

MARCH OILS OF THE MONTH

"SMOOTH MOVES"
2016 Collection (#67955)

PERSONAL CARE RECIPES

Baby Your Bottom Wipes

Ingredients:

- 1½ cup Purified Water
- 2 tbsp. Plant Derived Minerals™
- 1 tbsp. Botanical Spa Exfoliating Body Cleanser
- 1 tbsp. Jojoba Carrier Oil
- 10 drops Lavender-Chamomile Essential Oil Blend
- 1 roll high-quality Paper Towels, cut in half with a sharp kitchen knife

Directions:

In a medium sized bowl, mix water, Plant Derived Minerals™, Botanical Spa Exfoliating Body Cleanser and Jojoba oil. Then, add Lavender-Chamomile essential oil blend and mix well. Put the half roll of paper towels in a plastic container; large enough to hold them with a tight cover. Pour half of the solution over the paper towels. Allow paper towels to soak for 10-15 minutes. Flip paper towels over and pour remaining solution; allow to soak. Remove cardboard center and pull paper towels from the center. Put lid on to keep moist.

*Lavender-Chamomile is a soothing and anti-inflammatory blend great for children and adults. It is sweet, nurturing, and calming to help with stress, tension, and insomnia. It also provides support with scarring and restoration of tissue and may help relieve spasms, cramps, muscular pain, migraines, and teething pain. It also supports healthy hair and skin.**



Anti-itch Spray for Dogs (or you)

Ingredients:

- 2 oz. Plant Derived Minerals™
- 20 drops Lavender-Chamomile Essential Oil Blend

Directions:

In a 2 oz. mister bottle, add 1 oz. of Plant Derived Minerals™, then add Lavender-Chamomile essential oil blend. Put lid on tightly, shake well 50 times. Remove lid and add remaining Plant Derived Minerals™. Put lid back on and shake 50 more times. Shake before each use. Spray on your dog's hot, itchy skin; or yourself.



Lavender and Red Mandarin Dishwasher Cubes

Ingredients:

- 1 cup Washing Soda (not baking soda)
- ¼ cup Epsom Salt
- 1 cup Borax
- 1/3 - 1/2 cup Lemon Juice
- 5 drops Lavender-Mailette Essential Oil
- 5 drops Red Mandarin Essential Oil

Directions:

In a large bowl, mix all dry ingredients with a fork. Then, add oils and mix again until well-blended. Slowly add lemon juice - a teaspoon at a time - mixing with a fork until mixture holds its shape when pressed together; not crumbly. Press mixture into plastic ice cube tray. Let sit and dry for 3-4 hours, then turn tray upside down on counter and tap to pop out. Keep cubes stored in an airtight jar. Put one cube in your soap dispenser and wash dishes as usual. Save money, plus you'll have a great-smelling kitchen and clean dishes!

Body Wash for Women

Ingredients:

- 1/2 cup Witch Hazel, alcohol-free
- 1/2 cup Plant Derived Minerals™
- 1 tsp. Castile Soap
- 3 tsp. Jojoba Carrier Oil
- 6 drops Lavender-Chamomile Essential Oil Blend

Directions:

In a foaming soap pump dispenser, add Plant Derived Minerals™, soap, Jojoba oil and Lavender-Chamomile essential oil blend. Put lid on tightly and swirl to mix. Then add Witch Hazel and mix again. May be used as a hand or body wash.



FOOD RECIPES

Red Mandarin Coleslaw

Slaw Ingredients:

- 3 cups Red Cabbage, shredded
- 2 Mandarin Oranges, peeled and sectioned
- 1 Green Onion, chopped
- 1/2 cup Dried Cranberries or Raisins

Dressing Ingredients:

- 1/3 cup Orange Juice
- 1/4 cup Apple Cider Vinegar
- 1 tbsp. Maple Syrup
- 2 drops Red Mandarin Essential Oil

Directions:

Combine slaw ingredients in a large bowl. In a separate bowl, mix all dressing ingredients and pour over salad. Chill for at least 2 hours; overnight is even better. Serve at your next Aroma Share Event or any other get-together.

*Red Mandarin carries a sweet aroma, making it a favorite among parents of young children as it tends to have a calming effect. It's also great to help with skin-related issues such as acne.**



Mandarin and Spinach Salad

Salad Ingredients:

- 6 cups Baby Spinach Leaves or Baby Greens
- 1/2 medium Red Onion, sliced into rings
- 2 Mandarin Oranges, peeled and segmented
- 1 1/2 cups Dried Cranberries
- 1 cup Slivered Almonds
- 1 cup Crumbled Feta Cheese

Dressing Ingredients:

- Zest from Mandarin Oranges
- 2 Mandarin Oranges, peeled and segmented
- 1/2 cup Cucumber, sliced
- 2 tbsp. Raw Apple Cider Vinegar
- 1 tbsp. Sunflower Seeds
- 1 Green Onion, chopped
- 1 drop Red Mandarin Essential Oil

Directions:

In a large bowl, add all salad ingredients and toss lightly. Combine all dressing ingredients, except essential oil, and blend until creamy. Add essential oil and blend 30 more seconds. Drizzle the dressing over the salad and serve.

Mandarin Salsa

Ingredients:

- 3 Mandarin Oranges, peeled and segmented
- 1 cup Pineapple, cut into 1/4 inch chunks
- 2 tbsp. Lemon Juice
- 1 medium Jalapeño Chili, finely-chopped
- 1/4 tsp. Salt
- 1 drop Red Mandarin Essential Oil

Directions:

In a serving dish, mix mandarin oranges, pineapple and jalapeño. In a small bowl, mix the lemon juice, salt and Red Mandarin essential oil. Drizzle your lemon juice mixture over the salsa and mix gently. Let your salsa sit in fridge for at least one hour before serving.

Mandarin Fruit Crumble

Crumble Ingredients:

- 1 cup Walnuts
- 1/2 cup Medjool Dates, pitted and packed
- 1/2 cup Shredded Coconut
- 1/2 cup Cashews
- 1 tsp. Plant Derived Minerals™
- 1 tsp. Honey (or other natural sweetener)
- 1 drop Red Mandarin Essential Oil
- Pinch of salt

Fruit Mixture:

- 2 Mandarin Oranges, peeled and segmented
- 1 cup Mango, diced
- 2 cups Strawberries, diced
- 2 cups Blueberries
- About 1/2 heaping cup Mandarin Oranges, peeled and segments
- 1 drop Red Mandarin Essential Oil

Directions:

Mix all crumble ingredients, except for essential oil and honey, in a food processor with S blade and process until a crumbly texture. Add drop of essential oil into honey, then drizzle over the crumble and mix again for 30 seconds. Remove from processor and set aside.

In food processor, blend 1/2 cup of mandarin oranges until smooth. Then add drop of Red Mandarin and blend 15 more seconds. Lightly fold fruit and blended oranges together. Spread fruit mixture evenly in an 8x8 pan, sprinkle crumble mixture over the top and serve immediately. Can be warmed up.