

# OCTOBER OILS OF THE MONTH

"DOWN TO EARTH"  
2015 Collection (#67955)

## PERSONAL CARE RECIPES

### Bedroom Virility Massage Oil for Men or Women

#### Ingredients:

- 10 drops Coriander Essential Oil
- 2 oz. Grapeseed Carrier Oil

#### Directions:

In a 2 oz. flip top bottle, add 1 oz. of Grapeseed Carrier Oil and the 10 drops of Coriander. Put lid on securely and shake 50 times. Remove lid and add remainder (1 oz.) of Grapeseed, recap and shake more 50 times. Coriander is known to stimulate hormones that may be beneficial for both men and women.\*

### Aftershave for Real Men

#### Ingredients:

- 10 drops of Earth Scent™ Essential Oil Blend
- 15 drops Myrrh Essential Oil
- 25 drops Coriander Essential Oil
- 4 oz. 100% Vodka or Witch Hazel

#### Directions:

In a 4 oz. bottle, add 2 oz. of vodka, then add oils in the order given. Put lid on tightly and shake 50 times; pounding bottom of bottle against palm of hand. Add remainder of vodka, re-cap and shake again. Set in a cool dark place for 4-6 weeks, then strain through a coffee filter and re-bottle. Use as you would any other aftershave, while enjoying the skin regenerating and grounding offered from essential oils.

*Myrrh Essential Oil is well-known for its healing and antiseptic properties as well as its ability to help with stress and anxiety.\**

*Earth Scent™ Essential Oil Blend is used to support an overall slowing down of the mind and brain function. Earth Scent™ works great with the Heaven Scent™ blend.\**



### Bedtime Focus Roll-on

#### Ingredients:

- 10 drops Earth Scent™ Essential Oil Blend
- 10 drops Grapeseed or Jojoba Carrier Oil

#### Directions:

In a 10 ml. roller bottle, add 5 ml. of carrier oil of choice and 10 drops of Earth Scent™. Then, put end of finger tightly on opening of bottle and shake around 50 times. Add remaining 5 ml. of carrier oil, put roller bottle cap on by rubbing a drop of carrier oil around the base of the roller ball - this will make it easy to go into bottle - then twist and push until it snaps into place. Put lid on and shake again 50 times. Roll on temples and back of hairline at night to quiet your mind of the endless chatter; for restful sleep. Also great in the daytime when extra focus support is needed.\*



### Skin Toner Mister

#### Ingredients:

- 5 drops Myrrh Essential Oil
- 2 oz. Plant Derived Minerals™

#### Directions:

In a 2 oz. mister bottle, add 1 oz. of Plant Derived Minerals™ and 5 drops of Myrrh. Cap tightly and shake 50 times. Add remaining 1 oz. of Plant Derived Minerals™, recap and shake 50 more times. Mist all over skin avoiding the eyes. It may also aid to tighten gums and hair follicles. Try misting on your toothbrush and massaging your gums, or mist on your roots to slow down hair loss.\*

### Grounding Foot Soak

#### Ingredients:

- 10 drops Earth Scent™ Essential Oil Blend
- 2 oz. Dead Sea Bath Salts - Unscented

#### Directions:

In an oil safe jar, add 1 oz. of bath salts and 10 drops of Earth Scent™. Put lid on and shake 50 times. Add remaining bath salts, re-cap and shake 50 more times. Add 2 tablespoons of your foot soak to a tub of warm water; great to slow down after a hectic day at work or school.

# FOOD RECIPES

## Raw Parsnip "Rice" and Coriander Rolls

### Ingredients:

- 4 large Parsnips; chopped into 1" chunks
- 2 tsp. Amino Soy Sauce Substitute
- 3 tbsp. Almond Butter
- 1/2 tbsp. Rice Vinegar
- 1 drop Coriander Essential Oil
- Romaine leaves

### Directions:

In a food processor, chop the parsnips until the size of rice, then add the aminos and almond butter and mix slightly; you don't want it pasty. In a small bowl, mix essential oil and vinegar, then add to parsnip mixture and blend for a few seconds. Spoon out onto romaine leaves and eat egg roll or taco style. Can also be used as a base for raw sushi.



**Coriander Essential Oil** is uplifting and refreshing and has been known to support circulation stimulation, digestive issues and muscle pains.\*



## Carrot and Coriander Soup

### Ingredients:

- 2 cups fresh Carrot Juice
- 1/2 inch chunk fresh Ginger
- 1 medium Avocado, peeled and pitted and cut into large chunks
- 1/2 cup fresh Cilantro Leaves
- 1/4 cup fresh Parsley Leaves
- 1 tbsp. organic Soy Sauce or Aminos
- Pinch Sea Salt, or to taste
- 1 drop Coriander Essential Oil
- 2 Green Onions, finely sliced
- White and Black Sesame Seeds

### Directions:

Mix carrot juice, ginger and avocado in a blender until creamy and smooth. Then, add fresh herbs, soy sauce, salt and Coriander oil. Blend a few seconds to finely chop the herbs, but not too much that you can't see them. Serve chilled, garnished with green onion and sesame seeds. Serves 2-4.

## Spicy Coriander Chicken

### Ingredients:

- 2 lbs. skinless Chicken Breasts or Thighs, cut into 1" chunks
- 8 tbsp. grass-fed Butter
- 5 Garlic Cloves, finely minced
- 1 tbsp. fresh Ginger, finely grated (or 1 drop Ginger Essential Oil)
- 1 Green Chili Pepper, finely chopped and seeded
- 1/4 tsp. Cayenne Pepper
- 2 tsp. ground Cumin
- 1/2 tsp. ground Turmeric
- 2 tbsp. Lemon Juice
- 1 drop Coriander Essential Oil

### Directions:

Put chicken in a large sealed bag. Melt butter. Then, in medium size bowl, mix butter with all other ingredients and pour mixture over chicken. Chill for 2 hours, or overnight. Take chicken out of bag and place in a baking dish then cut the sealed bag open so you can also scrape all the mixture into the baking dish. Bake chicken in oven at 350 degrees for 30 minutes, or until done. Garnish with fresh cilantro. Serve with veggies, wild rice or parsnip rice.



## Oven Sweet Potato Fries

### Ingredients:

- 2 lbs. Sweet Potatoes or Yams, cut lengthwise into 1/2 inch thick sticks
- 2 tbsp. grass-fed, melted Butter
- 1 tsp. ground Thyme
- 1 drop Coriander Essential Oil
- Course ground Salt

### Directions:

Preheat oven to 450 degrees. Mix melted butter and spices in large bowl. Add potato sticks and toss until all are coated. Place on rimmed baking sheet. Bake for 20 minutes, then turn over with spatula and bake for approx. 20 minutes more, or until golden brown. Keep an eye on them so that they don't burn. Sprinkle with salt and serve.