

SEPTEMBER OILS OF THE MONTH "CLEAN FLUSH" 2016 Collection (#67955)

PERSONAL CARE RECIPES

Diuretic Detox Massage

Ingredients:

- 10 drops Black Pepper Essential Oil
- 1 oz. Kukui Carrier Oil, or other carrier oil

Directions:

Add half of the Kukui Carrier Oil and 10 drops of Black Pepper Essential Oil to a 1 oz. PET plastic flip-top bottle. Put the lid on tightly, making sure the top is snapped shut. Shake 50 times by pounding the bottle against the palm of your hand. Open the bottle and add the remaining Kukui Carrier Oil up to the "shoulder" of the bottle, where it starts to round up towards the opening. Replace the lid and shake again 50 times. Use to massage sore, swollen areas; like your ankles and legs after a long day on your feet.



*Black Pepper Essential Oil may help to aid muscle pain and stiffness, support toxin removal, and improve digestion. It may be used to reduce the urge to smoke cigarettes and lessen cravings.**

Give Me the Strength to Stop Smoking Inhaler

Ingredients:

- 3 drops Black Pepper Essential Oil
- 5 drops Lemon Essential Oil
- Nasal Inhaler
- Cotton Balls

Directions:

Open the nasal inhaler. Add the Black Pepper Essential Oil to the cotton insert, then add the Lemon Essential Oil. Place the cotton insert back into the inhaler by snapping the bottom cap on and screwing the lid on. Let the cotton insert absorb the oils for 5 to 10 minutes. Each time you feel the urge to smoke, breathe in using the inhaler. If you don't have a nasal inhaler, drop the essential oils onto cotton balls instead. Store cotton balls in a PET plastic container and sniff whenever you crave a cigarette.



Lemon All-Purpose Spray

Ingredients:

- 7 oz. water
- 20 drops Lemon Essential Oil
- 10 drops HydroWash

Directions:

Add half of the water, the Lemon Essential Oil and HydroWash to an 8 oz. PET plastic bottle. Close the lid tightly and shake well 50 times. Open the bottle, add the remaining water, and close the lid. Shake well. Use this spray to clean all water-safe surfaces to benefit from the anti-microbial properties of Lemon Essential Oil. Avoid synthetic fabrics such as drapes or furniture.



*Kidney Health™ Essential Oil Blend is designed to help the male body to strengthen and cleanse the urinary tract. It also benefits the kidneys, bladder, and prostate.**



Kidney Compress

Ingredients:

- 1 oz. of Dead Sea Bath Salts - Unscented
- 14 drops Kidney Health™

Directions:

Add half of the salt to a PET plastic jar, then add the essential oil. Put the lid on tightly and shake well 50 times. Open the jar and add the remaining salt. Put the lid back on and shake well. Place half of the mixture into a shallow glass dish, such as a small casserole dish. Pour hot water into the dish and stir until all of the salt dissolves. Take a natural fiber cloth and fold it into thirds, then soak the cloth in the salt water. Wring the excess water out and apply it to the back, over the kidney area. Then, put plastic wrap over the cloth to hold in the moisture. Place a hand towel over the plastic wrap, followed by a hot water bottle (or heating pad on its lowest setting). The warmth that comes from these layers drives the oils into the body. Use a kidney compress once a month for a quick pick-me-up.

FOOD RECIPES

Lemon Pepper Basil Butter

Ingredients:

- 1/2 cup salted butter, softened
- 1 drop Lemon Essential Oil
- 1 clove garlic, minced
- 1 tbsp. finely minced basil leaves
- Zest from 1 lemon
- Black Pepper Essential Oil

Directions:

Place the butter into a small bowl. Dip the tip of a toothpick into the Black Pepper Essential Oil. Use the toothpick to stir the butter, then discard the toothpick. Add the Lemon Essential Oil and stir again. Add the minced garlic and basil leaves, then combine them into the butter by whipping it quickly with a fork. Serve the butter as-is. You can also form it into a log, wrap it in wax paper, and freeze to slice into little pats of butter. Serve over fish, other meats, or vegetables.

Lemon Turmeric Cleanse Tonic

Salad Ingredients:

- 6 cups pure water
- Juice of 2 lemons
- 1/2 tsp. ground turmeric
- 1 cup ice
- 2 tbsp. raw honey
- 2 drops Lemon Essential Oil
- 1 drop Black Pepper Essential Oil

Directions:

Add the water, lemon juice, and turmeric into a blender. Blend well for 1 minute. In a small bowl, mix the essential oils into the raw honey. Add the honey mixture and ice to the blender and blend 1 minute more. Pour and enjoy.

*Lemon Essential Oil can be used to disinfect and freshen the home. This refreshing oil may assist with cleansing the body and improving mental clarity.**



Lemon & Pepper Kale Chips

Ingredients:

- 1 bunch of kale, washed and dried (curly kale works best)
- 2 tsp. almond butter
- 2 tsp. lemon juice
- 1 tsp. coconut aminos
- 1 tsp. raw honey
- Black Pepper Essential Oil
- 1 drop Lemon Essential Oil
- 3 tbsp. nutritional yeast



Directions:

Strip the kale leaves off the stems and tear the leaves into palm-sized pieces. Set aside. In a large bowl, combine the almond butter, lemon juice, and coconut aminos. Whisk well and set aside. Dip the tip of a toothpick into the Black Pepper Essential Oil. In a separate bowl, mix the honey and Lemon Essential Oil with the toothpick dipped in Black Pepper Essential Oil. Discard the toothpick. Add this to the almond butter mixture and whisk until the honey is completely incorporated. Using your hands, toss the kale in this mixture until all the leaves are evenly coated. Sprinkle nutritional yeast over the kale and toss it again.

Using a dehydrator: Place the kale on dehydrator sheets and dehydrate for 6-8 hours, or until crisp.

Using the oven: Lay the kale on parchment paper-lined cookie sheets and bake at the lowest setting with the door ajar for 1 hour. Turn the kale over and bake for approximately 30 minutes more. Check often for crispness. Remove the kale chips from the baking trays and share with your Youngevity friends!

Brussels Sprouts Salad

Ingredients:

- 1 lb. Brussels sprouts, ends trimmed
- 1 avocado peeled, sliced, and mashed
- 3 tbsp. plain yogurt
- 1 tsp. Dijon mustard
- Zest of 1 lemon
- Juice of 1 lemon
- 2 tbsp. raw honey
- 1 drop Lemon Essential Oil
- Black Pepper Essential Oil
- 1/2 cup pomegranate seeds or diced apple
- 1/4 cup chopped pecans

Directions:

Separate the Brussels sprouts into individual leaves. In a small bowl, whisk the avocado, yogurt, mustard, lemon zest and lemon juice. Dip the tip of a toothpick into the Black Pepper Essential Oil. In a separate bowl, stir the Lemon Essential Oil into the honey using the toothpick dipped in Black Pepper Essential Oil. Discard the toothpick. Add the honey mixture to the avocado mixture and whisk until the honey is completely incorporated. Pour the dressing over the Brussels sprouts and toss well. Place the dressed sprouts into the refrigerator and chill for 2 hours. Just before serving, add the fruit and nuts. Toss lightly before serving. Share this delicious salad at your Aroma Share Social this week!