

JULY OILS OF THE MONTH

"VACATION TIME"
2015 Collection (#67955)

PERSONAL CARE RECIPES

After Wind and Sun Skin Oil

Ingredients:

- 2 oz. Jojoba or Grapeseed Carrier Oil
- 10 drops Comfort Touch™ Essential Oil Blend

Directions:

In a flip top bottle, add 1 oz. of carrier oil, then add 10 drops Comfort Touch™. With lid securely on, shake 50 times, pounding against your palm. Then add the remainder (1 oz.) of your carrier oil. Secure lid once again and shake 50 more times.



*Comfort Touch™ Essential Oil Blend was formulated, primarily, to be used as a first aid tool that works great on children and adults.**

*Cedarwood (Cedrus atlantica) essential oil is thought to support a wide-range of benefits for skin, mood, women's health and digestion. It is thought to have astringent and antiseptic properties.**



Aftershave and Acne Mister

Ingredients:

- 2 oz. of Plant Derived Minerals™
- 10 drops Cedarwood Essential Oil

Directions:

In a 2 oz. mister bottle, add 1 oz. of Plant Derived Minerals™ and essential oil. Put lid on bottle and shake 50 times. Add the rest of the Plant Derived Minerals™, put lid back on and shake well again. Mist on face after shaving or on acne prone skin; avoiding eyes.

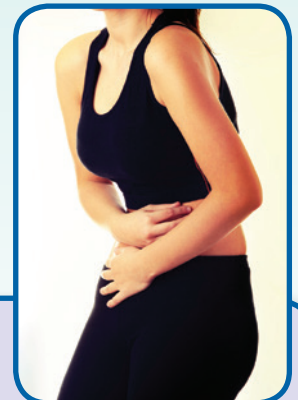
Ant B Gone

Ingredients:

- 1 oz. Dead Sea Bath Salts – Unscented
- 10 drops Cedarwood Essential Oil
- 10 drops Spearmint Essential Oil

Directions:

In a small jar, add salt and oils and shake well 100 times. Make one for each room affected by ants. Place jar in the corner of the room or behind furniture with lid off for 30 minutes each morning until all ants are gone; usually only 1-2 days.



Upset Tummy Mister

Ingredients:

- 2 oz. Water
- 5 drops Spearmint Essential Oil

Directions:

In a 2 oz. mister bottle, add 1 oz. of water and essential oil. Put lid on well and shake 50 times. Add remainder (1 oz.) of water and shake 50 more times. Mist around, but not on, little one(s) with upset stomach, avoiding the face.

Bites and Stings Roller Bottle

Ingredients:

- 10 ml. Jojoba or Grapeseed Carrier Oil
- 10 drops Comfort Touch™ Essential Oil Blend

Directions:

In a 10 ml. roller bottle, add in 5 ml. of carrier oil and 10 drops of Comfort Touch™. Put a finger tightly over the opening of the bottle and shake well. Then add other 5 ml. of carrier oil, cap and lid and shake again. Roll on insect bites to soothe.

FOOD RECIPES

Tahini Spearmint Dressing/Marinade

Ingredients:

- 1 small Garlic Clove, finely grated
- 2 tbsp. fresh Lemon Juice
- 1 Avocado, peeled and diced
- 2 tbsp. Tahini
- 1/2 tsp. pure Maple Syrup
- 1/4 cup Walnuts, coarsely chopped
- 1/4 cup fresh Cilantro Leaves with tender stems
- 1/4 cup fresh Dill Sprigs or 1 drop Dill Blend™ Essential Oil Blend
- 1/4 cup fresh, flat-leaf Parsley Leaves with tender stems
- 1/4 tsp. Aleppo Pepper or crushed Red Pepper Flakes or 1 drop Black Pepper Essential Oil
- 1 drop Spearmint Essential Oil

Directions:

Blend all ingredients, except essential oil(s), in a blender or food processor until a smooth, creamy consistency. Then, add oil(s) one drop at a time and blend for 30 more seconds. Chill for at least one hour and use on your favorite green salad, meats or veggies.

*Spearmint (Mentha spicata) has a similar aroma to that of peppermint oil. While not as popular as peppermint oil, this essential oil is far gentler to use with children and greatly benefits the digestive system, respiratory system, healthy skin, and mental clarity. It is considered a non-toxic, non-irritant, and non-sensitizing oil.**

Sweet Cherry Mint Salad

Salad Ingredients:

- 2 lbs. Sweet Cherries, pitted and halved
- 1 cup Baby Salad Greens
- 2 tbsp. fresh, slivered Spearmint
- 2 tbsp. fresh, slivered Basil
- Zest from 1 Lime

Salad Ingredients:

- Juice from 1 Lime
- 1 tsp. Honey or Maple Syrup (or other natural sweetener)
- 1 drop Spearmint Essential Oil

Directions:

Lightly toss all salad ingredients in a large bowl. In a small bowl, add all dressing ingredients and mix well. Drizzle dressing over salad, chill for at least 1 hour and serve.



Watermelon Mint Slushy

Ingredients:

- 2 cups Watermelon chunks, peeled and seeded
- 1 cup Ice
- 1 drop Spearmint Essential Oil
- Fresh Mint Leaf (optional)

Directions:

First, blend watermelon and ice in a high powered blender. Then add essential oil and blend 30 seconds more. Serve immediately, garnish with fresh mint leaves.



Youngevity
ESSENTIAL OILS



Vita-Mint Water

Ingredients:

- 2 qt. Purified Water
- 1 Lemon, sliced
- 1 Cucumber, peeled and sliced into half moons
- 1 drop Spearmint Essential Oil
- Ice

Directions:

Mix all ingredients in a glass or oil safe pitcher. Chill for at least 1 hour and serve.