PERSONAL CARE RECIPES

Get Your Sexy Back Massage Oil

Ingredients:
- 2 oz. Grapeseed or Jojoba Carrier Oil
- 2 drops Ylang Ylang Essential Oil
- 4 drops Rose 10% Essential Oil Blend

Directions:
In a flip top bottle, add 1 oz. of carrier oil, then add essential oils. Put lid on tightly, making sure flip top is closed, and shake well 50 times. Add the remaining carrier oil, put lid back on and shake 50 more times. This oil can be warmed up in a jar of hot water before use. Simply fill a wide-mouth pint jar with very hot water, place bottle of massage oil in the jar and let sit for 10 minutes or so, to warm up. Then, carefully remove bottle to give your partner a massage and enjoy!

Rose 10% is said to be the ultimate oil blend because of its ability to encourage the production and release of dopamine. Rose has been used in perfumes for its attractive scent for hundreds of years.*

Yummy Potpourri

Ingredients:
- 1 cup Dead Sea Bath Salts - Unscented
- 1 cup Dried Peppermint Leaves (or 1 drop Peppermint Essential Oil)
- 1 cup Dried Orange Peel (or 4 drops Orange-Sweet Essential Oil)
- 1/2 cup Whole Cloves (or 1 drop Clove Essential Oil)
- 1/2 cup Whole Cinnamon Sticks, broken into smaller pieces (or 1 drop Cinnamon Bark Essential Oil)
- 3 drops Ylang Ylang Essential Oil
- 4 drops Sandalwood Essential Oil (optional)

Directions:
In a large glass jar, add Ylang Ylang Essential Oil and bath salts, put lid on and shake about 50 times. Open jar and add all other ingredients; gently shake again about 50 times. Leave lid on for 1 week to allow the scents to marry. After a week, place the jar on a table or shelf and remove the lid for 1 hour to give the room an amazing scent. Place lid back on jar to save the aroma for later.

Rose Milk Bath

Ingredients:
- 1/2 cup Dead Sea Bath Salts - Unscented
- 1/2 cup Powdered Milk
- 1/2 cup Rose Petals, dried
- 5 drops Rose 10% Essential Oil Blend
- 2 drops Natural Red Food Coloring

Directions:
In medium bowl, mix salt and powdered milk until well combined. Add Rose 10% Essential Oil Blend and food coloring and mix well using a fork; you want it to be a light pink color. Gently fold in rose petals. Pour into a decorative glass jar. Put a fun tag on it and give as a gift or keep it for yourself! When ready to use, pour 1/2 cup of the Rose Milk to a warm bath and mix until fully dissolved. Relax and enjoy!

Sunshine in the Winter Mister

Ingredients:
- 2 drops Ylang Ylang Essential Oil
- 3 drops Rose 10% Essential Oil Blend
- 5 drops Lemon Essential Oil
- 2 oz. Pure Water

Directions:
In a 2 oz. mister bottle, add 1 oz. water and then essential oils. Put lid on tightly and shake 50 times; pounding onto palm of hand or roll between palms of hands. Add another ounce of water (enough to fill up to the shoulder of the bottle), leaving around 1/2 inch of head space. Put lid back on tightly and shake again. Shake and spray to lift the mood of a room during cold, sunless days.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**FOOD RECIPES**

**White Chocolate and Rose Strawberries**

**Ingredients:**
- 12 oz. of White Chocolate Chips
- 1 tbsp. 100% Butter, grassfed
- 1 drop Rose 10% Essential Oil Blend
- 18 Large Strawberries, with leaves

**Directions:**
Cover a cake pan with wax paper. Then, melt chocolate and butter in sauce pan - over low heat - stirring regularly until melted. Add Rose 10% Essential Oil Blend and stir again until mixed in. Poke a fork or toothpick into the stem end of the strawberry. Dip into chocolate 3/4 of the way up. Set on cake pan and let cool. After all are dipped, refrigerate 30 minutes until chocolate is set.

**Raspberries and Rose Shake**

**Ingredients:**
- 2 cups Frozen Raspberries
- 1 cup Coconut Milk
- 1 drop Rose 10% Essential Oil Blend

**Directions:**
In a blender, add all ingredients and blend for 1-2 minutes; leaving small chunks of raspberries. Serve in chilled glasses.

**Ylang Ylang Fudge**

**Ingredients:**
- 3/4 cup Boiling Water
- 3/4 cup Medjool dates - cut up in quarters
- 1/2 cup 100% Organic Butter or Coconut Oil
- 3/4 cup Cocoa Powder
- 1/4 tsp. Salt
- 1/2 tsp. Vanilla Extract
- 1/2 tsp. Stevia Powder
- 2 drops Ylang Ylang Essential Oil

**Directions:**
In a food processor with S blade, blend water, dates and butter until smooth. Then add cocoa powder, salt, vanilla, and stevia and blend again until smooth. Scoop mixture into a parchment paper lined 8x8 pan and spread out evenly. Put pan of fudge in a gallon size sealed bag, and in a corner of the bag, not touching the fudge, place a paper towel with 2 drops of Ylang Ylang Essential Oil. Zip bag up and refrigerate for at least 4 hours or until solid; can be left until next day. Remove from bag, discard the paper towel, slice fudge into small 1 inch squares and serve immediately.

**Pistachio Rose Milk**

**Ingredients:**
- 1 1/2 cup Cold Water
- 1/2 cup Shelled Pistachios - Unsalted
- 1 tsp. Vanilla Extract
- Pinch of Salt
- 1 drop Rose 10% Essential Oil Blend
- Optional Add-Ons: 1 tbsp. Maple Syrup, Agave, Honey or Dates

**Directions:**
In a high-powered blender, mix everything except essential oil until creamy and smooth. If your blender is not powerful enough you may have to strain it to remove the chunks of the nuts. You can also keep blending and add an ice cube or 2 at the end to help breakdown the nuts; and also to chill the drink more. Then, add essential oil blend and mix a few seconds more. Serve in chilled glasses. Great to drink while enjoying your fudge.