**JULY OILS OF THE MONTH**

**“THEM BONES, THEM BONES” 2016 Collection (#67955)**

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**PERSONAL CARE RECIPES**

**I’m Gonna Wash that Migraine Right Out of My Life and Send it on its Way**

**Ingredients:**
- 1/2 oz. Favorite Youngevity Botanical Spa Shampoo
- 2 drops Birch-Sweet Essential Oil

**Directions:**
Put shampoo in hand, add drops of Birch-Sweet Essential Oil, and mix together with your finger. Lather the shampoo in your hand, leave on head for 5 minutes before rinsing. Repeat process as necessary.

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**Black Spruce** Essential Oil is very much like most of the evergreen oils in that it serves to work effectively with the physical aspects of fatigue, bone and muscle pain, and most challenges to the respiratory system. Also, this oil has been found to support emotional uplift and calming of the nerves.*

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**Manly Homemade Deodorant**

**Ingredients:**
- 1/4 cup Cornstarch or Arrowroot Powder
- 1/4 cup Baking Soda
- 3 tbsp. Coconut Oil
- 1 tbsp. Beeswax, grated
- 10 drops Black Spruce Essential Oil

**Directions:**
On low heat, in a double boiler or fondue pot, melt beeswax and coconut oil. Remove from heat and add Black Spruce Essential Oil. Mix in arrowroot powder and baking soda, using a fork. Quickly, while still melted, pour into a deodorant stick container or a small jar.

**Note:** This recipe with the beeswax added does not melt as easily in the summer heat.

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**Plantar Fascia Massage Blend**

**Ingredients:**
- 2 oz. Kukui Carrier Oil
- 10 drops Lemongrass Essential Oil
- 20 drops Birch-Sweet Essential Oil
- 10 drops Black Spruce Essential Oil

**Directions:**
In a flip top container, add 1 oz. of Kukui Carrier Oil, then the essential oils in the order given. Put lid on tightly - making sure the flip top is also closed. Shake well 50 times pounding the bottom of the bottle against the palm of your hand. Add enough Kukui Carrier Oil to fill bottle up to the shoulder (where it starts to round up). Then put lid back on and shake again. Apply morning, after work and in the evening. You can also try a hot compress (a wet hot cloth) applied over it in the evening.

**Birch-Sweet** Essential Oil is often used to help support for a variety of bone and skin-related issues and has anti-inflammatory properties. Additionally, Birch-Sweet is shown to help with detoxifying, weight loss, water retention, and kidney and urinary tract related needs.*

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**Soft and Seductive Beard Oil**

**Ingredients:**
- 1/2 oz. Jojoba Carrier Oil
- 1/2 oz. Kukui Carrier Oil
- 3 drops Birch-Sweet Essential Oil
- 5 drops Black Spruce Essential Oil

**Directions:**
In a glass bottle with an eyedropper, add Jojoba Carrier Oil, then the essential oils. Put lid on tightly and shake vigorously 50 times. Then, open bottle and add the Kukui Carrier Oil up to the shoulder of the bottle; where it starts to round up. Put lid on again and shake 50 more times. Apply 5 drops to beard morning and night. Massage throughout beard and into skin to soften it. Brush to groom.

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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.
**Thai Lemongrass Curry Salad**

**Salad Ingredients:**
- 1 small Red Pepper, julienned
- 1 small Yam, peeled and julienned, or spiralized
- 1 medium Carrot, julienned
- 1 small Zucchini, julienned or spiralized
- 1 tbsp. Sesame Seeds
- 1/4 cup Cashews, chopped

**Dressing Ingredients:**
- 1/4 cup Coconut Milk, full fat
- 2 tsp. Red Thai Curry Paste, or more to taste
- 1 drop Lemongrass Essential Oil
- 1 drop Ginger Essential Oil (optional)
- 1 tsp. fresh Ginger, minced
- 1/4 cup fresh Lime Juice
- 1 tbsp. Basil, minced

**Directions:**
Mix all salad ingredients in a large bowl and let sit in fridge. In a blender, blend all the dressing ingredients except the essential oils for approximately 1 minute. Add essential oils and blend again for 30 seconds. Pour into salad dressing cruet to chill before serving with salad. Pour on salad as desired and enjoy.

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**Lemongrass has a light, fresh scent making it popular to diffuse and mist; plus, works well in food recipes. It's also known for its powerful support to the connective system (tendons, ligaments and cartilage).**

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**Spicy Lemongrass Salad Dressing**

**Ingredients:**
- 1/2 cup fresh Water
- 1/3 cup Almond Butter
- 3 tbsp. raw Apple Cider Vinegar
- 2 Garlic Cloves, minced
- 1 Jalapeño, chopped & seeded
- 3 tsp. raw Honey
- 1 drop Lemongrass Essential Oil

**Directions:**
Put all ingredients in the order given in a blender, except the honey and essential oil. Blend on high until mixed well. Mix essential oil into the honey, then add to the dressing and blend again for a minute or 2; until mixed well. Pour into a glass dressing container or in a plastic shaker cup. Chill and serve with your favorite green salad.