drops ginger EO
- Glass jar

How to Make It:

Mix all ingredients together in a glass jar. Screw on a tight fitting lid for storage. Massage oil onto dog's sore joints to relieve symptoms of arthritis.

April 17

Decorative Rice Bunnies

What You Need:

- Flannel fabric
- Sewing scissors
- 1 c. per bunny
- 2 drops preferred EO per bunny
- Sewing machine
- Printable bunny template
- Straight pins

How to Make It:

Fold fabric in half with right sides facing out. Pin the bunny template to the material, and cut around the edges. Unpin the template, and stitch the outer edges of the bunny together leaving the bottom open. Pour rice and essential oil into a bowl and combine. Using a funnel pour the rice mixture into the open end of the bunny. Stitch the end shut with a needle and thread. Tie a ribbon or stitch a bow onto the bunny's neck. This is a great gift for Easter baskets or as a spring decoration.

April 18

Carrot Sugar Scrub

What You Need:

- Carrot-shaped favor bags
- Green raffia
- Green ribbon
- 1 c. sugar
- ¼ c. olive oil
- Orange food coloring
- Scissors
- 8 drops EO of your choice

How to Make It:

Add the olive oil and sugar to a glass bowl, followed by the food coloring. You can add as little or as much food coloring as you prefer. Add the essential oil to the sugar mixture. Avoid citrus scents as they will break down your plastic favor bag. Fill favor bag with sugar scrub leaving some room at the top. Trim raffia to a reasonable length and insert a handful into the sugar scrub leaving the tops hanging out of the bag to look like carrot leaves. Tie ribbon around the bag where the sugar scrub ends. Great Easter gift!

April 19

Jelly Bean Whipped Body Butter

What You Need:

- 1/3 c. coconut oil
- 1/3 c. raw shea butter
- 2 tbsps. almond oil

- 5 drops sweet orange EO
- 5 drops vanilla EO
- 5 drops lemon EO
- 5 drops lime EO
- Glass jar

How to Make It:

Place coconut oil, shea butter, and almond oil in a mixing bowl. Whip for 2 minutes with a hand mixer. Add in essential oils and whip again. Spoon body butter into glass jar and cap with a lid.

April 20

Diaper Rash Cream

What You Need:

- 1 c. unrefined coconut oil
- ½ oz. beeswax
- 10 drops. lavender EO
- Glass jar

How to Make It:

Melt the coconut oil and beeswax using a double boiler method. Make sure to stir often. When melted, remove oils from heat and allow to cool. Then, add in essential oil. Pour the diaper cream into a glass jar and cap with a lid. Use between diaper changes.

April 21

Focus Friendly Hot Lemon Tea

What You Need:

- 1 c. hot filtered water
- 3 drops lemon EO
- Blue agave to taste

How to Make It:

Heat water until boiling in kettle. Pour water into your favorite mug. Add essential oil and blue agave. Stir and sip.

April 22

Tummy Trouble Relief

What You Need:

- 2 c. filtered water
- 1 drop cardamom EO

How to Make It:

Fill a tall glass with filtered water, followed by 1 drop of essential oil. Sip slowly for relief of indigestion.

April 23

Anti-Nausea Blend

What You Need:

- 4 drops ginger EO
- 4 drops lavender EO
- 3 drops peppermint EO
- 5 tsps. carrier oil

How to Make It:

Combine the carrier oil and essential oils in a glass bowl. Gently massage the oil blend over the abdomen in a circular motion to relief feelings of nausea.

April 24

Soothing G.I. Drink

What You Need:

- 1 c. warm water
- 1 tsp. raw honey
- 1 drop peppermint EO

How to Make It:

Combine all ingredients into a mug and sip slowly until symptoms subside. Perfect drink for acid

reflux, hangovers, and overeating.

April 25

Garbage Disposal Refreshers

What You Need:

- 2 c. baking soda
- 1 c. salt
- ½ c. water
- 1/3 c. castile soap
- 30 drops lemon EO
- Airtight container

How to Make It:

To a glass bowl, combine baking soda and salt. Stir in the soap and essential oil. Add in 1 tbsps. of water at a time until a moldable ball begins to take shape. Using a tablespoon measuring spoon, scoop up and pack the mixture. Place balls onto waxed paper to dry for 24-hours. Store in airtight container. Toss 1 or 2 balls into the disposal to refresh.

April 26

Springtime Potpourri

What You Need:

- 1 bag unscented potpourri mix
- A few small pinecones
- Dried chamomile flowers
- 10 drops patchouli EO
- 10 drops lavender EO
- 10 drops pink pepper EO
- Gallon-sized Ziploc bag
- Wooden decorative bowl

How to Make It:

Place first 6 ingredients into gallon-sized Ziploc bag and seal. Shake bag vigorously. Poor potpourri

mix into a wooden bowl and display on a kitchen counter or dining room table.

April 27

Whitening Toothpaste

What You Need:

- 1/4 c. baking soda
- 1/3 c. hydrogen peroxide
- 12 drops peppermint EO
- Small glass jar

How to Make It:

Mix ingredients together and store in a small glass jar with lid. Scoop onto toothbrush and brush teeth as normal. Use at least twice a day for best results.

April 28

Scar Be Gone Oil

What You Need:

- 2 oz. argan oil
- 15 drops carrot seed EO
- 15 drops frankincense EO
- Glass jar

How to Make It:

Mix all oils together in a glass jar and cover with a lid. When ready to use, deeply massage oil blend into scars up to 3 times a day.

April 29

Gunk Remover

What You Need:

- ½ c. coconut oil
- ½ c. baking soda
- 6 drops lemon EO
- Airtight container

How to Make It:

In a bowl, mix the coconut oil and baking soda together. Add in the essential oil and stir. Store in a glass jar. When ready to remove gunk and gummy materials like stickers and gum, smear the paste all over the surface, wait a few minutes, and rub with a damp cloth.

April 30

Relaxing Oatmeal Bath

What You Need:

- ¾ c. oats
- ½ c. aluminum-free baking soda
- ¼ c. coconut milk powder
- 10 drops lavender EO
- 10 drop chamomile EO
- Airtight container

How to Make It:

Place the oats, baking soda, and milk powder into a blender. Whir until oats resemble a fine powder. Add in the essential oils and whir the mixture a second time. Store bath powder in an airtight container. When ready to use, add ¼ oatmeal bath powder to hot running tub water.

May

Spring is in full swing. Flowers from April showers are blooming, butterflies are looming, and you're ready to put essential oils to good use. During the month of May, every day is a good day to use oils, herbs, and natural materials to keep our minds, bodies, and souls in balance.

May 1

Beard Balm

What You Need:

- 3 tbsps. grated beeswax
- 1 tbsps. sweet almond oil
- ¼ c. coconut oil
- 2 drops blue spruce EO
- 2 drop peppermint EO
- 1 drop melaleuca EO
- Glass jar

How to Make It:

Using the double boiler method, melt the beeswax and coconut oil over low heat. Once melted, remove oil and wax from heat and add the sweet almond oil and stir. Then, add in the essential oils and stir. Pour the beard balm into a small glass jar and allow to cool completely before using.

May 2

Lavender Hydration Water

What You Need:

- 16 oz. purified water
- 1 tsp. coconut oil
- 1 drop lavender EO

How to Make It:

In a small bowl, mix coconut oil and essential oil together. Spoon the mixture into 16 oz. of purified water. If using a water bottle, screw on the cap and shake, otherwise stir in the oils with a spoon. Perfect for sipping on after a workout.

May 3

No-More-Paws-On-Furniture Spray

What You Need:

- 1 ½ tsps. lavender EO
- 1 ½ tsps. peppermint EO
- 1 ½ tsps. lemon EO
- 32 oz. water
- Large spray bottle

How to Make It:

Drip the essential oils into a 32-oz. spray bottle. Next, fill the bottle with water and twist the top on tightly. Shake the bottle with vigor before applying 2 to 3 sprays of solution onto furniture to deter pets.

May 4

Patchouli Bath Soak

What You Need:

- 2 tbsps. sweet almond oil
- 4 drops rose EO
- 8 drops sandalwood EO
- 5 drops patchouli EO

How to Make It:

In a small bowl, mix the essential oils with the sweet almond oil. Add the mixture to hot, running bath water. Relax in the aromatic tub for as long as you like.

May 5

Mopping Solution

What You Need:

- 2 c. water
- 2 c. white vinegar
- 2 c. rubbing alcohol
- 6 drops dish soap (like Dawn)
- 10 drops lemon EO
- 8 drops lavender EO
- Large bottle

How to Make It:

Place all ingredients into a large bottle and shake to evenly combine. Pour a cup or two of mopping solution onto floors and mop as you normally would. Safe for all floor-types.

May 6

Dish Soap

What You Need:

- 1 ½ c. boiled and cooled water
- 1 c. castile soap
- 1 tsp. aluminum-free baking soda
- 1 tsp. fractionated coconut oil
- 12 drops grapefruit EO
- 8 drops basil EO
- Glass jar with pump top

How to Make It:

To a large mixing bowl, add water and soap. Then, add the baking soda, coconut oil, and essential oils. Use a whisk to incorporate the ingredients. Pour into a glass jar and screw on the pump top. Use 1 to 2 pumps per dish load.

May 7

Hand Sanitizing Gel

What You Need:

- 1 c. aloe vera gel
- 2 tsps. witch hazel
- 4 drops lemon EO
- 4 basil EO
- Small pump bottle

How to Make It:

Place all ingredients into a small pump bottle and shake until well combined. You can use an old hand soap bottle.

May 8

Sweet-Smelling Foot Soak

What You Need:

- ¼ c. Epsom salts
- ¼ c. citric acid
- 1/8 aloe vera powder
- 10 drops orange EO
- 10 drops melaleuca EO
- 5 drops peppermint EO
- Glass jar

How to Make It:

Place the Epsom salts, citric acid, and aloe vera powder into a blender or coffee grinder and whirl to combine ingredients. Let the powder sit for a moment so that it may settle. Then, add in the essential oils and blend again. Store powder in a glass jar. Use 1 tbsp. in a tub of hot water and soak feet for 20 minutes.

May 9

Fruit and Veggie Rinse

What You Need:

- Water
- 3 drops lemon EO

How to Make It:

Add cold water to large bowl or plugged sink. Place essential oil into water and swish with hands. Place produce into water and allow to soak for 1 minute.

May 10

Armpit Spray

What You Need:

- ½ c. witch hazel
- ¼ c. aloe vera gel
- ¼ tsp. aluminum-free baking soda
- 5 drops patchouli EO
- 5 drops melaleuca EO
- 8 oz. darkly colored glass spray bottle

How to Make It:

Add all ingredients to the spray bottle, cap, and shake vigorously. Spray under arms to ward off body odor.

May 11

Toenail Fungus Treatment

What You Need:

- 1 tsp. grapeseed oil
- 3 drops oregano EO
- 1 cotton ball

How to Make It:

Add grapeseed oil and essential oil to a clean cotton ball and liberally dab on afflicted toenails 3 times a day.

May 12

Yellow Hemp Hummus Dip

What You Need:

- 2 15 oz. cans chickpeas
- 1/3 c. tahini
- 1/3 c. lemon juice
- 2 tbsps. hemp hearts
- 2 small cloves garlic, minced
- 1 tsp. pink Himalayan salt, ground

1 tsp. turmeric

1 drop turmeric EO

4 tbsps. water

How to Make It:

Add the drained chickpeas, tahini, lemon juice, hemp hearts, garlic, salt, and turmeric to a blender or food processor. Process until smooth and creamy. Add the essential oil and water (adjust water according to the desired consistency) and process again. Pour dip into a serving dish and allow to chill in the refrigerator for 1 hour. Sprinkle with paprika before serving.

May 13

Anti-Cellulite Oil

What You Need:

½ c. argan oil

15 drops orange EO

15 drops rosemary EO

15 drops juniper EO

Glass jar

How to Make It:

Add all oils to a glass jar and mix with a wooden spoon handle. Apply to problem areas in a circular motion. Store in a dark, dry place.

May 14

Wart Remover

What You Need:

Apple cider vinegar

Fractionated coconut oil

20 drops oregano EO

20 drops frankincense EO

20 drops melaleuca EO

Glass dropper bottle

How to Make It:

Add the essential oils to a 2 oz. dropper bottle, followed by the apple cider vinegar but do not fill to the top. Fill the remainder of the bottle with fractionated coconut oil. Cap the bottle and shake. Apply up to 3 drops of the solution every night until warts are gone.

May 15

Hair Regrowth Serum

What You Need:

1/2 c. olive oil

1/2 c. coconut oil

20 drops carrot seed EO

How to Make It:

Combine all ingredients into a glass bowl with a wooden spoon. Smooth onto wet hair and wrap head in plastic wrap. Place a warm towel over the plastic wrap. Leave on for 20 minutes before rinsing. Shampoo as normal. Repeat once a week.

May 16

Restorative Face Mask

What You Need:

2 tbsps. Apple cider vinegar

2 tbsps. Bentonite Clay

6 drops frankincense EO

How to Make It:

Place the first 2 ingredients into a small glass bowl and mix. Never use metal when working with bentonite clay. Then, stir in the essential oil. Apply the mask to your face and let sit for 20 minutes before washing off with warm water. Use coconut oil as a facial moisturizer afterwards if you prefer.

May 17

Scalp Detox

What You Need:

1/2 c. coconut oil

1 tsp. olive oil

2 drops rosemary EO

2 drops melaleuca EO

Glass jar

How to Make It:

Combine all ingredient together in a glass bowl. Using an applicator brush or comb, apply the scalp detox to the top of your head. Your hair should be dry. Wrap head in a warm towel and allow the treatment to sit on the scalp for 15 minutes before rinsing.

May 18

Green Tea Foot Lotion

What You Need:

¾ c. water

4 green tea bags

½ c. coconut oil

½ c. shea butter

3 tbsps. beeswax

20 drops peppermint EO

Glass jar

How to Make It

To begin, heat water until almost boiling and then steep 4 teabags. Allow to brew for about 15 minutes. Next, put the coconut oil, beeswax, and shea butter into the glass jar and place it into a pot of hot water. This allows the contents to melt, slowly. Once melted, remove from heat and allow to cool for a few minutes. Pour ½ c. of the green tea into the jar, followed by the essential oil and stir. You can also whip this foot lotion with a handheld blender for a creamier texture.

May 19

Baby Bath

What You Need:

1 ½ c. castile soap

4 tbsps. vegetable glycerin

2 tsps. apricot kernel oil

1 tsp. aloe vera juice

5 drops lavender EO

2 tbsps. distilled water

10 oz. pump bottle

How to Make It:

Add first 4 ingredients to the pump bottle and top it all off with the distilled water. Replace the lid and shake until evenly mixed. Use in baby's bath as a body wash and shampoo.

May 20

Sweet Dream Cream

What You Need:

¼ c. cocoa butter

¼ c. coconut oil

20 drops lavender EO

12 drops vetiver EO

10 drops frankincense EO

Glass jar

How to Make It:

Using a double boiler method, melt the cocoa butter and coconut oil. Once melted, remove from heat and allow to cool for 10 minutes. Next, add the essential oils and place the mixture into the refrigerator for 1 hour. When firm, remove from the refrigerator and whip using a handheld mixer. Spoon into glass jar and cap. Can be used on both adults and children before bedtime.

May 21

Tasty Tomato Sauce

What You Need:

32 oz. tomato sauce base

1 drop rosemary EO

1 drop thyme EO

How to Make It:

Place essential oils into tomato sauce base and heat as you normally would. Serve over pasta.

May 22

Sink and Tub Scrub

What You Need:

2 c. baking soda

10 drops lemon EO

10 drops clove EO

Castile soap

Container with shaker lid

How to Make It:

Place baking soda and essential oils into the shaker container and mix. Replace the lid and sprinkle into a wet sink or tub. Add a squirt of the castile soap and scrub with a textured pad. Rinse when clean.

May 23

Hemorrhoid Treatment

What You Need:

2 drops peppermint EO

2 tbsps. olive oil

Cotton swab

How to Make It:

Mix the oils together in a small bowl. Dip a cotton swab into the mixture and apply to external haemorrhoids for relief.

May 24

Teething Cream

What You Need:

1 tbsp. coconut oil

5 drops clove EO

2 drops copaiba EO

Small glass chap stick container (old Carmex containers work well)

How to Make It:

Mix the ingredients into the glass container and apply a small amount to gums as needed for pain.

May 25

Spring Allergy Relief

What You Need:

20 drops lemon EO

20 drops lavender EO

20 drops peppermint EO

20 drops copaiba EO

3 tbsps. olive oil

1 roller bottle

How to Make It:

Place all ingredients into roller bottle, cap, and shake. Roll onto wrists, behind ears, and nape of neck to relive seasonal allergies.

May 26

Bright Eyes

What You Need:

3 tsps. jojoba oil

3 tsps. baobab oil

1 tsp. grated beeswax

5 drops neroli EO

5 drops carrot seed EO

How to Make It:

Melt the first 3 ingredients over low heat in a small saucepan. Once melted, remove from heat and stir. Allow to cool before adding essential oils. Place in a small glass container and store in a dry, dark area. Use around the eyes, morning and evening.

May 27

Tired Legs Blend

What You Need:

2 drops cypress EO

2 drops lime EO

1 drop lemon EO

1 oz. coconut oil

Glass jar

How to Make It:

Mix all ingredients together and store in a glass jar. Massage onto achy legs after a long day of work or exercising.

May 28

Pep Potion for Aching Feet

What You Need:

3 drops juniper EO

2 drop lavender EO

2 drops rosemary EO

1 oz. sweet almond oil

Glass jar

How to Make It:

Add ingredients to a glass jar and stir. Rub onto sore, achy feet anytime you desire.

May 29

Doggy Health Blend

What You Need:

1 drop oregano EO

1 drop cypress EO

1 drop marjoram EO

1 drop black cumin EO

1 drop peppermint EO

1 drop basil EO

3 tbsps. jojoba oil

Glass jar

How to Make It:

Combine all ingredients into a glass jar and shake. Place 6 drop of the mixture onto the dog's back area and massage with hands to encourage good pet health.

May 30

Peaceful Foot Powder

What You Need:

¼ c. arrowroot powder

¼ c. cornstarch

10 drops lavender EO

5 drops sandalwood EO

5 drops clary sage EO

Glass jar shaker jar

How to Make It:

Place the first 3 ingredients into a glass bowl and mix. Then, add the essential oils and mix again. Dump the powder into the shaker jar and use on feet as needed.

May 31

Clarifying Body Spritz

What You Need:

4 oz. filtered water

12 drop clary sage EO

12 drops coriander EO

Spritz bottle

How to Make It:

Add all ingredients to a spritzer bottle, cap, and shake. Spray onto the body after a bath or shower.

June

School's out and summer's here! Let the fun begin with special essential oil recipes that make summer picnics, trips to the beach, and being outdoors a lot more fun. From gardening to keeping skin safe from harmful UV rays, there's an oil recipe for just about everything.

June 1

Herbal Sunscreen

What You Need:

- 2 oz. coconut oil
- 20 drops carrot seed EO
- 10 drops lavender EO
- Glass jar

How to Make It:

Place oils in the glass jar and mix with the end of a wooden spoon. Store in the refrigerator to keep solid. Slather on skin to provide up to 40 SPF protection. Safe for both adults and children.

June 2

Bug Be Gone Spray

What You Need:

- 50 drops citronella EO
- 50 drops eucalyptus EO
- 50 drops lemongrass EO
- 8 oz. witch hazel
- 2 oz. jojoba oil
- 2 oz. water
- 16 oz. glass spray bottle

How to Make It:

Begin by adding the witch hazel and jojoba oil to the spray bottle. Then, place the essential oils into the mixture. Lastly, add water to the spray bottle, screw on the top, and shake.

June 3

Heat Rash Treatment

What You Need:

10 drops lavender EO

10 drops eucalyptus EO

10 drops chamomile EO

¼ coconut oil

How to Make It:

Mix all ingredients together in a glass bowl and pour into a luke warm tub of running water. Soak for 20 minutes.

June 4

Cool Feet Gel

What You Need:

1 cup aloe vera gel

2 tbsps. witch hazel

6 drops peppermint EO

3 drops eucalyptus EO

Glass jar

How to Make It:

Add all ingredients to the glass jar and stir with the end of a wooden spoon. Rub onto hot, achy,

summer feet.

June 5

Heel Repair Summer Stick Balm

What You Need:

1/3 c. virgin coconut oil

1/3 c. beeswax granules

3 tbsps. shea butter

5 drops vitamin E oil

4 drops lavender EO

4 drops frankincense EO

Empty deodorant tube

How to Make It:

Add the first 3 ingredients to a glass jar. Place the jar into a pot of simmering water until the contents melt. Once melted, remove jar from heat and add in the essential oils and vitamin E. Stir well and pour into the empty deodorant tube. Place into the refrigerator until firm. Use on heels to repair dry, cracked skin.

June 6

Sea Salt Texture Spray for Hair

What You Need:

1 c. warm water

1 tbsp. sea salt

2 tsps. argan oil

5 drops lemon EO

Glass spray bottle

How to Make It:

Heat water until it comes to a simmer, and then stir in the sea salt. Using a whisk, incorporate the argan oil into the mixture followed by the essential oil. Pour the spray into your bottle and shake well. Spritz onto damp hair for a texturized look.

June 7

Summer Tuna Salad

What You Need:

1 can tuna in water; drained

¼ mayonnaise

1 tbsps. mustard

4 chopped gherkin pickles

½ chopped small sweet onion

Sea salt

Pepper

2 drops lemon EO

How to Make It:

Mix all ingredients in a glass bowl. Spread tuna salad on fresh bread, rolls, or on a bed of lettuce.

June 8

Grapefruit Sugar Scrub

What You Need:

1 c. light brown sugar

7 tsps. sweet almond oil

12 drops grapefruit EO

4 drops vanilla EO

1 tbsps. raw honey

Glass jar

How to Make It:

Mix all ingredients together until a paste-like consistency is reached. Store in a glass jar. Use in the shower as a body scrub.

June 9

Floral Face Mask

What You Need:

2 oz. rose water

12 drops geranium EO

4 drops lavender EO

2 oz. amber colored mist bottle

How to Make It:

Add water and essential oils to the mist bottle, cap, and shake. Spray over face and neck area.

June 10

Herbal Ice Cubes

What You Need:

16 oz. filtered water

1 tsp. coconut oil

5 drops EO of your choice (lemon, orange, lavender, grapefruit, peppermint, etc.)

BPA-free plastic ice cube tray

How to Make It:

Place coconut oil and essential oil into a glass measuring cup and stir. Add water and stir again. Immediately fill ice cube tray and place into the freezer. Add 1 or 2 cubes to water or fruit juices.

June 11

Wild Orange Fruit Smoothie

What You Need:

¾ c. vanilla yogurt

¾ c. skim milk

4 mandarin oranges

2 drops wild orange EO

1 drop vanilla EO

12 ice cubes

Blender

How to Make It:

Add all ingredients to the blender and whir until smooth. Pour into a tall glass and enjoy.

June 12

Lavender Lemonade

What You Need:

8 lemons, peeled and juiced

1 drop lavender EO

14 c. warm filtered water

1 ½ c. raw honey

How to Make It:

Mix the warm water and honey together in a glass bowl until honey is dissolved. Stir in the lemon juice, followed by the essential oil. Place in refrigerator until cold.

June 13

Anti-Anxiety Pillow for Pets

What You Need:

1 cotton pillow (size depends on the size of your pet)

4 drops lavender EO

4 drops chamomile EO

½ c. warm water

1 tsp. coconut oil

How to Make It:

Add the essential oils and coconut oils to a spray bottle, followed by the water. Close the bottle and shake. Spray liberally onto the cotton pillow and allow to air dry. Give to pet during car rides, when at the vet, or in a kennel to help calm anxiety.

June 14

Safe and Scented Bubbles for Kids

What You Need:

2 c. warm water

½ castile soap

20 drops orange EO

10 drop vanilla EO

Plastic bottle

Bubble wand

How to Make It:

Mix all ingredients together in a bowl. Using a funnel, transfer solution to a plastic container, cap, and shake. Place bubble wand into the solution and have fun blowing bubbles outside on a hot day.

June 15

Woodsy Man Spray

What You Need:

1 oz. spray bottle

1 oz. witch hazel

½ vegetable glycerin

12 drops cedarwood EO

12 drops melaleuca EO

12 drops blood orange EO

How to Make It:

Combine all ingredients together into a glass spray bottle, cap, and shake. This is the perfect men's cologne to take on camping trips due to its earthy scent.

June 16

Summer Suds Bubble Bath

What You Need:

½ c. castile soap

¼ c. glycerin

10 drops lemon EO

10 drop lime EO

8 oz. glass jar

How to Make It:

Pour the castile soap and glycerin into the jar and stir. Next, add the essential oils and stir again. Place the lid on the jar and shake. Add ¼ c. bubble bath to warm running water.

June 17

I'm Lovin' Lime Shower Melts

What You Need:

Ice Cube Tray

2 tbsps. water

1 cup corn starch

7 drops lime EO

Green food coloring

How to Make It:

Add corn starch and essential oil to a mixing bowl and stir. Next, add in the food coloring and stir. Slowly, add in the water and continue to stir. Keep adding water until a thick paste forms. Add the paste to the ice cube tray and store in the freezer. Place on the shower floor during shower time to enjoy.

June 18

Dog Cologne

What You Need:

Witch hazel

Water

8 drops lavender EO

5 drops lemon EO

Glass spray bottle

How to Make It:

Fill the spray bottle $\frac{3}{4}$ of the way with water, followed by the witch hazel to top the bottle off. Add in the essential oils, cap, and shake. Spray on stinky dogs to leave them smelling lovely.

June 19

No More Poo-Poo Stink Spray

What You Need:

1 c. water

2 tsps. rubbing alcohol

2 tsps. vegetable glycerin

15 drops bergamot EO

15 drops grapefruit EO

15 drops lemongrass EO

3 drops food coloring

Spray bottle

How to Make It:

Add all ingredients to a small bowl and mix. Using a funnel, pour the solution into the spray bottle and screw on the top. Spray into toilet bowl before performing a number 2 to keep poo stench from stinking up the bathroom.

June 20

Mock Febreze Spray

What You Need:

10 drops EO of choice

1 tbsp. witch hazel

Water

Spray bottle

How to Make It:

Add all ingredients to the spray bottle, cap, and shake. Spray liberally onto fabrics like carpets, furniture, and upholstery.

June 21

Poison Ivy Relief

What You Need:

½ c. coconut oil

10 drops frankincense EO

Glass jar

How to Make It:

Mix the oils together in a glass jar, stirring with the end of a wooden spoon. Apply liberally to afflicted areas twice a day.

June 22

Summer Lip Butter

What You Need:

¼ c. coconut oil

2 ½ beeswax pastilles

10 drops lime EO

8 drops spearmint EO

5 drops vanilla EO

Lip balm tubes

How to Make It:

Combine the beeswax and coconut oil in a double boiler and melt over low heat. When melted, remove from heat and add essential oils. Make sure to mix thoroughly. Immediately pour lip balm into empty balm tubes. Allow to cool for several hours before using.

June 23

Summer's Night Diffuser Scent

What You Need:

5 drops sage EO

5 drops orange EO

5 drops lemon EO

5 drops lime EO

5 drops grapefruit EO

Diffuser

How to Make It:

Add the essential oils to the water in your diffuser and wait for your home to be filled with the sweet scents of a summer's night.

June 24

Summer Herbal Water Pick-Me-Up

What You Need:

16 oz. filtered water

1 drop lemon EO

1 drop spearmint EO

1 tsp. raw honey

How to Make It:

Combine raw honey and essential oils together in a small bowl. Spoon the mixture into a bottle of water, cap, and shake. Enjoy.

June 25

Summer Herbal Water Calm-Me-Down

What You Need:

16 oz. filtered water

1 drop tangerine EO

1 drop juniper berry EO

1 tsp. raw honey

How to Make It:

Combine raw honey and essential oils together in a small bowl. Spoon the mixture into a bottle of water, cap, and shake. Drink up to calm your jittery nerves.

June 26

Scented Sidewalk Chalk

What You Need:

1 c. Plaster of Paris

$\frac{3}{4}$ c. water

4 tbsps. Tempera paint

1 plastic cup

1 plastic spoon

Silicone mold

5 drops EO of your choice

How to Make It:

The ingredients/materials listed are for 1 color of chalk. To begin, fill the plastic cup with $\frac{3}{4}$ of water. Now, add the paint, followed by the essential oil. Add in the Plaster of Paris and stir with a plastic spoon. Pour the mixture into the mold and allow to dry for 24-hours. Once dried, pop the chalk out and use.

June 27

Mojito Salt Scrub

What You Need:

3 tbsps. sea salt

1 tbsp. sweet almond oil

1 tbsp. cherry seed oil

1 tbsp. jojoba oil

8 drops lime EO

4 drop peppermint EO

Glass jar

How to Make It:

Combine all ingredients into a glass jar and mix. Use as a body scrub in the bath or shower.

June 28

Sweet summer Iced Tea

What You Need:

16 oz. sweet tea

1 drop lemon EO

1 drop orange EO

1 tsp. raw honey

How to Make It:

Combine essential oils and honey in a small bowl. Spoon the mixture into a tall glass of sweet tea and sip away on this summer treat.

June 29

Orange-Vanilla Summer Sugar

What You Need:

1 c. raw cane sugar

10 drops orange EO

¼ tsp. vanilla extract

Zest of 1 orange

Glass jar

How to Make It:

Combine the sugar, essential oil, and vanilla together in a bowl. Next, mix in the orange zest. Spread the sugar mixture out on a cookie sheet to dry for a few hours. Spoon into a glass jar. Sprinkle this sweet sugary treat onto buttered toast, muffins, and much more.

June 30

Head Lice Treatment

What You Need:

2 oz. olive oil EO

2 drops tea tree oil EO

2 drops lavender oil EO

2 drops neem oil EO

2 drops clove oil EO

2 drops eucalyptus oil EO

2 drops aniseed oil EO

2 drops cinnamon leaf oil EO

2 drops red thyme oil EO

2 drops peppermint oil EO

2 drops nutmeg oil EO

How to Make It:

In a glass bowl, combine all oils together and stir with a wooden spoon. Apply to the scalp using cotton balls. Wrap the head in plastic wrap and leave on for 12-hours or overnight. Rinse and shampoo.

July

July is one of the best summer months because it's filled with BBQs, picnics, and lots of fun in the sun. Enjoy this warm and friendly time of the year in good health with the many benefits of using essential oils. Add them to your bath water or use them to create skin-nourishing creams and balms.

You can even use essential oils in your culinary confections.

July 1

Cool and Creamy Lavender Blueberry Honey Ice Cream

What You Need:

2 ½ c. heavy whipping cream

1 ½ c. whole milk

8 lg. egg yolks

½ c. raw honey

¼ c. raw cane sugar

2 tsps. vanilla extract

4 drops lavender EO

1 c. frozen blueberries

Ice cream maker

How to Make It:

In a large cooking pot, add the cream and milk and heat until simmering over medium heat. Make sure to stir often. When heated, remove from stove. Next, whisk the egg yolks in a large bowl until fluffy. Add the honey and sugar to the yolks and whisk until creamy. Slowly add the cream and milk mixture to the egg yolk mixture a little at a time. Keep whisking. Place the pot back on the stove and turn the heat to medium, stirring frequently. When the mixture reaches 170 degrees, transfer it to a large bowl and allow to reach room temperature. Add the essential oil to the concoction, cover, and allow to chill in the fridge for about 4 hours. Afterwards, pour the creamy mixture into an ice cream maker and process according to the manufacturer's instructions. Then, add the blueberries and store in the freezer.

July 2

Mother's Summer Foaming Foot Soak

What You Need:

1 oz. aluminum-free baking soda

1 oz. citric acid

1 oz. powdered milk

0.5 oz. jojoba oil

2 drops peppermint EO

2 drop vanilla EO

4 oz. container

How to Make It:

Combine the baking soda, citric acid, and powdered milk in a small bowl. In another bowl, combine the rest of the ingredients. Add the oil mixture to the powder mix and stir together to evenly combine. Scoop the concoction into a container and cover with a lid. Add a few tablespoons of the mixture to a basin of warm water and soak feet for as long as desired. Perfect for cooling off mom's hot summer feet.

July 3

Go Away, Mosquitos!

What You Need:

10 drops lemongrass EO

5 drops peppermint EO

3 drops oregano EO

2 drops cinnamon EO

16 oz. filtered water

Spray bottle

How to Make It:

Combine all ingredients into a large spray bottle, cap, and shake. Do spray this mosquito repellent on bare skin as the cinnamon EO will cause irritation. Instead, spray around problem areas or onto clothes.

July 4

Red, White, and Blueberry Parfait

What You Need:

1 c. Greek yogurt

½ c. blueberries

½ c. strawberries, halved

1 small banana, sliced

1 drop lavender EO

How to Make It:

Place yogurt into a glass bowl, followed by the essential oil and stir. Top with fruit and enjoy.

July 5

Sunburn Soother

What You Need:

1 tbsp. aloe vera gel

1 tsp. coconut oil

½ tsp. shea butter

3 drops jojoba oil

1 drop peppermint oil

Small container

How to Make It:

Place the coconut oil and shea butter into a small bowl and mix until creamy. Add the remaining ingredients and mix. Place the sunburn soother into a small container with a tight-fitting lid. Slather on sun-scorched skin.

July 6

Lady Shave Cream

What You Need:

2/3 c. shea butter

2/3 c. coconut oil

1/4 c. olive oil

1/2 c. purified water

2 tbsps. aluminum-free baking soda

10 drops calendula EO

Glass jar

How to Make It:

Add water to a double boiler pan and heat. Then, add the shea butter, coconut oil, and olive oil. Allow ingredients to melt and mingle together. Do not boil. Once melted, add the essential oil and stir. Place the double boiler into the refrigerator for 3 hours to harden. Once firm, remove from the refrigerator and whip with an electric hand mixer until thick. Add the baking soda and continue to whip for 30 more seconds. Store in a glass jar.

July 7

Independence Day Soap

What You Need:

6.5 oz. opaque glycerin soap base

Red and blue food coloring

.1 oz. EO of choice, divided

Soap molds

How to Make It:

Add the soap base to a glass bowl and melt in the microwave. Make sure it does not boil. When melted, remove from the microwave and divide between 2 bowls. Stir in red food coloring to one and blue to the other. To each bowl, add the essential oil. Pour the first layer of soap into the mold, followed by the second layer on top. Allow to chill in the freezer for several hours before using.

July 8

All Natural Tinted Skin Balm

What You Need:

1 c. coconut oil

¼ c. shea butter

Cocoa powder

3 drops vanilla EO

Glass jar

How to Make It:

Combine coconut oil and shea butter in a large mixing bowl. Add in cocoa powder and stir. The amount of cocoa powder you add depends on the level of “tan” you want your skin to have. A little goes a long way. Now, mix in the essential oil and store in a glass jar. Use on the body for a beautiful faux tan.

July 9

Ingrown Hair Treatment

What You Need:

1 tbsp. coconut oil

4 drops tea tree EO

3 drops lavender EO

2 drops frankincense EO

How to Make It:

Mix all ingredients together in a small bowl and immediately apply to ingrown hair.

July 10

Hair Loss Treatment

What You Need:

5 drops rosemary EO

¼ c. olive oil

How to Make It:

Combine oils in a small bowl and apply to the scalp. Your hair should be dry. Massage the scalp with the oil mixture and wrap head in a scarf. Leave the treatment on all night and wash out in the morning.

July 11

Dry Shampoo for Blondes

What You Need:

4 tbsps. arrowroot powder

4 drops peppermint EO

4 drops lavender EO

¾ tsp. turmeric (colorant)

How to Make It:

Combine the dry ingredients in a small bowl using a wooden spoon. Adjust the amount of colorant you use for a lighter or darker result. Add the essential oils and store in an airtight container. When ready to use, apply to strands with a makeup brush and then comb through hair.

July 12

Dry Shampoo for Brunettes

What You Need:

4 tbsps. arrowroot powder

4 drops peppermint EO

4 drops lavender EO

4 tbsps. cocoa powder (colorant)

How to Make It:

Combine the dry ingredients in a small bowl using a wooden spoon. Adjust the amount of colorant you use for a lighter or darker result. Add the essential oils and store in an airtight container. When ready to use, apply to strands with a makeup brush and then comb through hair.

July 13

Dry Shampoo for Red Heads

What You Need:

4 tbsps. arrowroot powder

4 drops peppermint EO

4 drops lavender EO

2 ¼ tsps. paprika (colorant)

How to Make It:

Combine the dry ingredients in a small bowl using a wooden spoon. Adjust the amount of colorant you use for a lighter or darker result. Add the essential oils and store in an airtight container. When ready to use, apply to strands with a makeup brush and then comb through hair.

July 14

Dry Shampoo for Dogs

What You Need:

1 c. aluminum-free baking soda

1 c. corn starch

10 drops vanilla EO

How to Make It:

Mix all ingredients together in a glass shaker jar. Shake the dry shampoo onto your dog's fur and rub it in with your hands.

July 15

Cilantro Lime Rice

What You Need:

1 c. rice, prepared

2 tbsps. olive oil, divided

1 small onion, diced

2 cloves garlic

1 bunch cilantro, chopped

6 drops lime EO

How to Make It:

Start by heating 1 tbsps. olive oil in a small frying pan. Add the onions and garlic and cook until soft. Next, add the onion mixture, another tbsps. of olive oil, cilantro, and essential oil to a large mixing bowl. Then, add the rice and toss to coat. Enjoy!

July 16

Cantaloupe Custard

What You Need:

1 medium cantaloupe, peeled and chunked

1 rounded tbsp. gelatin

1 drop lemon EO

1 ½ c. coconut milk, divided

1 tbsp. raw honey

8 small glass jars

How to Make It:

Put the cantaloupe chunks into a blender or food processor and whir until creamy and smooth. Strain the puree through a fine mesh strainer into a large bowl. Pour ½ c. of the puree into a small bowl and dust it with the gelatin. Let rest for 5 minutes. Now, add the essential oil to the bigger bowl containing the remaining puree and stir. In a saucepan, heat the milk and honey and then add the cantaloupe and gelatin mixture. Whisk. Place the milk mixture into the bowl containing the puree and whisk to incorporate. Pour the mixture into 8 small glass jars and refrigerate for 8 hours. Enjoy!

July 17

Citrus Marinade for the BBQ Pit

What You Need:

¾ c. grapeseed oil

1/3 c. soy sauce

1 tbsp. grated onion

Juice of 1 lemon

2 drops orange EO

2 drops lemon EO

1 drop ginger EO

How to Make It:

Mix all ingredients together in a small bowl. Pour over meat and allow to marinate for several hours before cooking.

July 18

Cherry Limeade Summer Refresher

What You Need:

2/3 c. blue agave

2 drops lemon EO

2 drops lime EO

3 large lemons

1 small lime

1 bottle sparkling cherry soda pop

Filtered water

How to Make It:

Add all ingredients but the filtered water to a gallon glass pitcher. Stir until a syrup forms. Fill the pitcher the rest of the way with water and stir. Serve in tall glasses over ice.

July 19

Moisturizing Skin Spray

What You Need:

¼ c. cooled green tea

1 ½ tsps. vegetable glycerin

1 tsp. hazelnut oil

5 drops vitamin E oil

8 drops EO of your choice

Small BPA-free plastic misting bottle

How to Make It:

Add all ingredient to a small misting bottle and shake. Spray onto skin liberally and rub in using hands.

July 20

Summer Aromatherapy Spray

What You Need:

2 oz. filtered water

6 drop peppermint EO

12 drops lemon EO

2 oz. spray bottle

How to Make It:

Combine all ingredients into the spray bottle, cap, and shake. Spray around living areas or your office for a cooling, summertime burst of aromatherapy.

July 21

Cooling Lotion

What You Need:

4 oz. unscented white lotion base

10 drops geranium EO

10 drops rose EO

15 drops patchouli EO

Glass jar

How to Make It:

Combine all ingredients to a glass jar and stir with the end of a wooden spoon or bamboo stick. Massage into overheated skin on a hot summer's day.

July 22

Summer Sunscreen for Babies

What You Need:

1 oz. sesame oil

10 drops helichrysum EO

5 drops lavender EO

3 drops chamomile EO

Small glass spray bottle

How to Make It:

Place all ingredient into a glass spray bottle, cap, and shake. Spray this gentle sunscreen onto baby's body and face for protection from harmful UV rays. Remember, never use citrus oils in a sunscreen as they are photosensitive.

July 23

Summer Body Polish

What You Need:

1 c. sea salt

½ c. olive oil

10 drops rosemary EO

3 drops peppermint EO

Glass jar

How to Make It:

Mix all ingredients into a glass jar and stir. Use the scrub in the shower or bath to give your skin an invigorating tingle. You'll also be removing dry and dead skin from the body.

July 24

Morning Sunrise Foaming Facial Cleanser

What You Need:

1 tbsp. castile soap

1 tbsp. witch hazel

10 drops orange EO

5 drops lemon EO

3 drops grapefruit EO

Distilled water

Foamer bottle

How to Make It:

Add all ingredients to the foamer bottle, cap, and shake. Use in the mornings to rejuvenate skin and wake you up with a burst of citrus aromatherapy.

July 25

Kiss the Moon Goodnight Foaming Facial Cleanser

What You Need:

1 tbsp. castile soap

1 tbsp. witch hazel

10 drops lavender EO

10 drops chamomile EO

10 drops calendula EO

Foamer bottle

How to Make It:

Place all ingredients into a foamer bottle, cap, and shake. Use before bed to calm skin and the mind.

July 26

Yummy Chocolate Orange Sauce

What You Need:

2 ¼ c. raw cane sugar

¾ c. unsweetened cocoa powder

1 ½ tbsp. flour

¼ tsp. salt

1 ½ c. whole milk

1 tsp. vanilla extract

6 drops wild orange EO

How to Make It:

Add the first 5 ingredients to a medium sauce pan and heat over low heat until the chocolate forms a rich paste. Whisk the mixture and continue heating until it begins to boil. Reduce heat and allow to simmer for about 3 minutes while occasionally whisking. Remove from heat and add vanilla. Then, add the essential oil and stir. Pour over your favorite desserts.

July 27

Summer Iced Detox Tea

What You Need:

2 dandelion root teabags

10 oz. filtered water, boiled

½ c. unsweetened cranberry juice

1 c. water kefir

6 c. cold filtered water

8 drops lemon EO

6 drops grapefruit EO

Glass pitcher

How to Make It:

Boil the 10 oz. of water and steep tea bags for 10 minutes. Remove bags from tea and pour into a glass pitcher, followed by remaining ingredients. Stir, add ice, and sip in a tall glass.

July 28

Green Tea Face Mist

What You Need:

1 green teabag

8 oz. purified water

2 drops tea tree EO

Small glass misting bottler

How to Make It:

Boil water and steep green teabag for 10 minutes. Remove teabag and add the essential oil. Pour into the misting bottle, cap, and shake before each use. Spray onto face with closed eyes for a cool and refreshing experience. May also improve acne.

July 29

Body Acne Banishing Spray

What You Need:

2 oz. witch hazel

1 oz. filtered water

10 drops tea tree oil

4 oz. glass spray bottle

How to Make It:

Combine the ingredients into the glass spray bottle using a small funnel. Close the bottle and shake before each use. Spray onto afflicted areas and rub in with a cotton ball or pad.

July 30

No More Ouchy Balm

What You Need:

3.5 oz. calendula oil

.5 oz. beeswax granules

10 drops lavender EO

4 drops tea tree EO

Salve tin

How to Make It:

Place the calendula oil and beeswax into a glass jar. Place the jar into a saucepan of boiling water and allow contents to melt. Remove from heat and add the essential oils. Pour the hot mixture into a salve tin. Use on cuts, scrapes, and minor burns.

July 31

Extra-Lemony Lemonade

What You Need:

1 packet of organic lemonade mix, prepared

1 tsp coconut oil

1 drop lemon EO

How to Make It:

Prepare lemonade drink mix in a tall glass. Add essential oil to coconut oil and mix into the beverage. Add ice cubes and sip.

August

Enjoy this last month of summer with healthy essential oil blends by your side. Tuck a few bottles in your purse when going for a hike through the woods or spend an evening by the camp fire singing silly songs. Add the basic first aid oils to your kit before embarking on a final summer vacation. End summer with happy memories and sweet scents.

August 1

Sweet Summer Memories Diffuser Blend

What You Need:

10 drops petitgrain EO

8 drops sweet orange EO

2 drops ylang ylang EO

How to Make It:

Add oils to your diffuser and enjoy the sweet smells as they begin to waft through your space.

August 2

Bee Sting Soother

What You Need:

2 drops lavender EO

1 drop peppermint EO

1 drop German chamomile EO

1 drop vetiver EO

1 tbsp. carrier oil

How to Make It:

Mix all ingredients together in a small bowl and apply to afflicted area after stinger has been removed. Use every 15 minutes until pain subsides.

August 3

Callus and Corn Remover Oil

What You Need:

12 drops lavender EO

6 drops myrrh EO

4 drops vanilla EO

2 oz. sweet almond oil

Small glass jar

How to Make It:

Combine ingredients into a glass jar and stir. Massage oil onto calluses and corn every day to soft skin.

August 4

Conditioning Foot Bath for Rough Heels

What You Need:

4 drops myrtle EO

4 drops spearmint EO

4 drops grapefruit EO

3 drops cajuput EO

1 tsp. sesame oil

How to Make It:

Add oils to a small bowl and stir. Pour mixture into a basin of warm/hot water and soak feet for 10 minutes.

August 5

Say, “No!” to Nosebleeds

What You Need:

2 drops lemon EO

2 drops cypress EO

1 c. filtered water

Napkin

How to Make It:

Place water into a glass bowl and add essential oils. Submerge the napkin in the solution. Gently wring out the napkin and place over the nose while applying pressure on the midsection. Continue until nosebleed stops.

August 6

Bladder Infection Buster

What You Need:

6 drops oregano EO

2 drops frankincense EO

Olive oil

Gel capsules

How to Make It:

Fill gel capsules with olive oil and essential oils. Take one capsule 3 times a day with a full glass of water. *Always check with a licensed aromatherapist or physician before treating a bladder infection with essential oils.*

August 7

Bad Breath Be Gone

What You Need:

4 oz. filtered water

½ tsp. raw honey

10 drops spearmint EO

5 drops fennel EO

Small glass spray bottle

How to Make It:

Combine all ingredients into a glass measuring cup and then pour into the spray bottle. Close the bottle and shake. Spray as needed to freshen breath.

August 8

Nail Biter's Foe

What You Need:

1 drop clove EO

1 tsp. coconut oil

How to Make It:

Mix the oils together and rub over nails. Clove oil is very spicy and will nip the tongue, reminding nail biters to stop biting.

August 9

Teat Wash for Farm Animals

What You Need:

20 drops lavender EO

10 drops tea tree EO

2 tbsps. castile soap

Spray bottle

How to Make It:

Combine all ingredient into a spray bottle, cap, and shake. Spray onto cow and goat teats before milking.

August 10

Udder Balm for Cows, Goats, and Sheep

What You Need:

½ oz. beeswax pastilles

1 oz. shea butter

1 oz. refined coconut oil

3 oz. calendula infused oil

2 drops lavender EO

2 drops tea tree EO

Glass jar

How to Make It:

Using a double boiler, melt the beeswax. Once melted, add the shea butter and coconut oil. Stir the mixture with a wooden spoon. Next, add the calendula oil and mix. Remove from heat. Add the essential oils and stir. Pour into a small glass jar. Apply to udders after milking.

August 11

Pet's Paw Potion

What You Need:

4 tsp. beeswax pastilles

2 tbsps. shea butter

2 tbsps. olive oil

1 tsp. vitamin E oil

2 drops lavender EO

Small container

How to Make It:

Using a double boiler method, melt the beeswax and shea butter. Add the olive oil and stir. Remove from heat and add the remaining ingredients. After mixing, place into a small container for storing. Rub onto dog and cat paws to keep them healthy and conditioned.

August 12

Mirror Cleaner

What You Need:

1 c. water

1 c. white distilled vinegar

3 drops lemon EO

Spray bottle

How to Make It:

Mix all ingredients together in the spray bottle, cap, and shake. Spray onto mirrors, wipe with paper towel, and repeat if necessary.

August 13

Warming Muscle Rub

What You Need:

½ c. coconut oil

1 ¼ c. grated cocoa butter

2 tbsps. cayenne pepper powder

2 tsps. ginger root powder

15 drops peppermint EO

15 drops eucalyptus EO

8 drops clove EO

1 tsp. arrowroot powder

Glass jar

How to Make It:

Place the coconut oil, cayenne and ginger powders into a double boiler to warm. Do not allow to get too hot. Stir the slightly warm mixture and remove from heat. Allow to sit for 30 minutes and then repeat the process. Do this a few more times over the course of 2 hours. Using a cheesecloth, strain the mixture over a bowl. Add in the coconut oil and essential oils and stir. Then add the arrowroot powder and mix. Store in a glass jar. *Do not use on children under 5.*

August 14

Solid Perfume Bar

What You Need:

2 tbsps. sweet almond oil

2 tbsps. beeswax pastilles

4 drops jasmine EO

2 drops clove EO

2 drops vanilla EO

Containers

How to Make It:

Pour the almond oil into a glass bowl, followed by the essentials and stir. Carefully melt the beeswax using the double boiler method. Once melted, combine with the oil mixture. Allow the mixture to harden after being transferred to containers. Rub on skin as desired.

August 15

Oily-Skin Friendly Facial Sunscreen

What You Need:

¼ c. shea butter

2 tbsps. jojoba oil

2 tbsps. beeswax pastilles

1 tsp. vitamin E oil

10 drops red raspberry seed EO

1 tbsp. zinc oxide powder

Glass jar

How to Make It:

Carefully melt the first 4 ingredients using the double boiler method. Stir the mixture and remove from heat. Stir in the essential oils. Add the zinc oxide powder (do not breath in) and mix. Place into a glass jar and use on face before going into the sun.

August 16

Coffee Creamer with a Twist

What You Need:

14 oz. sweetened condensed milk

1 ½ c. milk

1 tbsp. vanilla extract

3 drops cinnamon EO

Glass jar

How to Make It:

Mix ingredients together in a glass bowl until well incorporated. Pour mixture into a glass jar or bottle and store in the refrigerator.

August 17

Dilly Dip

What You Need:

1 c. sour cream or plain Greek yogurt
8 oz. brick of cream cheese
½ tp. Garlic powder
5 tbsps. minced onion
¼ tsp. sea salt
1 tsp. onion powder
¼ tp. ground mustard
¼ tsp. dried parsley
¼ tsp. dried dill
2 drops dill EO

How to Make It:

In a glass serving bowl, mix all ingredients together, stirring well. Cover with plastic wrap and allow to chill in the fridge for at least 2 hours before eating.

August 18

Campfire Marshmallows

What You Need:

1 c. filtered water, divided
3 tbsps. gelatin
1 c. honey
1/8 tsp. sea salt
½ tsp. vanilla extract
5 drops peppermint EO
¼ c. arrowroot powder

How to Make It:

Line a square baking pan with waxed paper and grease with coconut oil. Then, dust with arrowroot powder. In a mixing bowl, dissolve the gelatin in ½ c. water and set aside. Add the remaining water,

honey, and salt to a bowl in a saucepan over medium-high heat. Allow to boil until mixture reaches the soft ball stage. Carefully pour the hot liquid into the mixing bowl and mix until well incorporated. Add vanilla and essential oil. Continue mixing until the concoction is thick. Pour the mixture into the baking dish and spread evenly with a spatula. Allow to sit at room temperature overnight. Dust with a bit of arrowroot powder, cut into squares, and enjoy!

August 19

Pregnant Mama Belly Balm

What You Need:

½ c. cocoa butter

2 tbsps. grated beeswax

¼ c. coconut oil

¼ c. sweet almond oil

10 drops lavender EO

Glass jar

How to Make It:

Place the first 3 ingredients into a double boiler pan and melt. Stir continuously until fully melted and remove from heat. Add the remaining ingredients to the mixture and stir. Pour into a glass jar and allow to sit for several hours before using.

August 20

Get Labor Going Again

What You Need:

1 drop myrrh EO

1 cotton ball

How to Make It:

Place 1 drop of myrrh EO onto a cotton ball and lay it near the laboring mother's face. Labor should resume.

August 21

Say, “Goodbye” to Stretch Marks

What You Need:

- 2 oz. shea butter
- 2 tbsps. jojoba oil
- 5 drops geranium EO
- Glass jar

How to Make It:

Warm the shea butter in a double boiler until soft. Then, add the jojoba oil and stir. Add in the essential oil and stir again. Pour the balm into a glass jar for storage.

August 22

Freckle Fighter

What You Need:

- 5 drops lemon EO
- ½ c. coconut oil
- Glass jar

How to Make It:

Mix the oils together in a glass jar. Apply to skin daily to fade freckles. *Avoid direct sun exposure when using this balm as citrus oils create photosensitivity.*

August 23

House Blessing Air Freshener Spray

What You Need:

- 5 drops lavender EO
- 5 drops lemon EO

5 drops rosemary EO

$\frac{3}{4}$ c. water

2 tbsps. vodka

Spray bottle

How to Make It:

Combine all ingredients to an 8 oz. spray bottle, cap, and shake well before each using.

August 24

Sleep Tight Candle

What You Need:

Unscented candle

5 drops lavender EO

3 drops chamomile EO

Cotton ball

How to Make It:

Place essential oils onto a cotton ball. Rub the cotton ball over the unscented candle, making sure to get plenty around the top. Light the candle before turning in for the night to fill your bedroom with a sleepy scent. Make sure to extinguish candle before falling asleep.

August 25

Deep Clean Mattress Powder

What You Need:

1 box baking soda

20 drops lavender EO

Vacuum sweeper

How to Make It:

Add essential oil to the box of baking soda. Close the box and shake. Dust the mattress with half the

box of baking soda, allow to sit for 10 minutes, and vacuum. Repeat this sequence for the other side of the mattress.

August 26

Chemical-Free Kids' Toy Cleaner

What You Need:

8 drops lemon EO

4 drops tea tree EO

1 bucket of warm water

How to Make It:

Place the essential oils into the bucket of water and swish them around with your hand. Add toys and allow them to soak for a few moments. Scrub them clean with a washcloth, and allow to dry before giving them back to children.

August 27

Cleaning Wipes

What You Need:

Sealable wide-mouth glass jar

Washcloths

½ c. distilled white vinegar

¾ c. distilled water

3 drops cinnamon EO

3 drops clove EO

3 drops tea tree EO

5 drops lemon EO

How to Make It:

Add vinegar and water to the glass jar, followed by essential oils. Put the jar and shake. Then, place

the washcloths inside of the jar, cap, and shake again. Use the cloths for cleaning a variety of surfaces. Wash and reuse cloths.

August 28

Microwave Steam Cleaner

What You Need:

Glass bowl

Water

4 drops lemon EO

How to Make It:

Fill the glass bowl with water and stir in essential oil. Place bowl into the microwave and heat on high for 5 minutes. After steam cleaning has finished, wipe down the walls and door of the microwave with a damp cloth.

August 29

Yummy Cottage Cheese Snack

What You Need:

1 tbsp. flaxseed oil

1 drop EO – Choose from lemon, dill, black pepper, or basil.

8 oz. cottage cheese

How to Make It:

Pour the flaxseed oil and essential oil on top of the cottage cheese and mix thoroughly.

August 30

Quick and Easy Focus Blend

What You Need:

Filtered water

5 drops rosemary, basil, juniper berry, peppermint, or clary sage EO

How to Make It:

Fill a small saucepan $\frac{1}{4}$ of the way with filtered water. Heat until steaming. Add in the essential oil of your choice and allow to simmer until water is almost evaporated before turning heat off. Enjoy the aroma of focus-infused essential oils throughout your home.

August 31

Calming Baby Room Spray

What You Need:

2 drops lavender EO

2 drops chamomile EO

1 tbsps. rubbing alcohol

4 oz. filtered water

Spray bottle

How to Make It:

Mix all ingredients into a small spray bottle, cap, and shake. Spray around baby's room to promote quite relaxation.

September

Summer has officially ended, school is about to start, and essential oils are still very much part of your life. During the month of September, help make the transition from summer to fall an easy one with a variety of essential oil recipes.

September 1

Back-to-School Immunity Booster Oil

What You Need:

40 drops clove bud EO

35 drops lemon EO

20 drops cinnamon bark EO

15 drops eucalyptus EO

10 drops rosemary EO

Small amber or blue colored dropper bottle

How to Make It:

Mix all oils into a dropper bottle, cap, and shake. Use this oil blend when cleaning, sanitizing, protecting oneself from sickness, and in diffusers. If using on the skin, dilute in a carrier oil first. Only ingest under a licensed aromatherapist's guidance.

September 2

Brain Fog Lifter Diffuser Oil

What You Need:

2 drops rosemary EO

Diffuser

How to Make It:

Add rosemary essential oil to your diffuser before sending kids off to school in the morning. Rosemary is known to increase brain power.

September 3

Kids' Calming Detox Bath

What You Need:

2 drops lavender EO

2 drops vanilla EO

1 tbsp. coconut oil

How to Make It:

Mix the oils together and add them to a tub of warm running water. Bathe children in this relaxing blend after a long day of school and play.

September 4

Big Test Aromatherapy Blend

What You Need:

1 drop lemon EO

Diffuser

How to Make It:

Before a big test, diffuse lemon essential oil in your diffuser to support mental clarity and focus. This is a great aromatherapy blend for teacher's to keep in their classrooms.

September 5

Smelly Locker Rescue Spray

What You Need:

5 drops peppermint EO

3 drops tea tree EO

2 drops orange EO

1 cup filtered water

1 tbsp. rubbing alcohol

Small spray bottle

How to Make It:

School lockers can get seriously funky during the year. Dispel gross odours by mixing all of the above ingredients into a spray bottle and spraying down the inside of the locker. Shake before using.

September 6

Upset Tummy Remedy

What You Need:

1 drop ginger EO

½ c. raw honey

1 c. filtered water

How to Make It:

Heat the water until warm either on the stove or in the microwave. Stir in the honey, followed by the essential oil. Sip to relieve stomach upset. *Do not give to kids under 12.*

September 7

Gym Shoe Refresher

What You Need:

2 cotton socks

16 oz. baking soda

15 drops tea tree EO

15 drops peppermint EO

20 drops rosemary EO

How to Make It:

Place the baking soda into a bowl, followed by the essential oils. Stir with a wooden spoon. Place half the baking soda mixture into each sock and tie off at the end to close. Put one sock into each shoe and allow to sit overnight.

September 8

Desk Freshener

What You Need:

¼ c. rice

15 drops EO of your choice

Small glass dish

How to Make It:

Add rice to the small dish, followed by essential oil. Mix together with a bamboo stick or spoon. Place on your desk or anywhere you want to experience aromatherapy.

September 9

After School Snack Mix

What You Need:

2 c. each of wheat, cinnamon, and honey nut Chex cereal

Crushed white chocolate covered pretzels

1 small bag of pecans (optional)

½ c. raw brown sugar

4 drops cinnamon bark EO

How to Make It:

In a large bowl, add all ingredients and mix thoroughly. Serve to hungry kids as an after school treat.

September 10

Apple Cider Pick-Me-Up

What You Need:

½ gallon of apple cider

2 c. orange juice

¼ c. lemon juice

1 16 oz. bottle sparkling grape juice

5 drops cinnamon bark EO

2 tsps. coconut oil

How to Make It:

Place all ingredients into a 1-gallon pitcher and stir. Serve over ice.

September 11

Reflection Blend

What You Need:

1 drop Melissa EO

1 drop Rosemary EO

1 drop Vetiver EO

Diffuser

How to Make It:

Place essential oils into your diffuser and reflect on past events.

September 12

Coffee Infused Sugar Scrub

What You Need:

¼ c. finely ground dry coffee

½ c. raw brown sugar

2 tbsps. coconut oil

2 tbsps. castor oil

4 drops vanilla EO

Glass jar

How to Make It:

In a medium-sized bowl, place the coffee and sugar. Add the essential oil and mix well. Add in the remaining ingredients and mix again. Place in a glass jar and cover with a lid.

September 13

Cake Batter Body Butter

What You Need:

1 c. shea butter
½ c. coconut oil
1 tsp. vitamin E oil
50 drops vanilla EO
Glass jar

How to Make It:

Place all ingredients into a mixing bowl and whip with an electric mixer until light and fluffy. Store in a glass jar.

September 14

Mandarin Orange Weight Loss Smoothie

What You Need:

2 mandarin oranges, peeled
1 ¾ c. coconut milk
2 tbsps. collagen hydrolysate
2 tbsps. chia seeds
2 c. ice cubes
1.5 c. water
Stevia to taste
2 drops orange EO
Blender

How to Make It:

Place all ingredients into blender and whir until smooth. Pour into a tall glass and sip those pound away!

September 15

Hair Thickening Treatment

What You Need:

3 tbsps. castor oil

1 tbsp. grapeseed oil

1 tbsp. coconut oil

2 drops cedarwood EO

How to Make It:

Mix all ingredients into an amber colored dropper bottle, cap, and shake. Massage a few drops into the scalp for 5 minutes. Wash and dry hair as normal.

September 16

Fabulous Foot Detox

What You Need:

½ gallon jar

1 c. Epsom salt

1 c. sea salt

2 c. aluminum-free baking soda

4 drops lavender EO

How to Make It:

Place all ingredients into the glass jar, cap, and shake. Use ¼ c. of the mixture in a basin of hot water to soak and detoxify feet.

September 17

Crock Pot Essential Oil Diffuser

What You Need:

Crock Pot

Filtered water

10 drops of EO of your choice

1 tbsp. coconut oil

How to Make It:

Add filtered water to the Crock Pot, filling it half way. Turn the pot on high and allow water to get warm. You can skip this step by adding already warm water to the pot. Then, add coconut oil and essentials. Allow the scented steam to waft through your home.

September 18

Homemade Cinnamon Applesauce

What You Need:

10 medium apples, peeled, cored, and chopped

¼ c. filtered water

2 drops cinnamon bark eO

½ tsp. cinnamon powder

¼ c. raw honey

Crock Pot

How to Make It:

Place all ingredients into crock pot and turn on high, allowing to cook for several hours. Mash the hot apples to the desired consistency before eating.

September 19

Nail Strengthening Blend

What You Need:

2 tbsps. vitamin E oil

10 drops frankincense EO

10 drops myrrh EO

10 drop lemon EO

Small bottle

How to Make It:

Mix all ingredients together and store in an amber-colored bottle. Rub on the nails at least twice a week.

September 20

Healing Cuticle Oil

What You Need:

5 drops tea tree EO

2 tbsps. hemp seed oil

Small bottle

How to Make It:

Combine oils in a small bottle, cap, and shake. Warm oil before using and apply over the entire nail and surrounding skin.

September 21

Tennis Elbow Relief

What You Need:

10 drops eucalyptus EO

10 drops ginger EO

10 drops helichryum EO

5 drops peppermint EO

5 drops rosemary EO

2 tbsps. sunflower oil

Small jar

How to Make It:

Add all oils to a small jar, cap, and swirl to mix. Massage into forearm, elbows, and shoulder areas as needed. May also be applied to the neck.

September 22

Headache Remedy

What You Need:

- 1 drop rosemary EO
- 1 drop peppermint EO
- 1 tsp. carrier oil

How to Make It:

Mix all oils together and apply to temples, forehead, and base of the neck.

September 23

Armpit Detox Blend

What You Need:

- 1 tbsp. bentonite clay
- 1 tsp. apple cider vinegar
- 2 tsps. filtered water
- 1 drop tea tree EO
- Glass bowl

How to Make It:

Mix all ingredients in a glass bowl with a wooden spoon. Spread a layer of the paste over the armpits and allow to sit for 10 minutes or longer. Rinse off and pat dry.

September 24

Lip Scrub

What You Need:

4 tsps. raw brown sugar

3 tsps. coconut oil

3 tsps. raw honey

2 drops peppermint EO

2 drops wild orange EO

Airtight container

How to Make It:

In a small bowl, mix the first 3 ingredients. Then, stir in the essential oils. Store the lip scrub in an airtight container. Apply to lips as needed.

September 25

Split End Hair Treatment

What You Need:

10 drops sandalwood EO

2 tbsps. aloe vera gel

How to Make It:

Mix the oil and gel in a small bowl and apply to hair ends to repair damage.

September 26

Nighttime Water Beverage

What You Need:

4 oz. filtered water, heated

1 drop valerian EO

1 tsp. coconut oil

How to Make It:

Add one drop of essential oil to heated water and coconut oil in a small mug. Sip on the concoction 30 minutes before bed.

September 27

Sweet Smelling Body Lotion for Baby

What You Need:

½ c. olive oil

¼ c. coconut oil

¼ c. beeswax

1 tsp. vitamin E oil

1 drop calendula EO

1 drop chamomile EO

Glass jar

How to Make It:

Add first 3 ingredients to a double boiler and melt. Remove from heat and add in the oils. Stir everything together and pour into a glass jar for storage.

September 28

Fluffy Whipped Cream Edible Topping

What You Need:

1 c. cold heavy whipping cream

2 tbsps. maple syrup

4 drops vanilla EO

How to Make It:

Before starting, place mixer bowl and whisk into freezer for 20 minutes to chill. Pour the ingredients into the chilled bowl and whisk on high speed for 1 minute. When stiff peaks form, the cream is ready to serve.

September 29

Ear Wax Remover

What You Need:

4 drops lavender EO

4 drops thyme EO

1 oz. olive oil, warmed

Cotton ball

Small glass dropper bottle

How to Make It:

Add the oils to the dropper bottle, cap, and shake to blend. Saturate a piece of the cotton ball with the oil and place in opening of the ear overnight. Remove in the morning.

September 30

Soft and Supple Hand Scrub

What You Need:

1 c. coarse Himalayan pink salt

½ c. coconut oil, melted

5 drops grapefruit EO

Small jar

How to Make It:

Pour all ingredients into the glass jar and stir with a wooden spoon. Use about a tablespoon of the mixture to scrub hands. Rinse with warm water.

October

Fall is officially here! The smell of pumpkin spice has filled the air and it's time to bring out the oversized sweaters and hats. Take a walk through your yard and feel the crunch of fallen leaves beneath your feet. This time of year is so beautiful. Let's make it even better with some useful autumn-inspired essential oil recipes.

October 1

Cackling Witch's Party Punch

What You Need:

- ½ gallon apple cider
- 1 orange, peeled and sliced
- 3 drops lemon EO
- 1 drop cinnamon bark EO
- 1 drop clove EO
- 1 drop nutmeg EO
- Cinnamon sticks

How to Make It:

To a large pot, add the apple cider, oranges, and oils and simmer over low heat for 10 minutes. Once heated, remove orange slices. Serve the punch in warm and garnish individual glasses with a cinnamon stick.

October 2

Chilly Morning Cinnamon Oatmeal

What You Need:

- 1 c. prepared oatmeal
- ¼ c. raisins

1 drop cinnamon bark EO

How to Make It:

Place raisins and essential oil into prepared oatmeal and stir. Add a pinch of butter and a sprinkle of brown sugar if desired.

October 3

Pumpkin Pie Diffuser Blend

What You Need:

5 drops cinnamon EO

1 drop clove EO

1 drop nutmeg EO

Diffuser

How to Make It:

Place essential oils into diffuser and let the scents of warm pumpkin pie waft through your living space.

October 4

Pumpkin Spice Bath Salts

What You Need:

1 c. Epsom salts

10 drops pumpkin EO

Red and yellow food coloring

Glass jar

How to Make It:

Place the Epsom salts into a bowl and add essential oil and food coloring. Use enough food coloring to create an orange hue. Stir together and dump into a glass jar.

October 5

Oatmeal Cinnamon Soap

What You Need:

2 lbs. oatmeal soap base

20 drops cinnamon EO

Soap molds

How to Make It:

Cut the soap base into small chunks and place into a double boiler. Gently heat until melted. Remove from heat and add cinnamon essential oil and stir. Pour mixture into soap moulds and allow to sit until firm.

October 6

Chewy Chocolate Carmel Pretzels

What You Need:

1 bag pretzels

1 bag of Rolo candy

½ c. brown sugar

3 drops vanilla EO

How to Make It:

Place pretzels on a cookie sheet. Add 1 Rolo to the top of each pretzel. Bake at 350 degrees for 4 minutes. While baking, place the sugar and essential oil in a bowl and stir. When Rolo pretzels are finished baking, sprinkle them with the sugar while the chocolate is still hot. Serve when cooled.

October 7

Fall Inspired Decorative Wreath

What You Need:

1 handcrafted or store bought fall wreath

10 drops clove EO

10 drops cinnamon bark EO

5 drops orange EO

Filtered water

Spray bottle

How to Make It:

Fill a small spray bottle with filtered water and add essential oils, cap, and shake. Spray the water mixture liberally over the fall wreath to give it a spicy scent. Hang wreath were desired.

October 8

Healthy Pumpkin Pie Smoothie

What You Need:

1 c. milk

½ c. pumpkin

½ frozen banana

2 tbsps. applesauce

2 drops cinnamon EO

A pinch of allspice

½ in. piece of peeled ginger

1 tbsp. hemp seeds

1 tbsp. chia seeds

1 tbsp. maca powder

2 tbsps. gelatin

½ tsp. camu camu

1 drop vanilla EO

½ c. ice

Blender

How to Make It:

Add all ingredients to a blender and pulse until smooth. Pour into a tall glass and enjoy.

October 9

Halloween Lollipops

What You Need:

Heat-tempered candy molds

Sucker sticks

Candy thermometer

2 c. granulated sugar

2/3 c. raw honey

3/4 c. filtered water

10 drops ginger EO

A pinch of very finely chopped candied ginger

Olive oil

How to Make It:

Liberalily grease the candy moulds with olive oil, and then drop a few pieces of candied ginger into each mould. Insert sucker stick into moulds and set aside. In a saucepan, combine the sugar, honey, and water. Cook over medium heat and stir until all ingredients are dissolved. Continue to heat until contents reach 300 degrees, then remove from heat. Once bubbling, add the essential oil and stir. Pour the candy mixture into sucker moulds and allow to cool before removing.

October 10

Apple Spice Organic Muffins

What You Need:

1 organic apple spice muffin mix, prepared

4 drops cinnamon EO

1 drop nutmeg EO

Muffin tin

How to Make It:

Add essential oils to prepared muffin mix and pour into tin. Bake according to muffin mix instructions.

October 11

Trick-or-Treat Diffuser Blend

What You Need:

3 drops orange EO

2 drops frankincense EO

2 drops cinnamon EO

Diffuser

How to Make It:

Add all oils to your diffuser and allow the sweet smells of Halloween candy waft through your home.

October 12

Whipped Pumpkin Spice Body Butter

What You Need:

1 c. coconut oil

1 tsp. Vitamin E oil

2 drops clove EO

5 drops pumpkin EO

Glass jar

How to Make It:

Place all ingredient into a large mixing bowl and whip with an electric mixer. Place into a glass jar

for storage.

October 13

Simmering Harvest Potpourri

What You Need:

- 1 split vanilla bean
- 1 whole nutmeg
- 1 spice of crystallized ginger
- ¼ c. cloves
- 1 small jar of allspice
- A few cinnamon sticks
- 1 c. dried orange peels
- ¼ c. star anise
- 10 drops cinnamon EO
- Large Ziploc bag

How to Make It:

Place all ingredients into a Ziploc bag, seal, and shake. Simmer 3 tbsps. in a pot on the stove to infuse air with the scents of fall.

October 14

Honey Fall Face Wash

What You Need:

- 1/3 c. castile soap
- 1/3 c. raw honey
- 3 tbsps. purified water
- 2 tbsps. sweet almond oil
- 1 drop clove EO

1 drop cinnamon EO

1 drop rosemary EO

Liquid soap dispenser

How to Make It:

Add all ingredients to the liquid soap dispenser, cap, and shake. Use on face both morning and night. Rinse.

October 15

Pumpkin Face Mask

What You Need:

2 tbsps. pumpkin puree

½ tsp. raw honey

½ tsp. almond milk

1 drop pumpkin EO

How to Make It:

In a small bowl, mix all ingredients together. Apply mask to face using fingers or a makeup brush. Allow the mask to set for 20 minutes before rinsing off with warm water. Use a dab of coconut oil afterwards as a moisturizer.

October 16

Autumn Car Air Freshener

What You Need:

4 oz. glass jar

Small piece of cardboard

Small nail

3 oz. baking soda

10 drops cinnamon EO

5 drops nutmeg EO

5 drops orange EO

How to Make It:

Begin by tracing the jar's lid onto the cardboard. Cut around the shape and poke hole in it with the nail. Now, add the baking soda and essential oils to the jar and mix. Place the cardboard lid and metal ring on the jar. Put the jar in your car for a fresh, fall-inspired aroma.

October 17

Sinus Clearing Steam Treatment

What You Need:

3 drops pine EO

3 drops peppermint EO

2 drops eucalyptus EO

Bowl of hot, steamy, filtered water

How to Make It:

Add the essential oils to the bowl of steaming water. Place a towel over your head and lean over the bowl for sinus congestion relief.

October 18

Apple Cider Lip Balm

What You Need:

1 tsp. golden apple extract

1 drop cinnamon bark EO

3 tbsps. coconut oil

1 tbsp. mango butter

1 tsp. rose hip seed oil

Lip balm tin

How to Make It:

Place coconut oil and mango butter into a small glass bowl and gently melt in the microwave. Add the remaining ingredients and stir. Pour into lip balm tin and allow to set until firm.

October 19

Pumpkin Spice Lip Rescue

What You Need:

- 3 tsps. beeswax pastilles
- 2 tsp. coconut oil
- 1 tsp. cocoa butter
- 2 tsp. pumpkin seed oil
- 4 drops cinnamon bark EO
- 2 drops nutmeg EO
- 6 lip balm tube

How to Make It:

Using a double boiler method, melt the first 4 ingredients. Once melted, remove from heat and add the essential oils. Stir to combine. Using a tiny funnel or pipette, fill the lip balm tubes with the mixture. Allow to harden before using or giving away to friends.

October 20

Cough, Cold, and Flu Tea

What You Need:

- 2 c. filtered water, heated
- 5 drops lemon EO
- 2 drops eucalyptus EO
- 1 drop peppermint EO

1 tsp. coconut oil

How to Make It:

Add the oils to the hot water, stir, and sip to relieve sickness.

October 21

Falling Leaves Diffuser Blend

What You Need:

5 drops orange EO

1 drop patchouli EO

1 drop ginger EO

How to Make It:

Add all essential oils to your diffuser and enjoy the scents of crisp autumn leaves wafting through your home.

October 22

Pumpkin Potion for Frizzy Hair

What You Need:

1 c. pumpkin puree

2 tbsps. raw honey

2 drops pumpkin EO

1 drop vanilla EO

How to Make It:

Add all ingredients to a glass bowl and mix. Rub mixture onto wet hair and place a shower cap onto head. Wrap head in a warm towel for 20 minutes. Rinse out the mixture and shampoo as normal.

October 23

Nutmeg Achy Muscle Bath

What You Need:

5 drops cypress EO

5 drops sandalwood EO

3 drops nutmeg EO

2 drops lavender EO

1 tsp. almond oil

How to Make It:

Add all essential oils to the almond carrier oil. Pour mixture into a tub of hot running water. Relax aching muscles in tub for 20 minutes.

October 24

Pumpkin Party Latte

What You Need:

1 c. milk

1 ½ tbsps. pumpkin puree

1 shot of espresso

¾ tsp. blue agave

1 drop cinnamon bark EO

1 drop nutmeg EO

1 drop vanilla EO

Whipped topping

How to Make It:

Add the first 3 ingredients to a saucepan and heat over a medium-low heat. Stir the mixture until it begins to simmer. Remove from heat and add the remaining ingredients. Allow to cool before pouring into a mug and topping with whipped cream.

October 25

Warm Vanilla Chai Sugar Scrub

What You Need:

5 tsps. chai tea

½ c. brown sugar

½ c. white sugar

½ cinnamon powder

6 tbsps. coconut oil, warm

1 tsp. honey

12 drops vanilla EO

Glass jar

How to Make It:

Place all ingredients into a medium-sized bowl and mix well. Transfer to a glass jar for storage.

October 26

Walk in the Wood Diffuser Blend

What You Need:

3 drops frankincense EO

2 drops fir EO

1 drop cedarwood EO

Diffuser

How to Make It:

Place essential oils into your diffuser and allow the scent of the autumn woods waft through your home.

October 27

Fall Scented Postcards

What You Need:

1 drop cinnamon EO

1 drop clove EO

1 drop nutmeg EO

1 large Ziploc bag

1 cotton ball

Postcards

How to Make It:

Place essential drops on a cotton ball. Put the postcards and cotton ball into the Ziploc bag and seal. Allow to sit undisturbed for at least 24-hours before opening.

October 28

Adult Caramel Apple Wassail

What You Need:

2 c. apple cider

1 c. cranberry juice

¼ orange juice

3 drops orange EO

2 drops frankincense EO

1 drop lemon EO

1 drop cinnamon EO

1 drop clove EO

Caramel flavored vodka

How to Make It:

Combine apple cider, cranberry juice, and orange juice in a cooking pot. Heat the mixture to a high heat, just until it reaches a steamy boil. Remove from heat. Add the remaining ingredients and serve hot.

October 29

Candida Be Gone Clove Tea

What You Need:

1 c. prepared organic black tea

1 drop clove EO

1 tsp. raw honey

How to Make It:

Add the raw honey and clove essential oil to a cup of prepared tea and stir. Sip daily to discourage candida growth.

October 30

BOOberry Muffins

What You Need:

1 ¼ c. oatmeal

1 c. flour

1/3 c. raw brown sugar

1 tbsps. aluminum-free baking powder

½ tsp. sea salt

3 drops cinnamon EO

3 drops vanilla EO

1 c. vanilla yogurt

1 egg

¼ c. vegetable oil

1 c. frozen blueberries

How to Make It:

Mix all dry ingredients in a large bowl. In a smaller bowl, combine the wet ingredients. Add the wet

ingredients to the dry ingredients and combine. Then, fold in the blueberries. Pour mixture $\frac{3}{4}$ of the way into lined muffin tins. Bake at 425 degrees for 25 minutes. Allow to cool on a wire rack.

October 31

Halloween Popcorn Balls

What You Need:

1 bag microwave popcorn, prepared

1.3 c. butter

4 c. mini marshmallows

5 drops vanilla EO

Candy corn

Chocolate chips

How to Make It:

Place prepared popcorn into a large mixing bowl and remove all un-popped kernels. Next, melt butter in the microwave. Add marshmallows to the butter and cook for an additional 90 seconds. Stir in vanilla essential oil. Pour marshmallow mixture over the popcorn and form into balls. Decorate popcorn balls with candy corn and chocolate chips.

November

Halloween has passed and Thanksgiving is on its way. November means that the fall season is in full swing. Do you know which essential oils you'll be incorporating into your life this month? A few drops of sage oil in the turkey stuffing, rosemary oil in the diffuser, and a drop or two of cinnamon oil baked into a delicious pumpkin pie sounds like heaven on earth.

November 1

Creamy Pumpkin Pie

What You Need:

- 2 c. pureed pumpkin
- 1 lg. egg
- ¼ c. egg whites
- ½ c. almond milk
- 3 tsp. coconut oil
- 1/3 c. raw honey
- 2 tbsps. pure vanilla
- ¼ tsp. powdered nutmeg
- 2 drops clove EO
- 2 drops ginger EO
- 2 drops cinnamon bark EO
- 1 unbaked pie crust

How to Make It:

Preheat oven to 350 degrees. Place pie crust on the counter. Combine all other ingredients into a large mixing bowl and blend with an electric mixer until creamy. Pour mixture into the pie crust and bake in oven for 55 minutes or until a toothpick inserted into center comes out clean. Allow to cool on wire rack before cutting.

November 2

Vanilla Custard Hair Treatment

What You Need:

4 oz. shea butter

5 drops vanilla EO

2 tbsps. sweet almond oil

2 tbsps. jojoba oil

2 tbsps. castor oil

Glass jar

How to Make It:

Using a double boiler method, melt the shea butter. When fully dissolved, add all remaining ingredients and stir. Allow the custard to cool. Once cooled, whip using an electric mixer. Store hair treatment in a glass jar. Use to deep condition both hair and skin.

November 3

Fragrantly Delicious Thanksgiving Stuffing

What You Need:

10 slices bread

½ large sweet onion

2 stalks celery

8 tbsps. butter

2 c. chicken stock

1 tsp. sea salt

¼ tsp. ground black pepper

1 tsp. dried sage

1 drop rosemary EO

1 drop thyme EO

3 eggs

How to Make It:

Preheat oven to 350 degrees. Cut bread into cubes or tear into chunks. Place the bread pieces on a cookie sheet and bake for 15 minutes or until golden in color. As the bread bakes, chop the onion and celery and sauté over a medium-high heat in butter until tender. Add the chicken stock, salt, pepper, and sage to the onion mixture and stir. Remove the onion mixture from the heat and add the essential oils. Pour the mixture over the bread pieces and mix to evenly coat. Now, stir in the eggs and egg white. Bake at 350 degrees for 30 minutes.

November 4

Good Night Sleep Stuffies

What You Need:

Stuffed animal

Cotton pad

5 drops lavender EO

How to Make It:

Place essential oil onto cotton pad and insert into your favorite stuffed animal. You may need to cut a small slit, insert the pad, and sew it shut. Cuddle the stuffy for a restful night's sleep.

November 5

Rosy Lip Gloss

What You Need:

3 tbsps. macadamia nut oil

1 tbsp. cocoa butter

1 tbsp. beeswax pastilles

5 drops cinnamon EO

Lip gloss rollers

How to Make It:

Using the double boiler method, slowly melt the macadamia nut oil until it turns crimson. Remove from heat and strain into a glass bowl. Next, place the beeswax and cocoa butter into the double boiler and melt. Once melted, combine with the macadamia nut oil. Stir in the essential oil and place into lip gloss rollers.

November 6

Banana Nutmeg Protein Shake

What You Need:

1 frozen banana

1 ½ c. soy milk

1 tbsps. raw honey

¼ tsp. powdered nutmeg

1 drop nutmeg EO

How to Make It:

Place all ingredients into a blender and pulse until smooth and creamy. Pour into a tall glass and enjoy.

November 7

November Spiced Pinecone Decoration

What You Need:

Assortment of pinecones

1 gallon Ziploc bag

Cotton balls

3 drops cinnamon EO

3 drops nutmeg EO

3 drops ginger EO

5 drops orange EO

8 drops vanilla EO

How to Make It:

Place essential oils onto individual cotton balls. Toss the balls and pinecones into a Ziploc bag and seal. Allow the scents to marinate over the pinecones for several days. Place pinecones into a decorative bowl.

November 8

Spicy November Air Diffuser Blend

What You Need:

4 drops orange EO

3 drops lemon EO

3 drops fir EO

Diffuser

How to Make It:

Place essential oils into your diffuser and imagine you are outdoor on a crisp, autumn day.

November 9

Stay Healthy during Fall Y'all Diffuser Blend

What You Need:

2 drops orange EO

2 drops clove EO

2 drops cinnamon EO

2 drops eucalyptus EO

2 drops rosemary EO

Diffuser

How to Make It:

Place all essential oils into your diffuser to ward off seasonal illnesses.

November 10

Ginger Cookies

What You Need:

- 1 ½ c. butter
- 2 c. raw cane sugar
- 2 eggs
- ½ c. blackstrap molasses
- 2 drop cinnamon EO
- 2 drops clove EO
- 4 drops ginger EO
- 4 c. flour
- 4 tsps. baking soda
- 1 tsp. sea salt
- Brown sugar, for coating

How to Make It:

In a large mixing bowl, cream the butter and sugar. Then, stir in the eggs and molasses. Add the essential oils and mix. In another bowl, combine the dry ingredients. Add the mixed dry ingredients to the wet ingredients and stir. A hard dough will form. Cover and allow to chill in the refrigerator for 60 minutes. Form balls out of the dough and place onto greased cookie sheet. Bake for 12 minutes in a 350 degree preheated oven. Allow to cool on wire racks.

November 11

Orange Vanilla Body Butter

What You Need:

- 1 ½ c. coconut oil

3 tbsps. raw honey

10 drops sweet orange EO

15 drops vanilla EO

Glass jar

How to Make It:

Add coconut oil to a mixing bowl and whip with an electric mixer, followed by the honey. Then, add the essential oils and whip again. Store body butter in a glass jar.

November 12

Bountiful Baked Apples

What You Need:

½ c. rolled oats

½ c. flour

½ c. raw brown sugar

6 tbsps. cold butter

1 drop ginger EO

1 drop cinnamon bark EO

1 drop nutmeg EO

½ c. raisins

4 large Braeburn apples

How to Make It:

Preheat oven to 350 degrees. Grease a glass oven dish with oil. In a mixing bowl, combine the oats, flour, and sugar. Using a fork, cut the butter into the sugar mixture until crumbles form. Stir in the essential oils and raisins. Cover and place bowl in the fridge to chill. Peel and core the apples. Arrange the apples in the baking dish and cover with the crumbly sugar mixture. Bake for 40 minutes.

November 13

Thankful Diffuser Blend

What You Need:

1 drop orange EO

1 drop cinnamon EO

2 drops coriander EO

1 drop Clove EO

Diffuser

How to Make It:

Add all essential oils to your diffuser and celebrate the spirit of Thanksgiving.

November 14

Celebrate Fall Sugar Scrub

What You Need:

$\frac{3}{4}$ c. brown sugar

$\frac{1}{2}$ cup grapeseed oil

4 drops cassia EO

4 drops clove EO

2 drops ginger EO

Glass jar

How to Make It:

In a small bowl, combine the sugar and oil. Add essential oils to the mixture and stir. Place into a glass jar for storage. Use in the shower as an exfoliator.

November 15

Cinnamon Vanilla Foot Scrub

What You Need:

$\frac{1}{2}$ c. white sugar

½ c. raw cane sugar

¼ c. olive oil

4 drops vanilla EO

2 drops cinnamon EO

¼ tsp. cinnamon powder

Glass jar

How to Make It:

Mix all ingredients together in a glass bowl using a wooden spoon. Store in a glass jar. Scrub feet with the mixture and rinse with warm water.

November 16

Perfect Pumpkin Bread

What You Need:

3 c. pumpkin puree

1 ½ c. vegetable oil

4 c. raw cane sugar

6 eggs

4 ¾ c. flour

1 ½ tsps. aluminum-free baking powder

1 ½ tsps. sea salt

1 ½ tsps. aluminum-free baking soda

1 drop cinnamon bark EO

1 drop nutmeg EO

1 drop clove EO

How to Make It:

Preheat oven to 350 degrees. Flour and grease 3 bread loaf pans. Mix all wet ingredients together in a large mixing bowl. In a separate bowl, mix the dry ingredients. Add the mixed dry ingredients to the

wet ingredients and incorporate. Divide the batter amongst the 3 loaf pans and bake for 55 minutes.

November 17

Clove Cleaning Spray

What You Need:

8 oz. filtered water

8 oz. white distilled vinegar

20 drops clove EO

16 oz. glass spray bottle

How to Make It:

Combine all ingredient into glass spray bottle, cap, and shake. This spray is perfect for cleaning up messes after large holiday dinners.

November 18

Fall Forest Diffuser Blend

What You Need:

2 drops lime EO

2 drops lemon EO

1 drop wild orange EO

1 drop bergamot EO

1 drop white fir EO

Diffuser

How to Make It:

Place all essential oils in your diffuser and enjoy the scents of the forest during the fall season.

November 19

Laundry Spot Remover

What You Need:

1 ½ c. water
¼ c. castile soap
¼ c. vegetable glycerin
10 drops lemon EO
Glass spray bottle

How to Make It:

Add all ingredients to the glass spray bottle, cap, and shake. Treat stains on clothing with a few squirts of the spray before washing.

November 20

Holiday Crave Curbing Salve

What You Need:

½ c. olive oil
80 drops fennel EO
40 drops bergamot EO
24 drops patchouli EO
Glass jar

How to Make It:

Combine all oils together in a glass jar. Massage onto abdomen to ward of overeating during that big Thanksgiving dinner.

November 21

Appetite Suppression Diffuser blend

What You Need:

4 drops mandarin EO
2 drops lemon EO

1 drops ginger EO

1 drop peppermint EO

Diffuser

How to Make It:

Add the essential oils to your diffuser to keep appetite under control during holiday eating.

November 22

Eczema Treatment Lotion

What You Need:

8 oz. melted shea butter

10 drops rose geranium EO

5 drops thyme EO

5 drops clove EO

Glass jar

How to Make It:

Combine all ingredients into a glass bottle, cap, and shake. Apply to afflicted areas twice daily.

November 23

Nutmeg Pancakes

What You Need:

1 box prepared organic pancake mix

5 drops nutmeg EO

1 drop cinnamon EO

How to Make It:

Add essential oils to prepared pancake mix. Cook according to box directions. Serve with syrup or

jam.

November 24

Lemon Glaze

What You Need:

1 c. powdered sugar

3 tbsps. lemon juice

2 drops lemon EO

¼ c. filtered water

How to Make It:

In a glass bowl, combine all ingredients and stir. Use glaze on sweet breads, cakes, cookies, and pies.

November 25

Thankful Tea

What You Need:

8 oz. orange pekoe tea, prepared

1 drop orange EO

1 drop cinnamon EO

1 drop vanilla EO

1 tsp. coconut oil

How to Make It:

Combine the oils with the prepared tea and stir. Add a cinnamon stick for garnish.

November 26

Fresh Turkey Brine

What You Need:

16 c. vegetable stock
¼ c. raw honey
1 c. sea salt
3 drops black pepper EO
2 drops ginger EO
1 drop cinnamon EO
1 drop nutmeg EO
1 drop clove EO
1 gallon ice water
Large pot

How to Make It:

Combine all ingredient into a large pot and stir. Bring brine to a boil over medium-high heat. Allow to cool. Leave thawed turkey to marinate in brine for up to 16 hours.

November 27

Ginger Rice Pudding

What You Need:

½ c. pecans
1/8 tsp. salt
1 c. brown rice
1 ½ c. milk
2 drops cinnamon bark EO
1 drop ginger EO
1 drop nutmeg EO
1 drop cardamom EO

1 tbsp. crystallized ginger

1 tbsp. raw honey

2 tsps. vanilla extract

How to Make It:

After rinsing the rice, bring it to a boil with the milk and salt. Reduce heat to simmering and the remaining ingredients. Allow to cook for about an hour. Make sure the milk does not burn. Serve with whipped cream.

November 28

Cinnamon Coffee

What You Need:

8 oz. prepared coffee

1 tbsp. heavy whipping cream

1 drop cinnamon EO

How to Make It:

Mix the cream and essential oil together. Add the mixture to hot coffee and stir. Enjoy!

November 29

Friendly Fall Diffuser Blend

What You Need:

10 drops clove bud EO

3 drops cinnamon bark EO

4 drops black pepper EO

Diffuser

How to Make It:

Expecting company? Mix this friendly fall essential oil blend into your diffuser for an inviting autumn scent.

November 30

Rosemary Wreath

What You Need:

Hearty sprig of fresh rosemary

Lace

Twine

1 drop rosemary EO

1 cotton ball

How to Make It:

Fashion the sprig of rosemary into a wreath, securing with twine. Tie a loop of lace at the top of the wreath for hanging. Place a drop of essential oil onto the cotton ball and rub over the wreath. Hang this lovely decoration wherever you see fit.

December

It's the most wonderful time of the year. Christmas is coming! There are so many neat things you can do with essential oils during the holiday season. From gourmet foods to amazing gifts, the possibilities are endless. Celebrate good tidings and the New Year with the amazing scents of essential oils.

December 1

Tis the Spirit to be Jolly Diffuser Blend

What You Need:

2 drops cinnamon bark EO

2 drops orange EO

4 drops Idaho blue spruce EO

Diffuser

How to Make It:

Place all essential oils into your diffuser and allow the comforting scents of Christmas envelop you.

December 2

Chocolate Mint Holiday Body Butter

What You Need:

½ c. cocoa butter

½ c. coconut oil

20 drops peppermint EO

Glass jar

How to Make It:

Place the first 2 ingredients into a mixing bowl and whip with an electric mixer. Add the essential oil and whip again. Spoon body butter into a glass jar for storage.

December 3

Invigorating Rosemary Peppermint Shampoo

What You Need:

½ c. castile soap

½ c. filtered water

16 drops rosemary EO

2 drops peppermint EO

Flip-top container

How to Make It:

Add all ingredients to the flip-top container, close, and shake. Use shampoo as you normally would.

December 4

Honey Orange Solid Lotion Bars

What You Need:

1 tbsp. raw honey

2 oz. beeswax pastilles

2 oz. shea butter

2 oz. coconut oil

1 tbsps. olive oil

6 drops sweet orange EO

How to Make It:

Using a double boiler, melt together the beeswax, shea butter, and coconut oil. Remove from heat and add the honey, olive oil, and essential oil. Pour mixture into lined muffin tins and allow to set until hard before using.

December 5

Santa's Coming Diffuser Blend

What You Need:

3 drops Idaho balsam fir EO

1 drop grapefruit EO

2 drops frankincense EO

Diffuser

How to Make It:

Add all oils to your diffuser on Christmas Eve in anticipation of Jolly Old St. Nicholas.

December 6

Holiday Peppermint Chocolate Brownies

What You Need:

1 box of organic brownie mix, prepared

3 drops peppermint EO

How to Make It:

Add essential oil to prepared brownie batter and bake according to box instructions. Cool and eat.

December 7

Christmas Kefir Bath Soak

What You Need:

1 c. Epsom salts

½ c. ground Himalayan pink salt

1 tbsp. water kefir grains

1 tbsp. coconut oil

3 drops frankincense EO

3 drops vanilla EO

Glass jar

How to Make It:

Mix all ingredients together and store in a glass jar. Add 3 tablespoons to warm, running, tub water.

December 8

Holiday Detoxifying Clay Mask

What You Need:

1 tbsp. green clay

1 tsp. maca powder

2 drops frankincense EO

2 tbsps. apple cider vinegar

How to Make It:

Mix all ingredient but the essential oil together in a glass bowl. Then, stir in the oil. Apply to clean, dry skin and allow to sit for at least 10 minutes. Wash off with warm water.

December 9

Peppermint Hot Cocoa

What You Need:

1 c. unsweetened cocoa powder

1 c. coconut sugar

½ tsp. sea salt

½ c. mini chocolate chips

6 drop peppermint EO

1 c. mini marshmallows

2 pint-sized glass jars

How to Make It:

To 1 glass jar, layer cocoa powder, sugar, salt, chocolate, and peppermint oil. Screw on the lid. Repeat sequence with remaining jar and ingredients. To serve, place 1/3 cocoa mix in a mug and stir

in 1 c. hot milk of your choice. Makes a great gift!

December 10

Winter Wonderland Shaving Cream

What You Need:

¼ c. coconut oil

¼ c. castile soap

2 tbsps. cocoa butter

2 tsps. aluminum-free baking soda

2 drops spearmint EO

1 drop vanilla EO

Glass jar

How to Make It:

Place the coconut oil and cocoa butter together in a double boiler and gently heat until melted. Then, place into a bowl. Add the soap, baking soda, and essential oils to the mixture and whip with a hand mixer. Place into a glass jar and cover with a lid.

December 11

Candy Cane Diffuser Blend

What You Need:

3 drops peppermint EO

2 drops vanilla EO

Diffuser

How to Make It:

Place essential oils into your diffuser for the cool, yet sweet scent of Christmas candy.

December 12

Fresh Chocolate Fudge

What You Need:

3 c. chocolate chips

1 c. milk

¼ c. butter

20 drops peppermint EO

How to Make It:

Melt the chocolate, milk, and butter together in a saucepan over medium heat. Make sure to stir often. Once melted, add in the essential oil and remove from heat. Pour fudge into a greased baking dish and allow to harden in the refrigerator until solid. Cut into squares and enjoy.

December 13

Winter Kisses Lip Scrub

What You Need:

1 tbsp. raw cane sugar

1 tbsp. raw honey

1 tbsp. coconut oil

1 drop peppermint EO

1 drop vanilla EO

Small cosmetic jar

How to Make It:

Mix all ingredients together in a small bowl and spoon into cosmetic jar. Makes a great gift!

December 14

Christmas Stocking Aromatherapy Decoration

What You Need:

10 small Christmas stockings

1 large bag of cinnamon potpourri mix

20 drops cinnamon EO

Needle and thread

How to Make It:

Open the bag of potpourri and add the essential oil. Close the bag and shake to evenly disperse. The oil gives the potpourri an added kick of scent. Fill individual Christmas stockings with the potpourri and sew the tops shut. Place around your home or office as a SCENTsational holiday decoration.

December 15

Cranberry Orange Holiday Bread

What You Need:

1 c. orange juice, warmed

5 tsp. active dry yeast

6 tbsps. can sugar

1 stick butter

½ c. coconut oil

2 tsp. Sea salt

1.2 c. dried cranberries

15 drops orange EO

6 ¼ c. flour

How to Make It:

In a large mixing bowl, combine all liquid ingredients, sugar, and yeast. Allow mixture to rest for 5 minutes. Then, add the butter, salt, and essential oil, followed by the flour. Mix the ingredients together to form a dough and add the cranberries. Knead the dough on a floured surface until smooth. Place the dough in a greased bowl and cover with a damp cloth and allow to rise until doubled. Punch the dough down and knead again. Then, divide dough into 3 loaf pans, cover, and allow to rise a second time. Bake in a preheated 350 degree oven for 40 minutes. Allow to cool on wire racks.

December 16

Holiday Wax Melts

What You Need:

2 oz. beeswax pastilles

2 tbsps. coconut oil

10 drops cinnamon EO

10 drops pine needle EO

1 tsp. vanilla extract

Wax molds

How to Make It:

Place the beeswax and coconut oil into a double boiler and melt. Once melted, remove from heat and add in the essential oils and vanilla extract. Stir. Pour the mixture into wax moulds and allow to set until firm.

December 17

Happy Holiday Cider Diffuser Blend

What You Need:

2 drops cinnamon bark EO

2 drops ginger EO

1 drop clove bud EO

2 drops nutmeg EO

4 drops lemon EO

Diffuser

How to Make It:

For a sweet and tart holiday cider scent, place all essential oils into your diffuser.

December 18

Heart-Healthy Butter Mints

What You Need:

½ c. coconut butter

¼ c. butter

3 tbsps. raw honey

1 tsp. vanilla

5 drops peppermint EO

Christmas candy moulds

How to Make It:

Melt the coconut butter and butter in a saucepan over medium-low heat. Remove the melted butters from the heat and add the essential oil, honey, and vanilla. Grease the candy moulds with coconut oil and pour the butter mixture into them using a spoon. Chill in the fridge until hard.

December 19

Merry Mason Jar Drink Cups

What You Need:

Mason jar with handle

Striped straws

Daisy lids

Essential oil samples

How to Make It:

Place an essential oil sample of your choice into the mason jar. This can either be an entire bottle or a packaged sample. Screw on the daisy lid and insert the striped straw. Decorate the outside of the drinking glass as you see fit. Give away as a holiday gift.

December 20

Orange Holiday Tea Sachet

What You Need:

- ¼ c. dried orange peel
- 1/8 c. dried lemon peel
- 2 tsps. dried ginger root
- 2 cinnamon sticks, broken into 4 pieces
- 3 drops clove EO
- 2 drops orange EO
- 2 drops cinnamon bark EO
- Cotton muslin tea bags

How to Make It:

Place all ingredients into the tea bags, close, and shake. Give as gifts or keep for yourself and a sweetly scented holiday decoration.

December 21

Snowflakes on My Nose Diffuser Blend

What You Need:

- 1 drop wintergreen EO
- 2 drops pine EO
- 6 drops grapefruit EO
- Diffuser

How to Make It:

Place all essential oils into your diffuser and prepare to have the scent of freshly fallen snow wafting through your space.

December 22

Holiday Reed Diffuser

What You Need:

5 reed diffuser sticks

¼ cup safflower oil

25 drops cinnamon EO

Narrow opening glass vase

How to Make It:

Pour the oils into the glass vase and place reed diffuser sticks inside for a comforting holiday scent.

December 23

Happy Holiday Spiced Popcorn

What You Need:

½ c. unpopped popcorn

1/8 c. coconut oil

2 tbsps. maple syrup

2 drops clove EO

2 drops orange EO

2 drops cinnamon bark EO

1 drop nutmeg EO

Sea salt

How to Make It:

Begin by popping the popcorn kernels and placing into a large mixing bowl. Next, heat the coconut oil and maple syrup over low heat until dissolved. Remove from heat and allow to cool for a few moments. Stir in the essential oils. Pour the liquid mixture over the popcorn and stir to evenly incorporate. Add salt and enjoy.

December 24

Stocking Stuffer Hand Sanitizer

What You Need:

2 tbsps. aloe vera gel
1 tbsps. purified water
1/8 tsp. vitamin E oil
3 drops lemon EO
2 oz. squeeze bottle

How to Make It:

Combine all ingredients together and place into the squeeze bottle.

December 25

Christmas Morning Muffins

What You Need:

½ c. vegetable oil
1 c. milk
1 ½ c. raw cane sugar
1 tsp. sea salt
2 eggs, beaten
3 c. flour
1 tbsp. aluminum-free baking powder
2 drops cinnamon EO

How to Make It:

Combine all ingredients together in a mixing bowl and stir until well combined. Pour into greased muffin tins and bake at 350 degrees for 15 minutes.

December 26

Eggnog Diffuser Blend

What You Need:

10 drops vanilla EO

1 drop cinnamon EO

2 drops nutmeg EO

Diffuser

How to Make It:

Add all essential oils to your diffuser for a warm and spicy eggnog scent.

December 27

Glitter Gel

What You Need:

1 c. aloe vera gel

1 tsp. mica powder

2 drops patchouli EO

Squeeze bottle

How to Make It:

Mix all ingredients together in a glass bowl and spoon into a squeeze bottle. Apply to chest, legs, arms, and even face. Makes a great accessory for going out on New Year's Eve.

December 28

Sweet Clove Toothpaste

What You Need:

1/3 c. coconut oil, softened

1 tbsp. aluminum-free baking soda

1 tbsp. bentonite clay

¼ tsp. liquid stevia

2 drops clove EO

Small glass jar

How to Make It:

Combine the coconut oil, soda, and clay together in a glass bowl. Add the remaining ingredients and mix. Store in a glass jar.

December 29

Mistletoe Diffuser Blend

What You Need:

2 drops atlas cedar EO

5 drops balsam fir needle EO

1 drop juniper berry EO

Diffuser

How to Make It:

Smell the lovely aroma of fresh mistletoe when you add all the above essential oils to your diffuser.

December 30

Resolution Diffuser Blend

What You Need:

2 drops bergamot EO

1 drop rose EO

1 drop Melisa EO

Diffuser

How to Make It:

Stay inspired to keep New Year's resolutions with this amazing aromatherapy blend. Add all essential oils to your diffuser.

December 31

Mint Berry Essential Oil Cocktail

What You Need:

2 smashed strawberries

2 roughly torn mint leaves

1 toothpick of peppermint EO

5 oz. sparkling wine

Wine flute

How to Make It:

Place the berries and mint leaves at the bottom of the wine flute. Add sparkling wine. Dip a toothpick into the peppermint essential oil and stir the wine. Sip to bring in the New Year.

Conclusion

Using essential oils during the entire year is not only a way to improve your health but to improve your happiness. Essential oils are filled with health benefits, creativity, and fun. This book has taught you how to treat minor scrapes and burns, relax, prepare food, and even make candles, all with essential oils. At the start of every new year, we hope you begin this book again and fill your life and home with the empowerment that essential oils bring to the table.

Remember, when ingesting essential oils, always consult with a professional aromatherapist or physician first. Never use essential oils topically without a carrier oil. Always use caution when applying essential oils to children, pregnant women, and pets.

BONUS 50 DIY RECIPES

Essential Oil Recipes for Skin Care and Stress Relief

Stress Relieving Roll On

Ingredients:

- 1 drop geranium oil
- 2 drops Roman chamomile oil
- 3 drops Bergaptene-free bergamot oil
- 4 drops lavender oil
- 2 teaspoons “for skin care” grapeseed oil

Method:

Place grapeseed oil in a dark glass rollerball bottle using a small funnel. Add all your essential oils and shake gently to mix.

TO USE: Roll on neck and wrists.

Aromatherapy Stress Reduction Inhaler

Ingredients:

- 1 teaspoon coarse sea salt
- 1 drop chamomile oil
- 1 drop Rose Geranium oil
- 4 drops orange oil
- 4 drops lavender oil
- 10 drops bergamot oil

Method:

Place salt in a small dark glass. Add all the essential oils. Gently shake to combine.

TO USE: Have three deep, long, and slow breaths of aroma. Rest in a while. Have 3 deep breaths again. Rest and have the final 3 deep breaths with the aroma.

Calming Bath Oil

Ingredients:

2 drops cedarwood oil

12 drops lavender oil

30 drops sandalwood oil

4fl oz jojoba oil

Method:

Gently place all your essential oils in a PET plastic bottle. Shake to combine and store it in a dark, cool place.

TO USE: Place 1 tablespoon into your bath after you have completed running the water.

Relaxing Massage Oil

Ingredients:

- ¼ cup jojoba oil
- 1 drop vetiver oil
- 2 drops clary sage oil
- 3 drops marjoram oil
- 12 drops orange oil
- 12 drops lavender oil

Method:

Place all your essential oils in a dark glass. Gently shake and leave it for at least 24 hours before using. Store it in a dark and cool place. This will last up to 3 months.

Sleep Well Linen Spray

Ingredients:

- 2 ounces distilled water
- 20 drops lavender oil
- 1 teaspoon witch hazel

Method:

Place lavender oil in a glass bottle with a spray cap. Add witch hazel and distilled water. Shake well to combine.

TO USE: Spray it on your clean linen, pillows, or clothes before sleeping.

[So Relaxing Bath Salts](#)

Ingredients:

1 cup Epsom salts

5 drops copaiba oil

10 drops PanAway oil

Method:

Place Epsom salts in a glass bowl along with your essential oils. Using a metal spoon, mix it until well combined. Transfer it in an 8 oz glass pot and cover tightly.

TO USE: Scoop $\frac{1}{4}$ - $\frac{1}{2}$ cup and place into a warm bath.

[Sleep Potion](#)

Ingredients:

2 oz Ancient Minerals magnesium oil

5 drops cedarwood oil

5 drops tangerine oil

10 drops lavender oil

Method:

Place your Ancient Minerals magnesium oil in a spray bottle along with the essential oils. Shake it well to combine.

TO USE: Rub it in your feet about 20 minutes before sleeping.

Calming Bubble Bath

Ingredients:

- 1 teaspoon chamomile oil
- 1 teaspoon pure vanilla extract
- ¼ cup pure vegetable glycerin
- 1 cup mild liquid body soap

Method:

Place all ingredients in a plastic bottle and shake very gently to combine.

TO USE: Place ½ cup under running water.

Anxiety Relief Lavender Rub

Ingredients:

- 1 teaspoon fractionated almond oil
- 3 drops lavender oil

Method:

Place almond oil in your palm. Add lavender oil and blend them together.

TO USE: Rub it onto your neck or bottoms of feet just before sleeping.

Stress Relief Room Mist

Ingredients:

2 drops rose oil

4 drops Ylang Ylang oil

14 drops bergamot oil

20 drops lime oil

4 oz. clean spray bottle with a fine mist setting

3 fl. ounces distilled water

Method:

Place distilled water in your 4 oz spray bottle. Add essential oil. Shake it to combine.

To Use: Shake bottle before each use. Lightly mist your room. Make sure mist will not fall into open beverages and onto furniture.

[Sleep Well Shower Steamer](#)

Ingredients:

30 drops lavender oil

12 drops Frankincense oil

12 drops sandalwood oil

2 drops Vetiver oil

2 drops Geranium oil

2 cups baking soda

1 cup citric acid

A spray bottle of witch hazel

Method:

Strain citric acid and baking soda through a fine sieve. Press out any

lumps. Mix citric acid and baking soda together. Add your essential oils, stirring it as you go to avoid any clumps. Mist witch hazel over your mixture with just the amount necessary to moisten and bind together. Stir it briskly with a fork. Squeeze, spray, and stir until clump will hold its shape. Press it very firmly into molds. Leave it for 30 minutes or so. Unmold and allow them to sit undisturbed overnight to fully dry up. Lightly cover using a cling wrap.

Wrap them with parchment paper and place in a container and seal tightly.

Peppermint Bath

Ingredients:

½ cup Baking soda

10 drops peppermint oil

Handful of Epsom salts

Method:

While drawing your hot bath, add all the ingredients and soak for about 20 minutes. Perform this procedure once a week. For 5 minutes, rinse off with a cool shower.

Hydrating Lavender Soap Bar

Ingredients:

Soap Base

3 drops Vitamin E

25 drops lavender oil

Method:

Melt soap base in a glass bowl in a saucepan with water. Turn off heat and allow it to cool a little bit. Stir in vitamin E and lavender oil. Mix well to combine. Pour mixture into a soap mold and allow to cool completely. Pop it out and keep in a room temperature place.

[Nourishing Lotion](#)

Ingredients:

20 drops each of myrrh and frankincense oil

¼ cup each of olive oil and coconut oil

¼ cup each of Beeswax and shea butter

2 tablespoons Vitamin E

BPA free plastic lotion dispenser bottles

Method:

Melt together beeswax, shea butter, olive oil, and coconut oil in a glass bowl in a saucepan with water until mixed well. Allow it to cool slightly and place put in your refrigerator until firm, about an hour. Whip mixture with a hand mixer until fluffy. Mix in vitamin E and essential oils. Transfer it in a BPA-free plastic lotion dispenser bottle and store in cool place.

[Cellulite Scrub](#)

Ingredients:

1 cup organic ground coffee

½ cup olive oil

10 drops grapefruit oil

5 drops Cypress oil

Method:

Mix coffee and olive oil in a large glass bowl using a metal spoon. Stir in essential oils. Transfer mixture in a glass pot and seal tightly. Store it in a cool and dark place.

TO USE: Gently rub mixture into body parts with cellulites for a few minutes, then rinse.

Shaving Cream

Ingredients:

3 tablespoons olive oil

1 teaspoon Castile soap

1/3 cup each of coconut oil and shea butter

8 drops peppermint oil

Method:

Melt coconut oil and shea butter in a double boiler over low heat. Remove from heat and transfer in a glass bowl. Stir in olive oil and allow it to cool slightly. Stir in Castile soap along with the peppermint oil. Chill it in your refrigerator until it begins to firm, about an hour. Whip it using an immersion blender until fluffy. Transfer solution in a

glass pot and seal tightly. Store it in a dark and cool place.

Shaving Gel

Ingredients:

7 drops each of lemongrass oil and grapefruit oil

¼ cup olive oil

¾ cup aloe vera gel

Method:

Pour aloe vera gel into a pump bottle using a small funnel. Add olive oil along with the essential oils. Seal bottle tightly and shake well to combine. Store it in a cool and dark place.

Hydrating After Shave

Ingredients:

10 drops each of orange and sandalwood oil

2 tablespoons jojoba oil

½ cup each of aloe vera gel and witch hazel

1 teaspoon Vitamin E oil

Method:

Place aloe vera gel in a pump bottle using a small funnel. Add Vitamin E oil, jojoba oil, and witch hazel. Lastly, add the essential oils and seal bottle. Shake it well and store in a cool and dark place.

Stretch Mark Reducing Rub

Ingredients:

5 drops each of geranium and lavender oil

¼ cup olive oil

½ cup each of cocoa butter and shea butter

1 tablespoon Vitamin E oil

Method:

Melt coconut oil, shea and cocoa butter in a double boiler over low heat. Remove from heat and transfer melted oil in a glass bowl. Allow it to cool slightly. Stir in Vitamin E oil along with the essential oils. Chill in your refrigerator until it begins to firm, about an hour. Whip it using an immersion blender and then place in a glass pot. Seal tightly and store in a dark and cool place.

TO USE: Apply it daily into your body parts with stretch marks.

Foot Rub

Ingredients:

10 drops Thieves oil

10 drops oregano oil

20 drops extra virgin olive oil

Method:

Place all ingredients in a roll-on bottle. Seal tightly.

TO USE: Apply it to the bottom of your feet when needed.

Lotion Bars

Ingredients:

25 drops Melrose oil

25 drops lavender oil

¼ cup shea butter

¼ cup coconut oil

¼ cup grated beeswax, firmly packed

Method:

Melt coconut oil, shea butter, and beeswax in a bowl set over simmering water in a saucepan. Take it off from heat. Stir in essential oils and pour solution into a mold. Allow it to cool and firm. Unmold and store in an airtight container.

Facial Serum

Ingredients:

1 oz jojoba oil

2 drops Frankincense oil

2 drops sandalwood oil

1 drop rose oil

Method:

Place your essential oils along with the jojoba oil in a 1 oz amber bottle that is fitted with a glass dropper. Shake gently to combine.

Cooling Toner

Ingredients:

30 drops peppermint oil

¼ cup apple cider vinegar

¾ cup filtered water

Method:

Place all ingredients in a glass bottle. Shake it gently to combine and store in your refrigerator.

TO USE: Mist your face lightly especially after your face cleansing.

Body Butter

Ingredients:

30 drops peppermint oil

½ cup coconut oil

½ cup cocoa butter

Method:

Place cocoa butter and coconut oil in a mixing bowl. Add the peppermint oil. Whip mixture using a hand mixer until it is airy and perfectly whipped. Transfer in a glass container and store in a cool and dry place.

Lemon Foaming Hand Soap

Ingredients:

1/8 teaspoon lemon essential oil

2/3 cup filtered water

1/3 cup liquid unscented Castile soap

Method:

Stir Castile soap in a jar along with your essential. Add water. Seal tightly and shake to mix.

Hand Sanitizer

Ingredients:

10 drops Thieves oil

1/4 teaspoon Vitamin E oil

1/4 cup aloe vera gel

2 tablespoon filtered water

Method:

Mix all ingredients and place in a small plastic bottle.

Lip Balm

Ingredients:

15 drops Lavender oil

5 drops Frankincense oil

2 tablespoons beeswax

2 tablespoons coconut oil

1 tablespoon sweet almond oil

1 tablespoon shea butter

½ teaspoon raw honey

Method:

Melt together honey, coconut oil, beeswax, and shea butter in a double boiler. Turn off heat and stir in your essential oils along with the sweet almond oil. Pour mixture right away into lip balm tubes. Allow it to set and seal tightly.

Foaming Facial Wash

Ingredients:

10 drops Ylang Ylang oil

5 drops Patchouli oil

4 drops lemongrass oil

2/3 cup filtered water

1/3 cup castile soap

½ teaspoon sweet almond oil

Method:

Place all ingredients into a foaming soap dispenser, leaving water behind. Swirl mixture to combine. Add water. Seal tightly and shake gently to combine.

Deodorant

Ingredients:

10 drops Purification oil

6 tablespoons arrowroot powder

3 tablespoons shea butter

2 tablespoons coconut oil

2 tablespoons Bentonite clay

1 tablespoon baking soda

Method:

Combine all dry ingredients in a bowl. Whip coconut oil and shea butter using a stand mixer until mixed well. Reduce speed to low while slowly adding your essential oil and 1/3 of dry ingredients. Mix it well and add another 1/3 of dry ingredients. Mix well and add the rest of dry ingredients. Take the mixture out. Roll it into a ball and press into an airtight glass jar. Store it in a cool and dry place.

[Rosemary Shampoo](#)

Ingredients:

15 drops rosemary oil

2 drops peppermint oil

½ cup filtered water

½ cup castile soap

Method:

Place castile soap in a flip top container. Add your essential oils along with the water. Shake it to incorporate.

Bug Repellent Spray

Ingredients:

8 drops Geranium oil
5 drops rosemary oil
5 drops lavender oil
2 drops Patchouli
1 ½ tablespoons Distilled water
1 teaspoon sweet almond oil
1 teaspoon Witch hazel

Method:

Place all ingredients in a spray bottle. Place the lid and shake well to combine. Careful not to spray in your mouth and eyes.

Itch Control Spray

Ingredients:

5 drops lavender oil
3 drops tea tree oil
2 drops Frankincense oil
Witch hazel

Method:

Place witch hazel to the shoulder of a 2 oz spray bottle. Add the rest of ingredients. Seal and shake well to combine.

Eczema Cream

Ingredients:

15 drops lavender oil

5 drops tea tree oil

¼ cup coconut oil

¼ cup shea butter

Method:

Place coconut oil and shea butter in a mason jar. Place it in a saucepan halfway full with simmering water. Allow butter and oil to melt. Take the Mason jar out the pan and allow it to cool slightly. Stir in essential oils and then place jar in your refrigerator to firm up. Whip oil on high using a mixer for a few minutes. Transfer cream in a small container and store inside your refrigerator.

TO USE: Apply generously to affected area of your skin.

Psoriasis Remedy

Ingredients:

Fractionated Coconut Oil

35 drops oregano oil

5 drops patchouli oil

Method:

Place essential oils in a 10 ml roller ball bottle. Add fractionated coconut oil to fill the bottle.

TO USE: Apply cream on affected areas twice a day.

Varicose Veins Massage Oil

Ingredients:

2 ounce jojoba oil

2 oz avocado oil

20 drops lemongrass oil

10 drops helichrysum oil

10 drops cypress oil

6 drops frankincense oil

6 drops rosemary oil

6 drops chamomile oil

1 teaspoon Vitamin E oil

Method:

Place all ingredients in a dark spray bottle. Seal and shake it gently to mix. Store in a cool place.

TO USE: Massage affected area with this oil for 2-3 times a day.

Facial Moisturizer

Ingredients:

16 drops Frankincense oil

8 drops tea tree oil

4 drops lavender oil

½ cup cocoa butter

½ cup coconut oil

Method:

Combine all ingredients and whip them together. Transfer in a plastic bottle. Seal and store in a dark place.

Cracked Foot Salve

Ingredients:

5 drops lavender oil

3 drops sandalwood oil

2 drops German chamomile oil

2 teaspoons Vitamin E

3 oz coconut oil

1 oz raw cocoa butter

1 oz avocado oil

1 oz beeswax

1 oz tamanu oil

Method:

Leaving behind the essential oils and Vitamin E, melt all ingredients in a bowl in a double boiler. Remove from heat and stir in essential oils and Vitamin E. Transfer mixture into a glass container and allow it to cool for at least 30 minutes.

Use It: Apply it to your feet just before sleeping time. Wear socks after applying.

Solid Perfume

Ingredients:

30 drops sandalwood oil

30 drops grapefruit oil

30 drops vanilla oil

25 drops bergamot oil

4 tablespoons jojoba oil

4 tablespoons grated, packed beeswax

Method:

Place beeswax in a glass bowl and melt in a double boiler on low heat. Stir in jojoba oil and remove from heat as soon as they are blended well. Allow it to cool slightly and stir in your essential oils. Gently pour solution into a mold and allow it to firm up. Unmold and place in a nice container. Seal and store in a cool place.

Vanilla Body Spray

Ingredients:

2 drops Ylang Ylang oil

¼ cup witch hazel with alcohol

18 drops vanilla oleoresin

Method:

Combine all the ingredients. Transfer in a glass spray bottle and store in a cool and dark place.

TO USE: Shake it well before using. Apply it to your skin or clothes.

Lemon Body Scrub

Ingredients:

20 drops lemon essential oil

1 cup cane sugar

2 tablespoons lemon zest

¼ cup olive oil, melted

¼ cup of coconut oil

Method:

Combine melted coconut oil with olive oil, lemon oil, zest, and sugar.

Mix well and place in a jar.

TO USE: Apply on your body generously.

Lavender Hair Pomade

Ingredients:

¼ teaspoon lavender oil

2 oz jojoba oil

1.5 oz shea butter

1 oz organic beeswax

Method:

Place beeswax in bowl and melt in a double boiler over low heat. Stir in shea butter until melted. Stir in jojoba oil. Transfer mixture in a container and allow it to cool slightly. Stir in your essential oil.

TO USE: Take a small amount of pomade between your fingertips. Rub it until there are no lumps. Work it through your hair.

Chamomile Hair Gel

Ingredients:

½ teaspoon gelatin

½ cup very warm purified water

5 drops chamomile oil

Method:

Dissolve your gelatin in ½ cup of very warm purified water. Remove from heat and allow it to cool slightly. Stir in essential oil. Transfer in a container with lid and store in your fridge for 1-2 weeks.

Lip Tint

Ingredients:

4 drops peppermint oil

1 drop lemon oil

1 drop vanilla oil

2 tablespoons coconut oil

1 tablespoon shea butter

1 tablespoon beeswax

½ teaspoon rose mica powder

Method:

Melt together beeswax, coconut oil, and shee butter in a glass in double boiler. Remove from heat and allow it to cool slightly. Stir in your essential oils and rose mica powder. Transfer mixture into lip chap containers and allow it to cool completely.

Blackheads Face Scrub

Ingredients:

1 drop frankincense oil

1 drop lavender oil

1 drop geranium oil

1 tablespoon baking soda

½ tablespoon raw Manuka honey

Method:

Combine baking soda and honey to create paste. Stir in your essential oils.

TO USE: Take a warm washcloth and place over your face. Allow it to stay on your skin for a few minutes. Take your scrub and rub it in a circular motion on your skin for 4-5 minutes. Rinse face off with warm water.

Avocado Face Mask for Dry Skin

Ingredients:

3 drops Cedarwood oil

½ avocado, mashed

1 tablespoon aloe vera gel

1 tablespoon raw honey

Method:

Mix all ingredients in a bowl.

TO USE: Apply it all over your face and allow to sit for about 15-20 minutes. Rinse face with warm water.

[Moisturizing Lotion](#)

Ingredients:

15 drops lavender oil

5 drops rosemary oil

3 drops tea tree oil

3 drops carrot seed oil

2 tablespoons avocado oil

½ cup shea butter

Method:

Melt shea butter in a small pan over low heat. Stir in avocado oil. Remove from heat and place in a bowl. Allow it to cool slightly and place in your freezer for 15-20 minutes. Stir in the essential oils along with the carrot seed oil. Whip mixture for a minute. Transfer into a jar.

Anti-Aging Face Cream

Ingredients:

¼ teaspoon Rose hip seed oil
1 oz almond oil
1 oz coconut oil
1 packet organic green tea
.25 oz bees wax, grated

Method:

Melt together oil and wax in a double boiler. Stir in tea and allow it to warm for 15 minutes. Strain mixture through a fine mesh sieve directly into a bowl. Whip mixture using a hand mixer until creamy and transfer in a clean bottle. Store in a cool and dark place.

Face Wrinkle Cream

Ingredients:

3 drops lavender oil
1 drop carrot seed oil
¼ cup green tea
1 tablespoon rosehip seed oil
1 tablespoon sweet almond oil
1 teaspoon emulsifying wax
¼ teaspoon Vitamin E
1/8 teaspoon Neo Defend

Method:

Brew 1 cup green tea. Prepare 2 sauce pans and fill half way with water. Put a glass bowl with a spout to each pan. Turn heat to medium. To the one pot, place rosehip seed oil, wax, sweet almond oil, and Vitamin E oil. To the other pot, place NeoDefend and green tea respectively. Heat mixtures until wax has melted completely. Both mixture should reach 130 degrees. Combine both of them and mix using a hand blender. Work periodically for an hour. Stir in essential oils and carefully pour into prepared containers.

TO USE: This can be used during morning and night and works great under your make up. Careful not to pull or push on your skin.

Anti-Aging Eye Cream

Ingredients:

10 drops Frankincense oil

8 Vitamin E capsules

½ cup organic coconut oil, melted

Method:

Place melted oil in your container. Carefully poke each holes of Vitamin E capsules and squeeze liquid into container. Add essential oil. Place in your refrigerator for about 40-45 minutes.

TO USE: During the night, dab a small amount under your eyes.

Feminine Wash

Ingredients:

6 drops lavender oil

3 teaspoons almond oil

½ cup rose water

½ cup alcohol free witch hazel

1 teaspoon unscented castile soap

Method:

Place all the ingredients in a pump dispenser and swirl it to blend.

THANK YOU!

I just wanted to start off by saying thank you for selecting one of my books to read. I know there are millions of books out there and your time is valuable, so I am very grateful that you have taken the time to read one of my books today.

I also wanted to say that you are getting some bonus books to read with your purchase at no additional cost. I wanted to give you some bonus books as my way of saying thank you!

All you need to do is go to the table of contents and you will see all the additional books you are receiving.

If you would like to go back to the table of contents and see the bonus material

[<<CLICK HERE>>](#)

If you would like to go back to the beginning of the book

[<<CLICK HERE>>](#)