

MAY OILS OF THE MONTH

FOOD RECIPES



Spearmint Cucumber Tomato Salad

Ingredients:

- 1/3 cup of red wine vinegar
- 1 tsp. of minced garlic
- 1 tsp. raw sugar or stevia
- 1 tsp. salt and pepper
- 1 drop Spearmint Essential Oil
- 2/3 cup red onion diced finely
- 2 large cucumbers
- 3 large tomatoes

Directions:

1. Combine all ingredients EXCEPT cucumbers, onion, and tomatoes in a large bowl.
2. Add more garlic to offset the vinegar taste if it's too strong.
3. Add in cucumber, tomatoes, and onion and mix thoroughly.
4. For best taste, serve chilled.

Spearmint Lemonade

Ingredients:

- Lemonade
- 2 cups lemon juice (freshly squeezed juice from lemons is recommended)
 - 2 cups water
 - 2 cups mint syrup
- Mint Syrup
- 2 cups raw sugar or 1 cup honey or grade B maple syrup
 - 1 cup water

Directions:

Combine ingredients for syrup in saucepan & simmer over low heat until melted. Let cool to room temperature, then add 2-3 drops of Spearmint Oil. Combine syrup with lemonade (add more water to make 2 quarts) and serve cold.

Spearmint Honeydew Salad

Ingredients:

- 1 honeydew, cubed
- 2 cucumbers, cubed
- 1/2 red onion, chopped
- 1 drop of Spearmint Essential Oil
- 1 freshly squeezed lemon
- Lime juice to taste
- Salt and pepper to taste

Directions:

Mix all ingredients together in bowl and enjoy!



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.*

Strawberry Almond Salad with Spearmint Balsamic Dressing

Ingredients:

- 3 pints of strawberries, thinly sliced
- 1 cup of sliced almonds
- 1/3 cup balsamic vinegar
- 2 1/2 tablespoons of honey
- A pinch of salt
- 2-3 drops Spearmint Essential Oil
- 5-6 mint leaves

Directions:

Boil balsamic vinegar along with honey and salt until thick (about four minutes), then remove from heat and cool to room temperature. Stir in Spearmint Essential Oil to taste. Combine strawberries and almonds in large bowl then pour dressing over and mix to combine. Chiffonade (cut into thin strips) mint leaves and place over salad as garnish. Let sit for at least an hour before serving. Serve chilled.



HOME CLEANING RECIPES

Niaouli (*Melaleuca quinquinervia*) essential oil has a fresh, camphoric, penetrating warm, and sweet aroma resembling that of eucalyptus oil. It has a stimulating and uplifting effect on the senses, and is believed to have antiseptic and antibacterial properties.*



Floor Cleaner

A newly-mopped floor should smell fresh, not harsh. Wipe away grime with this gentle, yet effective, cleaner that washes tiled floors, or any floor that can be cleaned with water.

Ingredients:

- 10 drops of Spearmint
- 10 drops of Eucalyptus Globulus
- 10 drops HydroWash™
- 2 cups of organic white vinegar
- 10 drops of Fir, Balsam (optional)

Directions

In a bucket, mix 2 cups of organic white vinegar with a gallon of water, add in the remainder ingredients listed above and wash the floor while inhaling immune-supporting, cleansing essential oils!* 20 drops of Deep Cleanser™ can be used instead of the essential oils listed above.

Bathroom Grout Scrub

Clean your bathroom showers, sinks, and kitchen sink.

Ingredients:

- 10 drops Niaouli
- 5 drops Spearmint
- 5 drops Orange, Sweet (optional)
- 1 cup of baking soda
- 1 tablespoon cornstarch or arrowroot
- 1 tablespoon of organic white vinegar
- 10 drops HydroWash™ or
- 1/2 teaspoon HydroKlean™ powder

Directions

In a 16 oz. wide-mouth container, mix all the ingredients listed. Simple! Add more vinegar as needed to make a smooth consistency. Also, try Lemon, Peppermint, or Black Spruce 10 drops each or try making your own blend of essential oils.

Eucalyptus oil is thought to function in a fashion similar to that of menthol by acting on receptors in the nasal musoca, thereby facilitating healthy breathing.*



Carpet Deodorizing Powder

Next time you vacuum, don't just remove dirt and dust; freshen up the scent of your carpets too!

Ingredients:

- 1 cup baking soda
- 18 drops Youngevity® Essential Oil (recommended: Niaouli, Spearmint, or Deep Cleanser™)

Directions:

Sprinkle on carpet and let sit for 10 minutes. Vacuum as usual.

Kitchen and Bathroom Disinfectant

Create a multi-use cleaner that will fill your home with your favorite scent, while cleaning all kitchen and bathroom surfaces.

Ingredients

- 20 drops of Niaouli
- 20 drops of Spearmint
- 2 oz. organic white vinegar

Directions

Blend essential oils in a 16 oz. spray bottle filled with 14 oz. of water and 2 oz. of organic white vinegar. Spray freely and wipe with towel or sponge.

Purifying Toilet Bowl Cleanser

There's no romance in cleaning your toilet, but you can at least make this chore less chemical-filled by using purifying essential oils.

Ingredients

- 18 ounces water
- 10 drops HydroWash™
- 16 drops Deep Cleanser™

Additional Ingredients for Alternative Recipe:

- 1 cup of organic white vinegar
- 1/4 cup of baking soda
- 1/4 cup of Borax

Directions:

Combine all ingredients in a 22-ounce spray bottle. Spray toilet bowl, scrub with brush, and flush.

Alternative Directions:

Omit the water from the recipe. Combine 1 cup of vinegar, 1/4 cup of baking soda and 1/4 cup of Borax. Add the essential oils listed (left), pour into the toilet and let it all sit overnight. In the morning, scrub with a toilet brush. You can also use this recipe to clean the toilet without letting it sit overnight.



Deep Cleanser™ is a heavy-duty energetic cleanser that specifically targets accumulated negative or stagnant energy. It is also recommended to use at least twice a year to spring clean your environment.*