

JANUARY OILS OF THE MONTH

"MUSCLE UP" 2016 Collection (#67955)

PERSONAL CARE RECIPES

Deep Tissue Rub

Ingredients:

- 2 oz. Grapeseed Carrier Oil
- 14 drops Rosemary Essential Oil
- 8 drops Juniper Berry Essential Oil (optional)
- 6 drops Cedarwood Essential Oil (optional)

Directions:

In a 2 oz. flip top bottle, add 1 oz. of Grapeseed Carrier Oil, then essential oils in order. Put lid on tightly and shake 50 times. Then, add remaining Grapeseed Carrier Oil up to shoulder of bottle, replace lid and shake 50 more times. Use before and after every workout, or whenever your muscles are begging for a massage.

Rosemary Ct. 1,8 Cineol Essential Oil supports a wide-range of systems in the body. It can support mental clarity, respiratory health, a healthy immune system and also helps with joint discomfort. It helps balance the endocrine system and supports adrenal function. It may also be used as a tonic for the heart and varicose veins.*

Youngevity ESSENTIAL OILS

ROSEMARY CT. 1, 8 CINEOL rosemarinus officinalis ct. 1.8 cineol

I Overdid It - Muscles Compress

Ingredients:

- 4 oz. Dead Sea Bath Salts, Unscented
- 20 drops Rosemary Essential Oil

Directions:

In 4 oz. jar, add 2 oz. of bath salts and then essential oil. Put lid on tightly and shake about 50 times. Add remaining salt to jar, put lid back on tightly; shake again 50 times. Let jar sit for 24 hours so until oil is infused throughout the salt.

Winter Skin Moisturizer

Ingredients:

- 3 oz. Coconut Oil or softened Shea Butter
- 2 tbsp. Jojoba Carrier Oil
- 7 drops Carrot Seed Essential Oil
- 12 drops Rosemary Essential Oil
- 5 drops Frankincense Essential Oil (optional)

Directions:

In a mixing bowl, whip the coconut oil and Jojoba Carrier Oil until fluffy. Then add the essential oils and whip again around 30 seconds. Store moisturizer in a jar and use on hands that are worn out from winter winds. This moisturizer can also be used on cellulite and stretch marks.

Avocado and Rosemary Hair Guacamole

Ingredients:

- 1 large Avocado, pitted and peeled
- 2 tbsp. Coconut Oil
- 10 drops of Rosemary Essential Oil
- 5 drops Carrot Seed Essential Oil

Directions:

Whip coconut oil and avocado in a food processor until creamy; like mayo. Add essential oils and whip up again. Spoon mixture into a squirt bottle; like one used for applying hair dye or ketchup/mustard. Divide hair into sections and squeeze small amounts onto scalp, then spread with a small paint brush or pastry brush. Massage into scalp, making sure all the hair and scalp are covered. Cover head with shower cap and let sit for 30 minutes, then wash out with shampoo. Your hair will love you!

Whenever your muscles are sore from overdoing it, take a medium bowl and add 1/4 cup of your mixture and 1 cup of very warm water, and allow salts to dissolve. Soak a cotton cloth in the mixture, wring out and lay over the sore muscle. Wrap a plastic wrap over the cloth to keep it moist, and then lay a hot water bottle over that to keep it warm.

FOOD RECIPES

Cashew Rosemary Cheese Ball

Ingredients:

- 1-1/2 cups Cashews, soaked overnight in 3/4 cup of water
- 2 Ultimate™ Flora Fx™ capsules
- 1/2 Lemon, juiced
- 1-2 drops Rosemary Essential Oil
- 1 tbsp. Fresh Rosemary, chopped fine
- 2 tbsp. Green Onion, finely chopped
- 2 tbsp. Raw Honey or Pure Maple Syrup
- 2 tbsp. Nutritional Yeast
- Sea Salt and Cracked Pepper to taste (or 1 drop Black Pepper Essential Oil)

Directions:

Place soaked cashews and water in high-speed blender and blend until smooth. Break open your Ultimate™ Flora Fx™ capsules and stir in probiotic powder and lemon juice. Line a sieve (or sifter) with cheesecloth and pour nut mixture in. Fold your cheesecloth over the top and set on a plate; leave out to culture for 24 hours. Then, transfer your mixture to a bowl and stir in the Rosemary Essential Oil, salt, pepper, nutritional yeast, honey and green onions. Mold in a small dish or form into ball, sprinkle fresh rosemary on top and leave in fridge for 3-4 hours. Serve with veggie sticks or gluten-free crackers.

Cauliflower Mashed "Potatoes"

Ingredients:

- 1 large Cauliflower Head
- 1 tbsp. Butter, Melted
- Salt
- Pepper
- 1/3 cup Pine Nuts
- 1 tsp. Rosemary (coarsely chopped)
- 1 tbsp. Butter
- 2 tbsp. Water
- 1 2 drops Rosemary Essential Oil

Directions:

Cut all cauliflower florets off of the main stem and slice into thin pieces. Place slices in a bowl and sprinkle with butter, salt and pepper, and toss to coat all cauliflower pieces. Place cauliflower pieces on two, non-stick dehydrator sheets and spread out, so there is just one layer of cauliflower. Dehydrate at 116° for 2 hours. If using oven, place on cookie sheet and back at lowest setting, with door ajar for 30 minutes. Then, put cauliflower in a food processor along with pine nuts, tablespoon of butter and water, and puree. Add fresh rosemary and Rosemary Essential Oil and blend. Add salt and pepper to taste. Serve while warm.

Rosemary Gluten-Free Crackers

Ingredients:

- 1/2 cup Golden Flax, ground (or 1/2 cup chia seeds)
- 1 cup Water
- 3 cups Almonds, soaked overnight, rinsed and drained with skins removed
- 1-2 drops Rosemary Essential Oil
- 1 drop Black Pepper Essential Oil (or fresh ground Black Pepper to taste)
- Sea Salt; to taste

Directions:

Stir flax (or chia seeds) into 1 cup of water and set aside for 1/2 hour to soften. Place wet, drained almonds in the food processor and process until very fine. In a large mixing bowl, add almonds, then stir in flax (or chia) mixture, Rosemary Essential Oil, salt and pepper. Spread thin on a non-stick sheet (place another non-stick sheet on top of the mixture) and roll out with a rolling pin. Cut into rectangles. Dehydrate at 145° for 45 minutes**. Decrease heat to 115° and continue to dehydrate until crisp; approximately 8 hours.

**If you do not have a dehydrator, place on parchment paper lined cookie sheet and lay another piece of parchment paper on top and flatten out to 1/4 inch or less. Remove top layer of paper. Poke holes with fork to help crisp them and put in oven on lowest setting, with door ajar to let out moisture. Every batch will be different depending on the humidity of where you live, so keep an eye on them as it will usually only take 1-2 hours; because of the higher temperature.

Carrot Seed Essential Oil can be used to support many skin care needs, as well as internal glandular and organ support and cleansing. Like its donor plant, the carrot, it has been found to provide eye support as well as support overall healthy energy levels*



Marinated Mushrooms

Ingredients:

- 4 Portobello Mushrooms, sliced 1/2 inch thick
- 1/3 cup Coconut Aminos (Briggs)
- 1/3 cup Pure Maple Syrup
- 1/3 cup Water
- 1 Garlic Clove, crushed
- 1-2 drops Rosemary Essential Oil

Directions:

Mix all ingredients in a bowl and allow mushrooms to marinate 4 hours, or overnight. Place on Teflon sheet and place in dehydrator at 116° for 2 hours. In an oven, bake at 350° for 20 minutes and serve. Hint: make these at the same time as the mashed cauliflower, and serve layered on top of them.