

JANUARY OILS OF THE MONTH

"FRESH START"
2015 Collection (#67955)

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.

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



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

Anti-Static Dryer Sheets

Ingredients:

- 1 old white Washcloth or men's white Handkerchief
- 1-2 drops Orange-Sweet Essential Oil

Directions:

Put oil drops on cloth. Rub the cloth together to spread the oil around a bit. Throw it in the dryer instead of the chemically, store bought dryer sheet. Recharge your cloth each time you use it.

Grimy 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.



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.



Citrus Detox Juice

Ingredients:

- 1 scoop Beyond Tangy Tangerine®
- 3 medium Oranges, peeled
- 1 Grapefruit, juiced
- 1 Lemon, juiced
- 1 Lime, juiced
- 1 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.



*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.**



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

Grapefruit Green Skinny 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!



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.

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.