

OCTOBER OILS OF THE MONTH "FRESH AIR" Collection (#67955)

PERSONAL CARE RECIPES

Steamy Room for Stuffy Babies

Ingredients:

- 10 drops of Thyme ct. Linalool Essential Oil

Directions:

Run a tub full of hot water in the bathroom with the door shut tight; you want to create a sort of sauna feel. Add essential oil to tub. Keep the door shut tight, set a chair in the room and put your child on your lap and tell them a story or read a book. Stay in the room until the child breathes better. Never leave them alone. Do NOT get in the tub.



*Breath of Life™ contains niaouli, an essential oil known to contain molecules that help support respiratory health as well as a healthy immune system.**

Chest and Back Massage Oil for Children

Ingredients:

- 2 oz. Grapeseed or Jojoba Carrier Oil
- 10 drops Thyme ct. Linalool Essential Oil

Directions:

Mix oils together in a flip top bottle. Rub a small amount on chest and back when breathing is challenged.



*Clove Bud has a wide range of potent health promoting properties. Apply topically diluted with a carrier oil.**

Shower Steam for Grown Ups

Ingredients:

- 5 drops of Breath of Life™ Blend

Directions:

Sprinkle 5 drops of Breath of Life™ on the shower floor. Turn your water on and enjoy a nice, hot shower with opened airways.



*Thyme ct. Linalool is the gentlest of all thyme oils. It is spicy, warm and herbaceous. It is powerful and penetrating green; extracted from thymus vulgaris from the Labiatae family. It gives courage and is uplifting and reviving.**

Chest Ointment for Grown Ups

Ingredients:

- 10 drops of Breath of Life™ Blend
- 1 cup Grapeseed or Jojoba Carrier Oil
- 1/2 oz. Beeswax

Directions:

In a double boiler or small tiny crock pot, slowly heat the beeswax and carrier oil until wax is melted. Let cool a minute or two, then stir in the 10 drops of Breath of Life™. Pour into small jars, such as baby food jars, put lids on them and keep them handy during the season.

Tooth Powder

Ingredients:

- 1/2 cup of Bentonite Clay
- 2 tbsp. of Baking Soda
- 5 drops of Clove Bud Essential Oil
- 5 drops of Orange, Sweet Essential Oil (optional)

Directions:

Mix all ingredients in a non-metal glass jar, shake well. Wet toothbrush, sprinkle a pinch of your tooth powder on it and brush, rinse and spit as usual. This will pull toxins out of your body and whiten your teeth; Clove Bud is a natural dental aid for discomfort and anti-bacterial. You can add a little Stevia for a sweeter powder.



FOOD RECIPES

No Bake, Gluten-Free Gingerbread Cookies

Ingredients:

- 1 cup Buckwheat, grind in coffee or nut grinder to make a flour
- 1/2 cup Flaxseed meal
- 1 cup Dates, pitted
- 1 tsp. Vanilla extract
- 1 touch Clove Bud Essential Oil
- 1 tsp. Ground Cinnamon or 1 touch of Cinnamon Essential Oil
- 1 tsp. Ground Ginger or 1 touch of Ginger Essential Oil

Directions:

Soak dates in water and cover for 1/2 hour before hand. Mix buckwheat flour and flaxseed in a large bowl and set aside. Drain dates, but save the liquid and set aside. Blend dates in a food processor to create a paste; add some of the soak water, a spoon at a time if too dry. Add in vanilla extract and essential oils and process. Add your date paste to your dry ingredients and mix with wooden spoon or by hand until you create a cookie dough mixture. Roll into teaspoon size balls and enjoy!

**Another option is to flatten half of the dough onto a buttered baking dish, cover with ice cream (either homemade frozen banana or store bought) and then flatten the other half of your dough and layer on top. Freeze, then cut into tiny ice cream sandwiches.*

No Bake, Gluten-Free Refrigerated Carrot Cake

Cake Ingredients:

- 1 cup of Carrots, chopped
- 2 cups of Nuts, chopped (walnuts, almonds, pecans or cashews)
- 1 cup of Raisins
- 1/2 cup Unsweetened Coconut, shredded
- 1 tbsp. of Raw Sunflower Seeds
- 3 tbsp. of Raw Honey or Maple Syrup
- 1 touch of Clove Bud Essential Oil
- 1 touch of Cinnamon Essential Oil or 1/2 tsp. Ground Cinnamon
- 1 tsp. of Vanilla
- 2 tsp. Water

Frosting Ingredients:

- 1 cup of Cashews or Almonds (soaked in water 2 hours and drained, remove husks off almonds)
- 2 tbsp. Lemon Juice
- 3 tbsp. Raw Honey
- 1 tsp. of Vanilla
- 1 drop of Lemon or Orange Essential Oil (optional and stirred in after blending)

Easy Ketchup

Ingredients:

- 2 cups of Tomatoes, chopped (Roma's work best)
- 3 large Dates, pitted
- 2 tbsp. of raw Apple Cider Vinegar
- 1 Garlic Clove, crushed
- 1/4 cup of Onion, finely-chopped
- 1/2 cup of Dried Tomatoes, do not soak
- 1/4 tsp. of Black Pepper, ground or 1 touch Black Pepper Essential Oil
- 1 touch Clove Bud Essential Oil
- 1/4 tsp. Ground Cinnamon or 1 touch of Cinnamon Essential Oil

Directions:

Blend all ingredients except the oils and spices in a blender until smooth; adding more chopped tomatoes or dried until it looks like ketchup. Pour into a bowl. Then, add your spices and oils one toothpick touch at a time to taste. Must keep refrigerated. Will last approx. one month.

Roasted Pineapple

Ingredients:

- 1 Pineapple, peeled and sliced into 1/2 inch thick circles
- 1/2 cup Raw Honey
- 1 touch Clove Bud Essential Oil
- 1 touch Cinnamon Essential Oil (optional) or 1/2 tsp. Cinnamon Powder
- 1 touch Ginger Essential Oil (optional) or 1/2 tsp. dried Ginger or 1 tsp. freshly grated Ginger

Directions:

Preheat oven to 350. In a buttered baking dish, arrange pineapple slices so they're not overlapping. Mix essential oils and honey to create a sauce. Check the flavor; if you want it spicier, add another touch of Clove Bud, one toothpick at a time. Baste all pineapple slices with sauce. Bake 25 minutes, re-basting every 5 minutes or so; the more you baste the yummiest it will be. Serve warm, by itself or with homemade ice cream.

**This can also be made raw in a dehydrator. Put on Teflon sheets, dehydrate approx. 8 hours turning every hour and re-basting. Serve warm or save for later.*

Directions:

In the honey, mix in 1 touch of Clove Bud with a toothpick. Then, in a food processor, add carrots first and pulse a few times to chop up a bit more. Add the rest of the cake ingredients and blend with an *s blade*, slowly stopping to scrape sides. Blend only for a little while; you want to be able to see the carrots, nuts and raisins. Stop when you have created a cookie dough texture. Press into buttered square cake pan. Blend all of your frosting ingredients in a high-speed blender until smooth. You can add more water, a teaspoon at a time, if needed. Then, frost and cover cake and refrigerate for at least 2 hours. Cut into squares and serve.