

ESSENTIAL OILS RECIPES FOR BEGINNERS



We're here to walk alongside you and coach you daily, in a fun and interactive way, on how to implement essential oils into your wellness lifestyle.

Simple daily challenges will be given, and some AMAZING prizes will be awarded to those who complete!





The 4 recipes below highlight the 4 main ways that therapeutic essential oils can be used:

1. topically - to achieve the desired health benefit
2. aromatically - in a diffuser or spray
3. environmentally - for green cleaning and disinfecting
4. internally - directly in the mouth, in water, in an empty gel capsule, or in recipes - as shown below.



BLEND

ICONIC BLEND

In a 10ml roll-on bottle place:

12 drops Frankincense

6 drops Pink Pepper

6 drops Lime

Top with Fractionated Coconut Oil

Iconic Blend Description:

Includes Frankincense, Pink Pepper, and Lime for clarity and vitality. Iconic can be rolled onto pressure points to provide a sense of uplifting during times of low energy and to calm during anxiety.



DIFFUSER

HINT OF SPRING

Spring is coming!

Beat the winter blues with plenty of Citrus, warming Ginger and Clary Sage for Calming.

2 drops Tangerine
2 drops Clary Sage
2 drops Ginger



DIY

LEMON CLEANER

I use this all-purpose cleaner all over my house!

For stubborn stains or tough cleaning, use half the amount of water. I've also been known to double the amount of lemon! It's super good!

10 drops Lemon
1 cup water
1 cup white vinegar

Combine all ingredients in a glass container and mix well.
Can be used on a cleaning cloth or sponge or in a spray bottle to clean surfaces.
Shake well before each use.



FOOD

Ingredients :

- 2 sticks unsalted butter, room temperature
- Bergamot oil 5-7 drops
- ½ teaspoon finely ground dried rosemary
- ½ cup and 2 tablespoons powdered sugar
- 2 cups flour
- 1 teaspoon sea salt
- 1-2 tablespoons turbinado sugar

Instructions :

1. Preheat oven to 325°F.
2. If not finely ground, further grind dried rosemary until powdery.
3. Bring butter to room temperature and then cream until light and fluffy. Add Bergamot oil and dried rosemary and mix together. Add powdered sugar and mix well.
4. In a separate medium bowl, mix flour and salt together. Slowly add into the butter mixture and continue to mix until a ball forms and the dough is stiff.
5. Cover dough ball with plastic wrap, flattening it slightly. Chill dough in the fridge at least 30 minutes or more.
6. Take dough out of the fridge and place between two pieces of slightly floured parchment paper. Use a rolling pin to roll the dough to about ¼ of an inch thick before cutting out shapes.
7. Place cookies on a greased baking sheet (or use parchment paper). Top cookies with turbinado sugar.
8. Bake for 20 minutes until light golden brown.