

# DECEMBER OILS OF THE MONTH

"Home for the Holidays"  
Collection (#67955)

## PERSONAL CARE RECIPES

### That "Real Christmas Tree Smell" Spray

#### Ingredients:

##### Recipe #1

- 4 drops Fir-Balsam Essential Oil
- 4 drops Black Spruce Essential Oil
- 4 oz. Water

##### Recipe #2

- 4 drops Fir-Balsam Essential Oil
- 3 drops Mandarin-Red Essential Oil
- 2 drops Cinnamon Bark Essential Oil
- 4 oz. Water

#### Directions:

First, put water in your spray bottle; leaving some head room at the top. Then, add your essential oils from either recipe. Shake well each time you spray.



### Homemade Peppermint Swirl Body Butter

#### Ingredients:

- 6 oz. of Coconut Oil
- 2 oz. Cocoa Butter (optional)
- 1/4 tsp. of your favorite Youngevity Mineral Makeup Blush
- 1 drop of Peppermint or Mandarin-Red Essential Oil

#### Directions:

In a double boiler, melt the coconut oil and cocoa butter. Once melted, put in refrigerator, not freezer, and cool until it has a whiter look to it. Then, whip with a stand or hand mixer until creamy and refrigerate another 5 minutes. Whip again, until stiff peaks form, add 1 drop of essential oil and whip once more. Once well whipped, divide the butter mixture into 2 smaller bowls. In one bowl, add blush powder and whip again; add as much blush as needed to get the desired pink color, not a bright red. In small clear jars, such as baby food jars, layer the butters; first white, then red (trying to end in red). Using a pastry bag or freezer bag with the corner cut off and swirling in works best. Do this with your kids or grandkids so they can give out as gifts to teachers and friends.

### Scented Ribbons

#### Ingredients:

- Cut Ribbons
- 6 drops Peppermint Essential Oil (or your favorite oil)
- 4 oz. Water

#### Directions:

Mix your oils and water. Add your ribbons to the oil-scented water and swish them around. Remove and lay out on a hand towel to dry. Decorate your home or give as gifts.

### Yule Log

#### Ingredients:

- 1 piece Untreated Wood (any kind)
- 1 drop Fir-Balsam or Black Spruce Essential Oil

#### Directions:

Drop the oil on the wood and let it soak in for about 5 minutes. Start your fire, either in a fireplace or backyard fire pit. Then, add the soaked wood to the fire. Be sure to let your wood soak or your winter night may turn more into the 4th of July.

### Scented Pinecones

#### Ingredients:

- 10-12 small Pinecones
- 3 Cotton Balls
- 3 drops Fir-Balsam, Black Spruce, or Cinnamon Bark Essential Oil

#### Directions:

Add one drop of the essential oil of your choice to each cotton ball. In a grocery store bag, add your cones and oil-scented cotton balls. Then, tie the bag securely and let set for 2 days to allow the aroma to saturate the pinecones. Display and enjoy! If the smell dissipates after a week or so you can recharge them by repeating the procedure.



# FOOD RECIPES

## Peppermint Popcorn

### Ingredients:

- 24 cups of Popcorn, popped
- 1 lb. of White, Melting Chocolate
- 1-2 drops Peppermint Essential Oil

### Directions:

In double boiler or fondue pot, melt chocolate first, then add peppermint oil and stir in well. In a large bowl or roasting pan, add your popcorn and pour the melted chocolate over, stirring until well-coated. Once popcorn is well-coated, spread out onto wax paper allowing it to cool. When ready, string like you would to hang on your tree or put in fun containers for gift-giving.



***Fir, Balsam** is refreshing, invigorating, stimulating and strengthening. It is very popular in an aromatherapy bath to revive tired muscles.\**

## Peppermint Patties

### Ingredients:

- 1 cup of Unsweetened Coconut, shredded
- 2 tsp. Maple Syrup
- 2 tsp. Butter
- 1 drop Peppermint Essential Oil
- 1 cup Triple Treat™ Chocolate, chopped

### Directions:

In a high-powered food processor or blender, blend coconut, maple syrup and butter until almost smooth; patiently turning off and scraping sides every few minutes. Add Peppermint Essential Oil to a small amount of mixture using a spoon, then add back to blender and blend for 30 more seconds. Gently pat your mixture into 1 or 2 inch circles, placing them on a wax paper lined tray and freeze for 20 minutes. While they are freezing, melt the chocolate in a fondue pot or double boiler. Using a fork, take your frozen patties and dip them into your melted chocolate, making sure to cover both sides. Then, set your patties back on your tray; you may have to add more chocolate on with a spoon to fully cover or double dip later. Freeze for 10 more minutes, then serve.

## Sugar-free, Good For You, Easy Peppermint Fudge

### Ingredients:

- 1 cup Triple Treat™ Chocolate, chopped
- 1/2 cup Coconut Cream Concentrate (or 1 can of frozen Coconut Milk, open can from bottom and scoop out cream)
- 1 tsp. Vanilla Extract
- 1/4 tsp. Sea Salt
- 1 drop of Peppermint Essential Oil
- 2 drops of Liquid Stevia (or 1/4 cup of honey, maple syrup, or raw sugar)\*

### Directions:

In double boiler, fondue pot or small crock pot, melt chocolate and coconut cream, stirring occasionally and scraping sides. When completely melted, remove from heat then add salt, vanilla extract, sweetener and Peppermint Essential Oil and stir thoroughly. Pour into a plastic wrapped lined pan (square 9x9), letting wrap hang over edge, and refrigerate for an hour then enjoy! For a festive look, sprinkle with crushed candy canes before cooling. If you are taking it to a party where it may be sitting out in a warm room, freeze instead so that it will keep its shape better.

\*If you use honey or maple syrup add another 2 tbsp. of the chopped chocolate.



***Black Spruce** is steam-distilled from needles and twigs. It blends well with Eucalyptus Radiata, Frankincense and Ravensara. It may be diffused or applied topically when experiencing bone and joint discomfort.\**