

AUGUST OILS OF THE MONTH

"LAZY DAYS OF SUMMER"
2015 Collection (#67955)

PERSONAL CARE RECIPES

Soothing, Skin Cooling Bath

Ingredients:

- 1/2 cup Whole-Milk Powder
- 4 tsp. Green Tea Leaves
- 10 drops Lavender-Mailette Essential Oil
- 2 drops Peppermint Essential Oil

Directions:

Mix all ingredients together and store in a tightly lidded jar. After a long day in the sun, add 1 tablespoon of mixture to a bath and soak in; your skin will thank you!

*Oregano & Lavender 30% Essential Oil Blend creates a phenomenon known in the natural world as 'quenching'. This means that the effects of the oregano on the skin are balanced by the soothing properties found in the lavender vera.**



Tough Fungus Foot Soak

Ingredients:

- 1 oz. Dead Sea Bath Salts - Unscented
- 5 drops Oregano & Lavender 30% Essential Oil Blend

Directions:

In a small jar, add the bath salts and essential oil blend. Put lid on and shake 100 times. Pour into a small tub of warm water and soak feet for 20 minutes; or until water cools.



Garden Pest Spray

Ingredients:

- 8 oz. Water
- 1 drop Oregano & Lavender 30% Essential Oil Blend
- 1/4 tsp. HydroWash™

Directions:

In an 8 oz. mister bottle, add 4 oz. of water, HydroWash™ and essential oil blend, then shake 50 times. Add 4 more ounces of water and shake 50 more times. Mist on plants to kill or prevent pests. Can be multiplied to make 1 gallon of solution and added to a garden sprayer.



*To Be At Peace™ is a sweet-smelling and peaceful blend that can be diffused, used in a bath, used in a mist, or applied to a tissue and slipped between the pillowcase and pillow; for relaxation and to induce sleep.**

Take Me Away Bath Salts

Ingredients:

- 2 oz. Dead Sea Salt Bath Salts
- 5 drops To Be At Peace™ Essential Oil Blend

Directions:

In a jar, add Bath Salts and essential oils and shake 100 times. Add 1 oz. of mixture to a warm bath; swish around until dissolved and enjoy.

Headache Roll On

Ingredients:

- 10 ml. Grapeseed Carrier Oil
- 5 drops Peppermint Essential Oil
- 5 drops Lavender-Mailette Essential Oil (optional)

Directions:

In a roller bottle, add 5 ml. of Grapeseed oil and essential oil(s). Put finger tightly over the opening of the bottle and shake 50 times. Add remaining Grapeseed oil, then cap and lid bottle and shake 50 more times. When a headache comes on, roll along hairline and temples.

FOOD RECIPES

Spicy - Mint Sauce

Ingredients:

- 1/2 cup Plain Yogurt
- 2 Green Onions, chopped
- 1 fresh Jalapeno Pepper, seeded and chopped
- 1 1/2 tbsp. fresh Ginger, chopped (or 1 drop Ginger Essential Oil)
- 3/4 cup Cilantro Leaves
- 1 large Garlic Clove, chopped
- 1/2 tsp. Salt
- 1 drop Peppermint Essential Oil
- 1 tsp. Honey or other Natural Sweetener

Directions:

Put all ingredients, except honey and essential oil, into a blender and blend until smooth. Using a toothpick and in a large tablespoon, mix honey and essential oil together. Add honey mixture to sauce and blend for 30 more seconds. Put mixture in a jar with a lid and chill for 1 hour. Can be used on meat (especially lamb), as a spicy veggie dip or salad dressing.

Mint and Orange Cole Slaw

Ingredients:

- 1/4 cup Plain Yogurt
- 3 tbsp. Apple Cider Vinegar
- 1 tsp. Honey or other Natural Sweetener
- 1 medium Garlic Clove, crushed
- 1/2 tsp. Salt
- 1 drop Peppermint Essential Oil
- 1/4 tsp. Ground Black Pepper or 1 drop Black Pepper Essential Oil
- 1 small Cabbage, cored and thinly sliced into shreds (about 5 cups sliced)
- 2 Navel Oranges, peeled and chopped
- 1/2 medium Red Onion, thinly sliced

Directions:

In a small bowl, whisk together the yogurt, vinegar, garlic, salt, pepper, and essential oils. In a large bowl, lightly mix the cabbage, oranges and onion. Pour sauce over salad and toss lightly. Chill one hour before serving.

*Peppermint is refreshing, cooling, uplifting and restoring and is traditionally used to address a wide-range of health concerns.**



Watermelon-Mint Salad

Ingredients:

- 6 lb. Watermelon, peeled, seeded and cubed into 1 inch cubes (approx. 8 cups)
- 2 cups Arugula or other small Salad Greens
- 1/4 cup fresh Lime Juice
- Pinch Cayenne Pepper
- Pinch Salt
- 1 drop Peppermint Essential Oil

Directions:

Toss watermelon and greens in large salad bowl. In small bowl, mix lime juice, cayenne, salt and essential oil. Drizzle sauce over salad and toss lightly. Serve and enjoy!

Chocolate-Mint Shake

Salad Ingredients:

- 1 scoop Slender Fx™ Meal Replacement Shake - Chocolate Fudge
- 1 tbsp. ground Flaxseed
- 1 tbsp. Chia Seeds, soaked in 1/4 cup water for 10 minutes
- 1 Banana
- 1/2 cup Fresh Spinach
- 4 Ice Cubes
- 1/4 cup Milk of Choice
- 1 drop Peppermint Essential Oil

Directions:

Combine everything, except essential oil, in a blender and blend until smooth. Add essential oil and blend 30 more seconds. Enjoy immediately.