

MARCH OILS OF THE MONTH

"HEALTHY GLOW"
2015 Collection (#67955)

PERSONAL CARE RECIPES

Good Morning Sunshine Bergamot & Honey Shower Gel

Ingredients:

- 1/2 cup Botanical Spa Exfoliating Body Cleanser
- 1/4 cup raw Honey
- 2 tsp. Jojoba or Grapeseed Carrier Oil
- 6-8 drops of Bergamot Essential Oil

Directions:

Gently mix all ingredients and pour into a flip top bottle. When showering, squeeze a nickel sized amount into your palm. Rub all over your body for a cleansing a revitalizing shower.



*Palmarosa (Cymbopogon martini) has excellent skincare properties and is also used to relieve minor aches and pains while calming the mind and uplifting and invigorating the spirits.**

"Soaking it Up" Milk Bath

Ingredients:

- 1 cup powdered Milk, or powdered Coconut Milk
- 1/2 cup Baking Soda
- 1 cup Dead Sea Bath Salts, Unscented
- 1/2 cup Arrowroot Powder, or Cornstarch
- 3 drops Bergamot Essential Oil
- 3 drops Palmarosa Essential Oil
- 3 drops Jasmine 10% Essential Oil

Directions:

Combine the baking soda and salt in a quart size mason jar. Add the essential oils, put lid on the jar and shake vigorously to make sure the oils are mixed in well. Now, add the powdered milk and arrowroot powder and give it a few more shakes. Fill your bathtub with warm water and add 1 cup of your Milk Bath. Slide on in and enjoy.

Tighten and Tone Facial Scrub

Ingredients:

- 2 tbsp. Baking Soda
- 1 tbsp. raw Honey
- 3-5 drops Palmarosa Essential Oil

Directions:

Mix baking soda and honey in a small bowl until it becomes paste-like, then add in the oil. Rub facial scrub very gently on your face and neck using small circular motions. Let it rest on your face for about 3-5 minutes and then wash off with warm water. May be applied 2-3 times a week and should be followed with Facial Fave Serum (see other recipe below).



Facial Fave Serum

Ingredients:

- 1 oz. Jojoba or Grapeseed Carrier Oil
- 2 drops Jasmine 10% Essential Oil
- 4 drops Palmarosa Essential Oil

Directions:

Place essential oils in bottle first and then add the carrier oil. Before bed, drip a few drops into your palm and gently massage into your face and neck. For extra pampering, rap your face in a warm, wet towel and float away to your happy place.

*Jasmine 10% (Jasminum officinale) has an exotic, warm, floral fragrance for a light and happy feeling.**



PERSONAL CARE RECIPES (CONT.)

Speak Peace Roll On

Ingredients:

- 5 drops Bergamot Essential Oil
- 5 drops Palmarosa Essential Oil
- 5 drops Jasmine 10% Essential Oil
- Enough Carrier Oil to fill a small roller bottle

Directions:

Place essential oils in roller bottle first, then add carrier oil of your choice. Tap bottle on palm of hand to mix well. Roll on wrists and back of neck for a quick-and-easy, peaceful, soothing effect.

“Did you Mist me?” Room Mist

Ingredients:

- 10 drops Bergamot Essential Oil
- 5 drops Jasmine 10% Essential Oil
- 2 oz. Water

Directions:

Place essential oils in mister bottle first and then add the water. Tap bottle on palm of hand to mix well. Mist your space for a fresh, floral scent.

*Bergamot is often used in aromatherapy to address stress, fatigue, nervousness, anxiety and digestive issues.**



FOOD RECIPES

No Bake Blood Orange and Bergamot Tart

Crust Ingredients:

- 1 cup finely-shredded Coconut
- 1 cup Almond Meal
- 8 Dates
- 1/4 tsp. Salt

Filling Ingredients:

- 1/3 cup Hot Water
- 1 tbsp. Chia Seeds
- 1/2 cup of fresh Blood Orange Juice
- 1 tsp. Blood Orange Zest
- 2 tbsp. raw Honey
- 1 drop Bergamot Essential Oil
- 2 drops Orange-Sweet Essential Oil (optional)

Directions:

Mix all crust ingredients in a food processor until it begins to hold together. Press the mixture into 2 small tart trays and chill in freezer while you prepare the filling. For the filling, place the chia seeds in a bowl and add the hot water. Allow it to cool to room temperature. Pour chia seed mixture and the rest of the filling ingredients into a blender and blend until smooth. Pour into the prepared crusts and place in the fridge for about 4-6 hours or until set and chilled. Garnish with blood orange slices.

Tea Time

Ingredients:

- 1 drop Bergamot Essential Oil
- 1 tsp. raw Honey
- 1 tsp. Tea of your choice, or 1 Tea Bag
- 8 oz. Water

Directions:

Brew your cup of tea as usual. Place honey in large spoon, drop Bergamot Essential Oil into honey and mix thoroughly. Stir honey spoon into tea until it dissolves. Sip and enjoy!



Tea Cookies

Ingredients:

- 15 Dates
- 1 cup finely-shredded Coconut
- 1 cup Sesame Seeds
- 1 tbsp. Chia Seeds
- 1 drop Bergamot Essential Oil
- 2 drops Lemon Essential Oil (optional)

Directions:

Chop dates and soak for about 6 hrs. In a separate container, soak sesame seeds overnight. Blend dates and essential oil in food processor until paste-like. Mix all other ingredients in a separate bowl. Add date paste to mixture and mix well. Divide into tablespoon-sized balls, flatten them out and dehydrate at 105 degrees for 18-24 hours.