

MAY OILS OF THE MONTH

"Oils of South America"
2017 Collection (#67955)

Carnaval do Brasil Recovery Shower Salts

Ingredients:

- 4 oz. PET plastic jar
- 4 oz. Dead Sea Bath Salts - Unscented
- 24 drops Surrender™ Essential Oil Blend

Directions:

In the jar, add half the salt and the Surrender™ Essential Oil Blend. Put the lid on tightly and shake well 50 times. Open the jar and add remaining salt, replace the lid and shake again. While showering, sprinkle ¼ cup on the shower floor and let the aroma relax and rejuvenate you! May also be used in a bath or as a foot soak. This relaxing treatment is especially helpful if you've had a little too much fun at Carnival!

Ascending the Andes Muscle Rub

Ingredients:

- 2 oz. jar of Ultimate CM Cream™
- 28 drops To Be At Peace™ Essential Oil Blend

Directions:

Using a toothpick or stirring rod, mix in the essential oil blend, one drop at a time, into the jar of Ultimate CM Cream™. After your arduous, triumphant ascension to the top of the Andes, massage your calves and back with this relieving muscle rub.

Decadent Mayan Cocoa Face Scrub

Ingredients:

- 4 oz. PET plastic jar
- 2 oz. organic coconut palm sugar
- 3 tbsp. Kukui or Jojoba Carrier Oil
- 5 drops Cocoa Essential Oil (sample oil)

Directions:

In the jar, add half the sugar and the Cocoa Essential Oil. Put the lid on tightly and shake well 50 times. Open and add the remaining sugar. Replace the lid and shake 50 more times. Slowly add the carrier oil into the sugar mixture while stirring with the handle of a spoon or stirring rod. Using ½ teaspoon, gently massage over your face and neck area. Rinse with warm water and pat dry with a soft towel.



Comfort Touch™ Essential Oil Blend: Like its name suggests, this fragrant blend is ideal for promoting the comforting feelings of kindness, compassion, and gratitude.*

Surrender™ Essential Oil Blend: Comforting pine and rosewood aromas perfectly complement a calm, peaceful environment. This blend works wonderfully in a diffuser.*

To Be At Peace™ Essential Oil Blend: This soothing blend of essential oils combines bright citrus and warm woody notes to create a relaxing fragrance. This blend is great to diffuse.*

Amazon Rainforest Moisturizer

Ingredients:

- 2 oz. flip top PET plastic bottle
- 2 oz. Kukui or Jojoba Carrier Oil
- 10 drops Comfort Touch™ Essential Oil Blend

Directions:

In the open bottle, add half the carrier oil and the Comfort Touch™ Essential Oil Blend. Replace the lid tightly, making sure the flip top is snapped shut. Shake well 50 times. Remove the cap and add the remaining carrier oil. Replace the lid, and shake well again. Use daily as part of your skin care routine on dry, itchy, irritated or maturing skin to experience the benefits of the rainforest.

**Rio de Janeiro (Land of Love)
Diffuser Blend**

Ingredients:

- 5 drops Cocoa Essential Oil
- 3 drops Surrender™ Essential Oil Blend

Directions:

Add the oils in the order given to the water in the reservoir of your Essential Oils Light Up Diffuser. Put on cover and run for 15-30 minutes every hour.