

# FEBRUARY OILS OF THE MONTH

"BE MINE"  
2015 Collection (#67955)

## PERSONAL CARE RECIPES

### Scented Valentines

#### Ingredients:

- 1 cotton ball
- 1-2 drops To Be Loved™
- 1-2 Valentines Cards

#### Directions:

Put your valentine cards in a plastic bag. On your cotton ball, add your essential oil drops. Drop cotton ball into your plastic bag, seal and let sit overnight. Your recipients will love their scented Valentine Cards!



### Fragrant Lingerie Drawer Liners

#### Ingredients:

- Sheet of Paper, cut to size of clothing drawer
- 1-2 drops To Be Loved™ or Clary Sage Essential Oil

#### Directions:

Sprinkle essential oil onto the paper. Place paper at the bottom of your drawer. Let drawer stay closed with clothing in it for at least one day before wearing.

*Clary Sage is an inspiring, regenerating aroma that is balancing and relaxing. It has cleansing properties and may be beneficial for dry skin.\**



### Romantic Candles

#### Ingredients:

- 1 candle, about 2-3 inch diameter
- 1 drop To Be Loved™ or Clary Sage Essential Oil

#### Directions:

Light your candle and let it burn until you have a small circle of melted wax around the wick. Blow candle out, drop 1 drop of either essential oil, or another favorite, into the melted wax and let it sit for 1 minute. Then relight. Essential oils are flammable, so you must blow out candle before adding oil.



### PMS Buster Oil

#### Ingredients:

- 10 drops Clary Sage Essential Oil
- 2 oz. Grapeseed Carrier Oil

#### Directions:

In a flip top bottle, add 1 oz. of Grapeseed Carrier Oil and then 10 drops of Clary Sage. Put lid on tightly and shake well. Add the rest of the Grapeseed Carrier Oil, put lid back on and shake well before using. Put 1 drop on inside of ankles every morning and evening. It can also be rubbed on lower abdomen to help with cramps.

### Lover's Massage Oil

#### Ingredients:

- 10 drops To Be Loved™
- 2 oz. Grapeseed Carrier Oil

#### Directions:

In flip top bottle, add 1 oz. of Grapeseed Carrier Oil and then 10 drops of To Be Loved™. Put lid on tightly and shake well. Add the rest of the Grapeseed Carrier Oil, put lid back on and shake well. Before use, warm your oil up by placing the bottle in a cup of hot water.



# PERSONAL CARE RECIPES

## Be Mine Bath Salts

### Ingredients:

- 1 pint Decorative Glass Jar
- 1 1/2 cups Dead Sea Bath Salts, Unscented
- 25 drops To Be Loved™

### Directions:

In a small bowl, add your salts and essential oil blend and mix well with a fork. Then, add your mixture to your jar, put lid on tightly and shake well. Decorate jar with ribbons and lace. Use 1/4 cup of your bath salts for each bath. Fill tub with warm water, add salts, swish well, then slip in and enjoy. Serves 1-2 Valentines.



## Children's Valentines Play Dough

### Ingredients:

- 2 cups Flour
- 4 tbsp. Cream of Tartar
- 2 tbsp. Grapeseed Carrier Oil
- 1 cup Salt
- 4-8 drops To Be Loved™ or Clary Sage Essential Oil
- 2 cups Boiling Water
- Food Coloring (optional)

### Directions:

In large bowl, combine all ingredients except essential oils. Mix with a wooden spoon, or in a big mixer, with a dough hook until you develop a play dough texture. Remove from bowl and knead with hands until nice smooth texture. Divide dough into 4 balls. At this time you may add food coloring so you may have 4 different colors; if you did not already. Knead until the color is mixed in well. Flatten dough and sprinkle 1-2 drops of essential oil on each patty, fold over to trap oil and knead well again. Store in airtight containers, play with your kids or also let them give as gifts.



## Scented Tissues

### Ingredients:

- 3 Cotton Balls
- 1 Box of Tissue
- 2-3 drops of To Be Loved™ or Clary Sage Essential Oil

### Directions:

Put 1 drop of oil on each cotton ball. Open up a box of tissues, then tuck cotton balls every 1/2 inch or so under tissues. Put tissue box in a plastic bag and seal up for 1-2 days. Remove cotton balls before using.



## Scented Coat Hangers

### Ingredients:

- Padded Hanger
- 1-2 drops Favorite Essential Oil
- 1 Cotton Ball

### Directions:

Put essential oil on cotton ball and place in a plastic bag with hanger. Seal and let sit for 1-2 days. Remove from bag, wrap and give to someone.

*To Be Loved™ is a sweet and gentle blend of petitgrain rosewood, sandalwood rose and other pure essential oils that is great for new mothers and their babies.\**



## Manly Conversation Spray

### Ingredients:

- 2 oz. of Water
- 5 drops Clary Sage Essential Oil

### Directions:

Put 1 oz. of water in an oil safe spray bottle and add 5 drops of Clary Sage. Put lid on tightly and shake well. Add the other 1 oz. of water in bottle, put lid back on and shake well. Shake each time before use. Clary Sage is masculine, relaxing, encourages conversation and is slightly euphoric. Spray the room before you have guests to encourage romantic conversations.