

MAY OILS OF THE MONTH

"CLEAN FROM THE INSIDE OUT"
2015 Collection (#67955)

PERSONAL CARE RECIPES

Air Freshener/ All-Purpose Sanitizer

Ingredients:

- 4 oz. Water
- 5 drops Grapefruit, Pink Essential Oil
- 3 drops Juniper Berry Essential Oil

Directions:

In a mister bottle, add 2 oz. of water, then add essential oils to bottle and shake well. Add remaining 2 oz. of water and shake again. The combination provides a fun, outdoorsy smell to your home. Use to clean counters in kitchen and bath. Shake well each time before use.



Cleansing Massage Oil

Ingredients:

- 2 oz. Grapeseed Carrier Oil
- 5 drops Organ Master™ Essential Oil Blend
- 3 drops Juniper Berry Essential Oil
- 2 drops Grapefruit, Pink Essential Oil

Directions:

In a 2 oz. squeeze bottle, add 1 oz. of carrier oil, then add essential oils, shake well. Add other 1 oz. of carrier oil and shake well. This blend is great when used to massage over your abdomen in a circular, clockwise motion. It will help detox and rejuvenate all your vital organs. This can also be used on lower back to support kidneys.*

Salt Glow

Ingredients:

- 1/4 cup Fresh Ginger
- Juice from 1/2 Grapefruit
- 1 cup Dead Sea Bath Salts (Unscented)
- 1/2 cup Grapeseed Carrier Oil
- 1 drop Grapefruit, Pink Essential Oil

Directions:

In a blender, mix ginger and grapefruit juice. In a bowl, combine your blender mixture with bath salts and oils and mix well. Store in an airtight jar and keep refrigerated. Use it to soften and scrub hands, feet and other dry skin. Or treat yourself to a full body scrub using small circular motions. Rinse with warm water and pat dry, allowing oils to soak in.

*Grapefruit, Pink Essential Oil has a sharp, refreshing smell and is pale yellow in color. It is energizing and uplifting and the viscosity is watery.**



Foot Soak

Ingredients:

- 1 cup Dead Sea Bath Salts (Unscented)
- 10 drops Organ Master™ Essential Oil Blend

Optional: 5 drops of Juniper Berry Essential Oil if you have kidney issues

Directions:

Mix bath salts and oil(s) together well and store in a closed container. Add 1/4 cup of mixture to a pan of very warm water and soak feet until water gets cold.

*Organ Master™ is a blend that is specifically designed to provide complete, overall organ support and also to be used as a regeneration program.**



FOOD RECIPES

Broiled Grapefruit

Ingredients:

- 2 Grapefruits, sliced in half
- 2 tbsp. Honey or other Natural Sweetener
- 1 drop Grapefruit, Pink Essential Oil
- 1/4 tsp. ground Cinnamon or 1 drop Cinnamon Bark Essential Oil
- 1/4 tsp. ground Ginger or 1 drop Ginger Essential Oil
- 2 Strawberries, sliced

Directions:

Place grapefruit halves on baking sheet with sliced strawberries on top. In a small bowl, mix the remainder of your ingredients; creating a honey mixture. Drizzle honey mixture over the fruit. Broil in oven on low for 5 minutes and serve.

Anti-discolor Fruit and Vegetable Mister

Ingredients:

- 3 oz. Water, filtered or distilled
- 1 tsp. Plant Derived Minerals™
- 1 drop Grapefruit, Pink Essential Oil

Directions:

In a 4 oz. mister bottle, first add water and Plant Derived Minerals™ and shake well. Then add essential oil and shake well. Mist on all cut fruits and vegetables to keep them from turning brown in salads and other fresh dishes. Shake well before each use.



Juniper Berry

*(Juniperus communis) is used in aromatherapy to bolster the spirits in challenging situations. It may also be used to address minor aches and pains, weight management and healthy skin.**



Leg of Lamb with Juniper

Ingredients:

- 3 lbs. Leg of Lamb
- 4 Garlic Cloves, pressed or minced very finely
- 1 drop of Juniper Berry Essential Oil
- 1 tsp. of Rosemary Herb or 1 drop Rosemary Essential Oil
- 1/4 tsp. Salt
- 1/4 tsp. Pepper

Directions:

Preheat oven to 450 degrees. Mix garlic, oil(s) and spices together in a small bowl. Using a sharp, small knife, make approximately 15 cuts, 1/2 inch deep all over the leg of lamb. Take small pinches of the garlic mixture and shove them into each of the cuts. Place lamb in baking dish and bake for 30 minutes. Baste meat with juice from the bottom of the pan and cook 15 more minutes. Let rest for about 15 minutes before serving; basting one more time.

Traditional Navajo Blue Cornbread

Ingredients:

- 2 1/4 cups Boiling Water
- 1 tsp. Natural Sweetener
- 1 drop Juniper Berry Essential Oil
- 3 cups Blue Cornmeal

Directions:

Mix essential oil with sweetener and add to boiling water. Slowly, add cornmeal to water. Knead until dough is soft, yet firm. Divide into 15 balls and flatten into 1/4 inch thick patties. Cook in a hot skillet until brown on both sides. Traditionally, this bread is dipped in salt water; 2 cups of water with 1/2 teaspoon salt.

Juniper Berry Delight

Ingredients:

- Juice from 2 Grapefruits
- 1 drop Juniper Berry Essential Oil
- 1 drop Grapefruit, Pink Essential Oil
- 4 tbsp. Maple Syrup or other Natural Sweetener
- 1 qt. Sparkling Water
- 2 cups Ice

Directions:

In a blender, blend juice and ice. Then mix maple syrup and essential oils and add to juice mixture and blend for a few more seconds. In a pitcher, mix slush and sparkling water and serve.