

DECEMBER OILS OF THE MONTH

"SWEETS FOR THE SWEET"
2015 Collection (#67955)

PERSONAL CARE RECIPES

Frankincense Skin Toner

Ingredients:

- 1 ½ oz. Filtered Water
- 1/2 oz. Raw Apple Cider Vinegar
- 10 drops Frankincense Essential Oil
- 10 drops Lavender-Maillette Essential Oil (optional)

Directions:

In a 2 oz. bottle, add the water; it should fill the bottle about 2/3 full. Add essential oils, cap and shake 50 times. Add apple cider vinegar to bottle, cap and shake 50 times more. Apply with cotton ball every morning and evening after washing face. Make a few and give as gifts!

*Frankincense Essential Oil is a favorite due to its physical and emotional support. A few qualities include, strengthening the respiratory system, rejuvenating the skin and strengthening the immune system.**



"I can't believe I ate the whole thing" Belly Ache Roller

Ingredients:

- 10 ml. Grapeseed Carrier Oil
- 5 drops Sweet Soothe™ Essential Oil Blend

Directions:

In a roller bottle, add 5 ml. of Grapeseed Carrier Oil, then add essential oil blend. Put your finger tightly over the end of the bottle and shake well; about 50 times. Add remaining Grapeseed Carrier Oil, then twist in roller ball (after applying a dot of carrier oil to it), making it easier to twist in. After you twist lid on, shake 50 more times. Roll on belly when you have eaten more than your fill.

Frankincense Foaming Hand Soap

Ingredients:

- 2 oz. Liquid Castile Soap, unscented
- 1 tbsp. of Jojoba Carrier Oil
- 10 drops Frankincense Essential Oil
- Filtered water

Directions:

In an 8 oz. foaming hand soap bottle, add soap, carrier oil, then essential oil. Put lid on and shake 50 times. Then, fill bottle up with filtered water to shoulder of bottle, leaving at least 1/2 inch of head room. Put lid back on and shake again. Use for dry, chapped hands or when skin needs extra attention. Shake a few times before using.



Cinnamon Breath Freshener

Ingredients:

- 10 ml. Filtered Water
- 1 drop Cinnamon Essential Oil

Directions:

In a perfume mister bottle, add 5 ml. of water and essential oil, cap and shake 50 times. Add 5 ml. more of water, cap well and shake 50 more times. Squirt once or twice to freshen breath, or to help with a sore throat.

*Sweet Soothe™ Essential Oil Blend is a powerful blend that is known for its blood sugar support, as well as digestive support. This blend contains: Anise, Cinnamon Bark, Coriander, Dill Seed, Dill Weed, and Fennel.**



FOOD RECIPES

Cinnamon Almonds

Ingredients:

- 1 cup Coconut Sugar
- 1/2 cup Water
- 3 cups Raw Almonds
- 1 drop Cinnamon Essential Oil

Directions:

Line a cookie sheet with parchment paper. Then, add all ingredients to a saucepan over medium heat, bringing to a boil and stirring constantly for 5-10 minutes until mixture begins to crystalize slightly. Then, pour mixture onto your parchment lined cookie sheet. Allow to cool and break up. Give in gift bags and enjoy!



Cinnamon Apple Chips

Ingredients:

- 5 medium Apples
- 1 tbsp. Maple Syrup or other natural sweetener
- 3 drops Cinnamon Essential Oil

Directions:

Preheat oven to 250 degrees. Line two deep cookie sheets with parchment paper. Slice apples 1/8 inch thick with a mandolin slicer; core first if you want, otherwise just remove seeds after slicing. Mix maple syrup and Cinnamon Essential Oil in a small bowl. Lay apple slices on parchment paper, making sure they don't overlap. Use a pastry brush and coat the top of each apple slice with maple mixture. Bake 30 minutes, then turn slices over. Bake another 30 minutes or until edges curl. Remove pans and place on cooling racks until apples are cool and crisp. Serve at your next Aroma Share night!

Fruit Salsa

Ingredients:

- 2 Granny Smith Apples
- 1 Lemon
- 2 Kiwis
- 1 lb. Strawberries, fresh or frozen
- 1/2 lb. Raspberries, fresh or frozen
- 1 tbsp. Honey
- 1 drop Cinnamon Essential Oil

Directions:

Zest the lemon and set aside. Peel, core and finely chop apples into 1/4 inch pieces. In a large bowl, squeeze 2 tsp. of lemon juice over apples and mix, making sure to coat apples well; this will keep them from turning brown. Finely chop kiwis, lemon zest and strawberries and add to apples, then fold in raspberries gently; the raspberries will breakup into small pieces. Mix Cinnamon Essential Oil into honey using a toothpick. Drizzle honey over fruit, fold in gently again. Let sit at room temperature for 15 minutes. You may want to drain some of the liquid before serving. Goes great with Apple Crisps!

*Cinnamon Essential Oil is known for its wide-range of uses helping with circulation, digestive issues, blood sugar issues, helping combat infections and even supporting male and female reproduction.**



Cinnamon Powder Balls

Ingredients:

- 1 cup Raw Coconut, shredded
- 1 cup Almond Butter
- 1 cup dried Cranberries or Cherries
- 1/2 cup Raw Honey
- 1/2 tsp. Salt
- 2 tbsp. Chia Seeds
- 2 drops Cinnamon Essential Oil

Directions:

Set aside 1/2 cup of the shredded coconut. Mix Cinnamon Essential Oil into honey, add all other ingredients into mixer bowl, then add honey mixture on top. Mix until well-blended and dough is molded. Form dough into 1 inch balls, then roll in coconut that was set aside. Refrigerate for 1 hour and then share with a friend.