

# SEPTEMBER OILS OF THE MONTH

"SUPER SENIORS"  
2015 Collection (#67955)

## PERSONAL CARE RECIPES

### ZZZZZZZ Roll On

#### Ingredients:

- 3 drops Marjoram-Sweet Essential Oil
- 7 drops Sacred Place™ Essential Oil Blend
- 10 ml. Grapeseed Carrier Oil

#### Directions:

In a roller bottle, add 5 ml. of carrier oil and all essential oils. Put your finger tightly over the end of the bottle and shake well; about 50 times. Add remaining Grapeseed oil, then twist in the roller ball to your bottle after applying a dot of carrier oil to it; this will make it easier to put in. Twist lid on and shake 50 more times.

### "AHHH, My Aching Feet" Foot Soak

#### Ingredients:

- 2 oz. Dead Sea Bath Salts - Unscented
- 6 drops Marjoram-Sweet Essential Oil
- 6 drops Physical Care™ Essential Oil Blend

#### Directions:

In a 2 oz. jar, add 1 oz. of bath salts plus essential oils, then put lid on tightly and shake 50 times. Put one more ounce of salts into the jar, replace lid and shake again 50 times. Add an ounce of mixture to a tub of warm water and soak achy feet for 20 minutes; or until water is cool.

*Physical Care™ Essential Oil Blend was created to help with everyday aches and pains associated with normal living or long-term nagging injuries.\**



*Sacred Place™ Essential Oil Blend nourishes and supports the chi of the environment and our personal chi. Sacred Place™ creates a positive energy base once the cleansing has taken place.\**

### "Arthur and Rickie's" Massage Blend

#### Ingredients:

- 2 oz. Jojoba or Grapeseed Carrier Oil
- 7 drops Physical Care™ Essential Oil Blend
- 3 drops Marjoram-Sweet Essential Oil

#### Directions:

In 2 oz. flip top squeeze bottle, add 1 oz. of carrier oil and essential oils. Put lid on tightly and shake 50 times; pounding bottom of bottle on palm of hand. Add 1 oz. of carrier oil, re-cap bottle and shake 50 more times. Use on achy bones and joints or whenever "Arthur Itis" or "Rickie Mortis" come over for a visit.



### Let's Clear the Air Mister

#### Ingredients:

- 20 drops Sacred Place™ Essential Oil Blend
- 2 oz. Water

#### Directions:

In a 2 oz. misting bottle, add 1 oz. of water and essential oil. Put lid on tightly and shake while pounding bottom of the bottle on palm of hand 50 times. Then, add another ounce of water, replace lid and shake another 50 times. Shake and mist in a room (avoiding eyes and furniture) whenever there is stress or tension in the air. Repeat as often as 3 times a day.

### Spurs Go Away

#### Ingredients:

- 10 ml. Youngevity Carrier Oil- Jojoba or Grapeseed
- 10 drops Physical Care Essential™ Oil Blend
- 6 drops Marjoram-Sweet Essential oil

#### Directions:

In a roller bottle, add 5 ml. of the Grapeseed oil, then add essential oils. Put your finger tightly over the end of the bottle and shake well, usually 50 shakes. Add remaining Grapeseed oil and twist in roller ball after applying a dot of carrier oil to it; to make it easier to put in. Twist lid on and shake 50 more times. Roll on area of bone spurs for relief.

# FOOD RECIPES

## Marjoram Dip or Spread

### Ingredients:

- 2 cups Raw Cashews (soaked in 2 cups water for 1 hour, then drained)
- 1/2 cup of Water (can use soak water)
- 2 cloves Garlic
- 1/2 tsp. Raw Apple Cider Vinegar
- 1 tsp. Salt
- 1 tbsp. of chopped Fresh Sage
- 1 drop Marjoram-Sweet Essential Oil

### Directions:

Put all ingredients, except for essential oil, into a food processor using an "s" blade and process on high speed until smooth; stopping every minute to scrape the sides of the bowl. Add 1 drop of Marjoram-Sweet and blend 30 seconds more. Use as a sandwich spread, dip or salad dressing.

*Marjoram-Sweet Essential Oil is steam-distilled from both fresh and dried leaves and flowers. Marjoram is a warming agent that can be steam-inhaled and rubbed into the temples; it blends well with lavender, nutmeg, rosemary and ylang-ylang.\**



## Marinated Mushrooms and Zucchini Pasta

### Pasta Ingredients:

- 2 medium Zucchini, shredded using spiralizer or mandolin
- 3 large Portobello Mushrooms, sliced

### Sauce/Marinade Ingredients:

- 3 Roma Tomatoes
- 3-4 Sundried Tomatoes
- 1 tbsp. Lemon Juice
- 1 Red Bell Pepper
- 3 Green Onions, chopped
- 4 tbsp. Pineapple Juice
- 1 drop Marjoram-Sweet Essential Oil
- 1 drop Rosemary Essential Oil or 1 tsp. dried herb
- 1 drop Basil-Sweet Essential Oil or 1 tsp. dried herb

### Directions:

In a blender, mix all sauce ingredients, except essential oils, until you reach the consistency of tomato sauce. Then, add in essential oils and blend 30 seconds more. In a large bowl, add mushrooms and sauce and let marinade for 1-2 hours. Serve mushrooms and sauce over the shredded zucchini pasta.



## Roasted Tomatoes

### Salad Ingredients:

- 6 medium Tomatoes, sliced in half
- 2 tbsp. Butter
- 1 drop Marjoram-Sweet Essential Oil
- 1 drop Rosemary Essential Oil or 1/2 teaspoon dried herb
- 1 drop Basil Essential Oil or 1/2 teaspoon dried herb

### Directions:

In a small bowl, cream essential oils and butter. Spread cream on top of each tomato half. Place on a shallow pan and broil on low for 15 minutes; or on high in a toaster oven. If you like them raw, place in a dehydrator for 3 hours on top of parchment paper or teflon sheet so the butter does not melt over your dehydrator. Serve immediately or cold.



## Marjoram Chicken Breasts

### Ingredients:

- 4 Chicken Breasts
- 1/2 cup Butter, melted
- 1/2 cup Fresh Parsley, finely chopped
- 1 tsp. Lemon Juice
- 1/3 cup Sunflower Seeds, raw
- Pinch of Cayenne Pepper
- 1/2 tsp. Paprika
- 1 drop Marjoram-Sweet Essential Oil

### Directions:

Lay chicken breasts in a buttered baking dish. Mix all other ingredients in a small bowl and pour over each breast using a spoon to spread evenly. Bake at 350 degrees for 30 minutes and serve hot.