**January Oils of the Month**

**Feel Healthy, Build Relationships!**

**Personal Care Recipes**

**Fat Buster Bath**

**Ingredients:**
- 1/4 cup Dead Sea Bath Salts, Unscented
- 5 drops Grapefruit-Pink Essential Oil
- 3 drops Lemongrass Essential Oil
- 2 drops Orange-Sweet Essential Oil

**Directions:**
Mix all ingredients first. Then, add your mixture to hot bath water and mix around well. Enjoy, and stay in, your fat-busting bath until the water cools. Shower off with cool water when done bathing. For better results, brush your body first with a natural bristle skin brush before bathing.

**Additional Tip:** Triple the recipe and save some for later. Can be stored in a glass or oil-safe plastic jar.

**Cellulite Massage Oil**

**Ingredients:**
- 2 oz. Grapeseed Carrier Oil
- 10 drops Grapefruit-Pink Essential Oil
- 6 drops Lemongrass Essential Oil
- 4 drops Orange-Sweet Essential Oil

**Directions:**
In a flip top bottle, add 1 oz. of the carrier oil, then add the essential oils. Shake well. Add the remaining oil (1 oz.) and shake well. For best results, use this every morning and night; or after your Fat Buster Bath. As a precaution, you should avoid direct sunlight, or tanning booths after applying.

**Bye, Bye Winter Blues Mister**

**Ingredients:**
- 2 oz. Water
- 20 drops To Be Happy™

**Directions:**
In a spray bottle, add 1 oz. of water, then, add in To Be Happy™ and shake well. Add the rest of the water (1 oz.) and shake well. Shake well each time before spraying. Avoid spraying in eyes or on furniture.

**Grumpy Hand Scrub**

**Ingredients:**
- 1/2 cup Dead Sea Bath Salts, Unscented
- 2 tbsp. Grapeseed Carrier Oil
- 10 drops Orange-Sweet Essential Oil

**Directions:**
Mix all ingredients well; you can use a fork in a glass bowl. Put in a glass or oil-safe plastic jar. Keep one near the kitchen sink and bathroom or utility room. Use about 1/2 tsp. each time, rub all over hands, then rinse off with warm water.

**Additional Tip:** This can also be used as a body scrub, but you should avoid direct sunlight or tanning booths after.

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**Grapefruit, Pink** essential oil is energizing and refreshing. It has a sharp, refreshing smell and a watery feel.*

**Lemongrass** has been used in traditional Indian therapies for centuries. Its health enhancing properties may effect the central nervous and digestive systems.*

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*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

Orange Pepper/Lemongrass Pepper

Ingredients:
- 1 oz. Ground Pepper, coarse
- 3 drops Orange-Sweet or Lemongrass Essential Oil

Directions:
Mix pepper and oil of choice together in a small glass bowl, then bottle and let sit for three days before using. Great on chicken, beef or veggies. Try Lemongrass Pepper on fish, pork or veggies.

Grapefruit Green Skinnie Smoothie

Ingredients:
- 1 scoop Beyond Tangy Tangerine®
- 2 cups Green Tea, cold
- 1/2 can Coconut Milk, full fat
- 1/4 cup Pitted Dates or other natural sweetener
- 1 Avocado, peeled and pitted
- 1/2 Grapefruit, peeled (or 1 orange)
- 1-2 cups Spinach (or other mild, leafy greens)
- 1 drop Grapefruit-Pink or Orange-Sweet Essential Oil
- Juice of 1 Lemon

Directions:
Blend all ingredients, except essential oil, until smooth; can be up to 5 minutes to really get the greens blended. If it gets warm, add ice and blend more. Add the essential oil of choice and blend again for 1 minute. Makes enough for 2!

Citrus Detox Juice

Ingredients:
- 1 scoop Beyond Tangy Tangerine®
- 3 medium Oranges, peeled
- 1 Grapefruit, juiced
- 1 Lemon, juiced
- 1 Lime, juiced
- 1/2 inch chunk of Fresh Ginger (optional)
- 1 drop Grapefruit-Pink Essential Oil
- 1 drop Orange-Sweet Essential Oil

Directions:
Blend all ingredients, except oils, until smooth. Add in essential oils, blend again 1 minute; you can also add ice if you would like. This can also be made into popsicles.

Lemongrass Marinade

Ingredients:
- 1/2 cup Green Onions, diced
- 1 inch chunk Fresh Ginger (or 1 drop Ginger Essential Oil or both)
- 3 Garlic Cloves
- 1 Lemon, zested and juiced
- 1/2 tsp. Sea Salt
- 3 tbsp. Organic Apple Cider Vinegar
- 2 tbsp. Honey (or other natural sweetener)
- 2 tsp. Liquid Aminos
- 1 tbsp. Butter, melted
- 1 drop Lemongrass Essential Oil

Directions:
Blend all ingredients, except oils, until smooth; approx. 2-3 minutes. Add essential oil and blend again 1 minute. Put 2-3 pounds of meat or vegetables in a 1 gallon plastic bag. Pour your marinade over it, zip it shut, and mix around. Store in fridge for at least 1 hour; flipping over every 30 minutes. Best if stored overnight and flipped every hour. Remove food from bag, add to buttered dish, and bake to your liking.

Thai Lemongrass Soup

Ingredients:
- 4 cups of Organic Chicken or Vegetable Broth
- 2 cups Coconut Milk, full fat
- 1 lb. Chicken, pre-cooked and cut into 1 inch chunks
- 1 cup Mushrooms, sliced
- 1/2 cup Red Bell Pepper, diced (or use red chili peppers for spicy soup)
- 1/3 cup Carrots, shredded
- 1 inch chunk Fresh Ginger, sliced into 1/4 inch slices
- 1 drop Lemongrass Essential Oil

Directions:
First, bring broth to a boil. Then, slowly add in coconut milk and heat 1 minute. Add in vegetables, meat and ginger. Simmer on medium heat for 8-10 minutes. Remove from heat add in essential oil, stir and serve. You may remove the ginger before serving and garnish with cilantro or parsley.

Orange, Sweet has a pleasing citrus aroma that activates the artistic creative intuitive part of the mind and is a favorite among infants and children who prefer the flavor and aroma of orange.*