

SEPTEMBER OILS OF THE MONTH

"Feel Better"
Collection (#67955)

PERSONAL CARE RECIPES

Lymph-o-matic Skin Brushing

Ingredients:

- 1 Natural Bristle Skin Brush
- 1-2 drops of Bay Laurel Essential Oil

Directions:

Put the essential oil in your hand, take the other and brush up all the oil into the bristles of the brush coating evenly. Brush your skin lightly starting at the tips of your toes moving up toward your heart. Do the same starting at your fingertips. Enjoy the feeling of energy flowing throughout your body.



Bay Laurel (Laurus nobilis) is often used to address seasonal health concerns, appetite and women's health. It has a wonderful fruity, fresh, herbaceous and slightly camphoric aroma.*

Bruise Oil

Ingredients:

- 3 drops of Birch, Sweet Essential Oil
- 2 drops of Bay Laurel Essential Oil
- 1 drop of Peppermint Essential Oil (optional)
- 2 oz. of Jojoba or Grapeseed Blending Oil

Directions:

In a flip top lid bottle, add blending oil first then add the essential oils. Put the lid on and shake well. Squirt some in a roller bottle to have on-hand for easy application. Use also for achy joints.



Fly Away Flew

Ingredients:

- 5 drops of 1st Defense™ Essential Oil Blend
- 4 oz. of water

Directions:

Add water to your mister bottle, then add 1st Defense™ Essential Oil Blend, shake and spray. Mist around your body when flu or other viruses are in the air. Avoid your face, keep eyes closed. When entertaining guests in your home, you can mist the entry area, door knobs, etc.; before they arrive and after they leave.



1st Defense™ supports a healthy immune, respiratory, and digestive system. This powerful blend contains a variety of immune boosting essential oils such as Cinnamon Bark, Eucalyptus, Oregano and more.*

Head and Shoulders Above the Rest

Ingredients:

- 1 drop of Bay Laurel Essential Oil
- 1 squirt of Youngevity Botanical Spa Revitalizing Shampoo™

Directions:

Squirt shampoo in hand, add 1 drop of Bay Laurel, and mix with finger. Lather on your scalp as usual, let sit on hair 2 minutes or so before rinsing. Enjoy wearing dark colors again.



Prevention is Worth a Pound of Cure

Ingredients:

- 1 drop of 1st Defense™ Essential Oil Blend

Directions:

Rub essential oil blend on the bottom of each foot in the morning to prevent catching or spreading something.



FOOD RECIPES

Mock Root Beer

Ingredients:

- 2 quarts of Cold, Ice Water
- 4 tps. of Stevia
- 2 drops of Birch, Sweet Essential Oil
- 4 packets of Root Beer Belly™

Directions:

Great for kids and it's also a tasty way to introduce essential oils to stubborn individuals. Mix essential oil and stevia then add water, mix thoroughly. Add Root Beer Belly™ and mix again. If not sweet enough add more stevia. Great for getting folks off carbonated sodas.



Birch, Sweet (*Betula lenta*) is a powerful essential oil. When added to massage oil it may be effective in soothing painful joints and muscles.* (Note: Birch, Sweet contains methyl salicylate and should not be used by people who are on blood thinning medications or the elderly or fragile. Do not use if pregnant or nursing.)

Easy Ice Cream

Ingredients:

- 4 Bananas, frozen
- 1 tsp. of Vanilla Extract
- 1 drop of Birch, Sweet Essential Oil

Directions:

Run bananas through a juicer with the blank on so it comes out like soft ice cream; or cut up in small chunks and blend in high powered blender. Put in a bowl and mix in vanilla and essential oil. Eat right away or freeze for later.



Roasted Red Potatoes with Lemon and Bay

Ingredients:

- 2 1/2 lbs. of Red Potatoes, cut in 1/2 inch slices
- 6 Garlic Cloves
- 1 Lemon, cut in 1/8 inch slices
- 1/4 cup of Butter, melted
- 1 drop of Bay Laurel Essential Oil
- Salt & Pepper

Directions:

Preheat oven to 450 F. Place potatoes, lemon slices and garlic in a roasting pan; large enough for them to be in a single layer. Mix essential oil and melted butter, pour over potatoes and toss lightly until all are coated. Sprinkle with salt and pepper. Cover with foil and bake for 25 minutes. Toss again, remove foil bake another 20 minutes until golden brown. Serve immediately.

Yummy Birch Frosting

Ingredients:

- 1 cube of Butter, softened
- 8 oz. of Cream Cheese
- 1/2 cup of Raw Honey or Maple Syrup
- 2 drops of Birch, Sweet Essential Oil

Directions:

Mix ingredients together until fluffy and creamy. Kids love this on cupcakes!



Youngevity
ESSENTIAL OILS

Roasted Asparagus with Capers and Bay Laurel

Ingredients:

- 1/2 cube of Butter, melted
- 1 drop of Bay Laurel Essential Oil
- 2 lbs. Asparagus, tough ends snipped off
- 1/4 cup of Capers/Caper Berries in Brine (can substitute green olives)

Directions:

Preheat oven to 450 F. Mix melted butter and essential oil. Put half the butter and oil mixture on a cookie sheet. Roll the asparagus in the butter mixture until coated then spread out on a pan in a single layer. Roast, turning over after 5 minutes, then roast another 5 minutes until the asparagus is lightly browned. While the asparagus is roasting, drain the capers and pat dry. Heat the remaining butter mixture in a small skillet and fry capers for 1 minute. Place asparagus on serving dish and pour the fried, buttery capers over them. Lightly salt and pepper and serve.