

# AUGUST OILS OF THE MONTH

"MORE THAN SKIN DEEP"  
2016 Collection (#67955)

## PERSONAL CARE RECIPES

### Younger Everyday Face Serum

#### Ingredients:

- 2 oz. Kukui or Jojoba Carrier Oil
- 12 drops Frankincense & Lavender Essential Oil Blend

#### Directions:

In a 2 oz. dropper bottle, add 1 oz. carrier oil and 12 drops of Frankincense & Lavender. Put lid back on tightly and shake 50 times. Open bottle and fill with carrier oil to the shoulder (where it rounds up) of the bottle, recap, and shake 50 times more. Use one dropper-full on face; morning and night.

*Rose Geranium* has balancing and uplifting qualities in addition to being favorable for use in perfumes and mists. Its sweet rosy smell provides an energizing effect to the mind and is a great oil to use for easing anxiety and depression.\*



*Frankincense & Lavender Essential Oil Blend* promotes healing, helps reduce scar tissue formation, and is excellent for emotional support when dealing with anxiety, trauma, depression, and grief. It is also used for its anti-aging support.\*



### Healthy Nails Roller Bottle

#### Ingredients:

- 10 ml. Kukui or Jojoba Carrier Oil
- 7 drops Frankincense & Lavender Essential Oil Blend
- 3 drops Rose Geranium Essential Oil

#### Directions:

In 10 ml. roller bottle, add 5 ml. of carrier oil, then add essential oils. Put your index finger on opening of bottle and shake 50 times. Keep oil on finger; don't wipe off yet! Add remaining carrier oil up to the shoulder of the roller bottle. Use oiled finger to wipe on the roller ball so it easily slides into bottle; twist as you push in. Put lid on and shake well again. Roll over cuticles and nails and massage in every night.

### Hair Repair Spray

#### Ingredients:

- 7 oz. Water, filtered
- 2 tbsp. Kukui or Jojoba Carrier Oil
- 24 drops Frankincense & Lavender Essential Oil Blend

#### Directions:

In an 8 oz. mister bottle, add 4 oz. of water, carrier oil and 24 drops of Frankincense & Lavender. Put lid on and shake well 50 times. Open bottle and add remaining water, recap tightly and shake 50 more times. Shake before each use. Mist on damp hair, style as usual. Also great to prevent frizzy hair!

### "Relax and Take Your Shoes Off" Sweaty Foot Powder

#### Ingredients:

- 2 oz. Arrowroot Powder or Cornstarch
- 28 drops Rose Geranium Essential Oil

#### Directions:

In a 2 oz. oil-safe shaker top bottle, add 1 oz. arrowroot powder and 28 drops of Rose Geranium. Put lid on tightly and shake 50 times. Add remaining arrowroot powder, leaving about 1/2 inch of head space, re-lid and shake 50 more times. Sprinkle on feet every time before putting shoes on.

# FOOD RECIPES

## Spiced Carrot Salad

### Salad Ingredients:

- 1 lb (about 5-6 medium) Carrots, grated or noodled
- 1 Red Onion, thinly-sliced into half moons
- 1 Navel Orange, peeled and sliced into small chunks
- 5 Medjool Dates, pitted and sliced into thin strips

### Dressing Ingredients:

- Juice of 1 Lemon
- Juice of 1 Orange
- 2 Garlic Cloves, diced
- 1/4 tsp. Black Pepper or 1 touch with a toothpick of Black Pepper Essential Oil
- 1/2 tsp. Salt
- 1/4 tsp. Ground Coriander or 1 touch with a toothpick of Coriander Essential Oil
- 1/4 tsp. Ground Paprika
- 1/4 tsp. Ground Cinnamon or 1 touch with a toothpick of Cinnamon Bark Essential Oil
- 1 drop Orange-Sweet Essential Oil
- 1 tsp. Raw Honey or other natural sweetener

### Directions:

In a large bowl, lightly toss all salad ingredients. In a jar, add all dressing ingredients except honey and essential oil(s). Put lid on and shake well. Mix essential oil(s) into honey with a toothpick then add to jar and shake well until the honey dissolves in the juices. (Hint: Use a thin toothpick, dipped into the opening of the essential oil or rub around the inside of the lid to soak the bottom half of it in the essential oil then mix that into your sweetener to flavor it.) Pour over salad and chill for several hours before serving.



## Orangey Fruit Punch

### Ingredients:

- 4 cups White Grape Juice
  - 1/2 cup Pomegranate Juice
  - 2 drops Orange-Sweet Essential Oil
  - 2 cups Sparkling Water
  - 2 cups Assorted Fruits (strawberries, blackberries, blueberries, etc.)
- \*Freeze 1 cup of fruit in ice cube trays

### Directions:

In a pitcher, mix all ingredients except for sparkling water and essential oil. Chill for 1-2 hours. Right before serving, add essential oil and stir well. Then, add sparkling water and serve over frozen fruit ice cubes.



## Honey and Orange Fruit Salad

### Salad Ingredients:

- 1/4 cup Honey
- 2 drops Orange-Sweet Essential Oil
- 1 pint Blueberries
- 1 pint Blackberries
- 1 pint Raspberries
- 2 Delicious Yellow Apples, cored and diced
- 1/2 cup Pecans, chopped
- 3 Kiwis, peeled and sliced
- 2 Peaches, peeled and sliced

### Directions:

In very small bowl, mix essential oil into honey and set aside. In large bowl, lightly fold in all the fruit. Sprinkle nuts on top and drizzle honey mixture over it. Serve in chilled bowls, yummy!



*Orange-Sweet (sample only) helps balance the thyroid and lymphatic system, making it beneficial for weight loss, treating water retention, and cellulite issues. Orange oil also serves as an effective emotional aid. More Orange Essential Oil is produced worldwide, volume wise, than any other oil.\**



## Orange and Beet Salad

### Ingredients:

- 1 Beet, sliced into thin circles (try a mandolin)
- 1 Navel Orange, peeled and sliced into thin circles
- 1 Fennel Bulb, sliced thin (or 1 cup chopped celery with 1 drop Fennel Essential Oil mixed into it)
- 1 Red Onion, sliced into thin half moons
- 1 Cilantro Bunch, chopped
- 2 tbsp. Raw Sugar or Coconut Palm Sugar
- 2 tbsp. Raw Apple Cider Vinegar
- 2 drops Orange-Sweet Essential Oil

### Directions:

In a large bowl, lightly toss your fruit and vegetables. In a very small bowl, mix the sugar and essential oil, then add the vinegar and mix until the sugar dissolves. Pour over salad, toss lightly and chill 1-2 hours before serving.