

JUNE OILS OF THE MONTH

"WORK HARD, PLAY HARD"
2015 Collection (#67955)

PERSONAL CARE RECIPES



Cramp Relief Roller Bottle

Ingredients:

- 10 ml. Grapeseed Carrier Oil
- 5 drops Relief™ Essential Oil Blend

Directions:

In a roller bottle, add 5 ml of carrier oil, then add blend. Put your finger over the opening and shake well. Then, add remaining carrier oil, put roller top and lid on, and shake well again. Let sit for 1 hour before using. Keep it handy in your briefcase or sports bag for relief anytime a cramp creeps up.



Kick the Habit Sniffer

Ingredients:

- 1-2 drops Black Pepper Essential Oil
- 1-2 Cotton Balls or Cotton Swabs

Directions:

Put essential oil drop(s) on cotton ball or swab and store in an oil safe container. Each time you have a craving for something bad, open the container and take a sniff.

***Black Pepper** (*Piper nigrum*) has a crisp, fresh peppercorn aroma. It may be used to relieve minor aches and pains, support digestive issues and promote healthy circulation.**



Super Senior Massage Oil

Ingredients:

- 2 oz. Grapeseed Carrier Oil
- 5 drops Relief™ Essential Oil Blend
- 3 drops Cypress Essential Oil
- 2 drops Black Pepper Essential Oil

Directions:

In flip top, oil safe bottle, add 1 oz. of carrier oil and essential oils, put lid on and shake well. Add the remaining carrier oil, put lid on and shake well again. Let sit for 1 hour before using. Use before and after physical activity.

Varicose Vein Roller Bottle

Ingredients:

- 10 ml. Grapeseed Carrier Oil
- 10 drops Cypress Essential Oil
- 3 drops Relief™ Essential Oil Blend

Directions:

In a roller bottle, add 5 ml. of carrier oil and Cypress Essential Oil, put your finger over the opening and shake well. Then, add Relief™ and remaining Grapeseed, put roller top and lid on and shake well again. Let sit for 1 hour before using. Roll directly on varicose veins on legs. Avoid sensitive areas.

***Cypress Oil** is highly regarded for therapeutic properties. Massage or bath are common routes of administration.**



FOOD RECIPES

Spicy Jalapeño Ranch Dressing

Ingredients:

- 1/4 cup raw Cashews, soaked 1 hour in water and drained
- 1 1/4 cup plain, unsweetened Milk of choice
- 1 tbsp. Chia Seeds
- 1-2 tbsp. fresh Lemon Juice (more if using Meyer lemons)
- 1 Garlic Clove (or 1/4 tsp. garlic powder)
- 1/2 tsp. granulated Onion
- 1 Jalapeño, seeded
- 1/4 tsp. Salt (optional or to taste)
- 1 tbsp. fresh Cilantro, minced
- 2 tsp. Chives, raw or freeze-dried, snipped
- 1 drop Black Pepper Essential Oil

Directions:

Put all ingredients, except essential oil, in a blender and blend for 2-3 minutes or until smooth. Add essential oil and blend for 30 seconds. For best flavor, pour dressing into a jar with lid and refrigerate 1 hour before serving.

*Relief™ blend was developed specifically to support aches and pains associated with the stress and strain of active sport participation.**



Mexican Wild Rice

Ingredients:

- 1 cup Wild Rice
- 2 1/4 cup Water
- 1 bunch Green Onions, diced
- 1 small can Green Chile, diced
- 1 Tomato, diced
- 1/2 bunch Cilantro, chopped
- 1 drop Black Pepper Essential Oil

Directions:

Cook rice according to the directions on package. In a separate bowl, mix remaining ingredients. After rice is done, mix rice and other ingredients in a covered serving dish. Let sit for 15 minutes, allowing the rice to heat up the vegetables and the flavors to set in, then serve. Great as a base for a Mexican salad, topped with sliced chicken and topped with the Pico de Gallo.

Spicy Pico de Gallo



Ingredients:

- 3 large Tomatoes, diced
- 1 medium Onion, diced
- 1/2 Cilantro bunch (use more, or less depending on your taste)
- Juice of 1 lime
- 1/2 tsp. minced Garlic
- 1 tsp. Salt
- 2 Jalapeños, seeded and minced
- 1 drop Black Pepper Essential Oil

Directions:

Combine all ingredients, except essential oil and salt, mix lightly. Then, add essential oil to teaspoon of salt and sprinkle into your Pico de Gallo mixture and mix lightly with a large spoon. Serve immediately.

Youngevity
ESSENTIAL OILS



Lemon Pepper Chicken

Ingredients:

- 1 Lemon
- 2 boneless Chicken Breasts
- 4 tbsp. Butter, melted
- 1/2 tsp. Thyme Herb
- 1 drop Black Pepper Essential Oil

Directions:

First, zest the lemon; saving the zest for the meat after it's cooked. Then, juice the lemon and mix with melted butter, thyme and essential oil. Stir together, then pour over the chicken in baking dish. Cover and marinate in fridge for at least 1 hour; overnight is even better. Bake at 425 degrees for 20 minutes. Serve with lemon zest sprinkled on top.