**MAY OILS OF THE MONTH**

**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!

**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.

*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.*
HOME CLEANING RECIPES

Niaouli (Melaleuca quinquinaevia) 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.*

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

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

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. of 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.

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.

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.

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