

APRIL OILS OF THE MONTH

"FEELING THE LOVE"
 2016 Collection (#67955)

PERSONAL CARE RECIPES

Perfume Roller Bottle

Ingredients:

- 10 drops Neroli 10% Essential Oil Blend
- 10 ml Grapeseed Carrier Oil

Directions:

In 10 ml. roller bottle, add 5 ml. of Grapeseed Carrier Oil, then essential oil blend. Put finger on opening of bottle tightly, shake 50 times. Keep oil on finger - don't wipe off yet. Add remaining Grapeseed Carrier Oil; up to the shoulder of the roller bottle. Use oil on finger to wipe on part of roller ball, so that it slides on easier; twist as you push in. Put lid on and shake well again. Shake before each use.

*Neroli 10% Essential Oil Blend has a sweet and calming scent, making it great to help balance the emotions, as well as the heart. Other qualities of Neroli 10% are that it helps balance the nervous system, as well as tone the skin.**



Calming Linen Spray

Ingredients:

- 2 oz. Water
- 20 drops Lavender-Maillette Essential Oil

Directions:

In a 2 ounce mister bottle, add 1 ounce of water and essential oil, put lid on and shake well about 50 times. Add remaining water, filling to the shoulder of bottle, where bottle starts to round at the top; this should leave about 1/2 inch head space to allow for shaking room. Shake again for 50 more times. Spray mattress when changing sheets, spray on washcloth and toss in dryer when drying linens, spray on sheets when making beds, and right before bedtime - make sure they dry before going to bed.

Face Thread Vein Oil

Ingredients:

- 1 oz. Jojoba Carrier Oil
- 10 drops Lavender-Maillette Essential Oil
- 10 drops Neroli 10% Essential Oil Blend
- 3 drops Cypress Essential Oil (optional)

Directions:

In a 1 ounce flip top bottle, add 1/2 ounce of Jojoba and essential oils. Put lid on tightly, make sure the flip top is closed, and shake about 50 times. Open bottle and add remaining Jojoba Carrier Oil, put lid back on tightly and shake 50 more times. Put a few drops at a time on face veins.

Love Yourself Bath Salts

Ingredients:

- 4 oz. Dead Sea Bath Salts - Unscented
- 10 drops Lavender-Maillette Essential Oil Blend
- 10 drops Neroli 10% Essential Oil Blend

Directions:

In a 4 ounce jar, add 2 ounces of bath salts and essential oils, put lid on and shake about 50 times. Add remaining bath salts, put lid back on and shake 50 times more. Use 1/4 cup of mixture in a hot bath (mix well), and slide in and enjoy. Make some extra for your family and friends.



FOOD RECIPES

Strawberry Salad with Neroli Sauce

Ingredients:

- 1 lb. Fresh Strawberries, washed and sliced into quarters
- 1 cup Fresh Orange Juice
- 1/4 cup Coconut Sugar
- 1 drop Neroli 10% Essential Oil Blend
- Mint Leaves, sliced for garnish

Directions:

Put strawberries in serving dish. In a separate bowl, mix juice, sugar and essential oil blend until sugar is dissolved. Pour sauce over strawberries. Lightly toss to cover the berries well and mix in mint leaves. Cover and chill in fridge for 1 hour before serving.

Raspberry Lavender Green Smoothie

Ingredients:

- 1 cup Raspberries, fresh or frozen
- 1 cup Kale
- 2 cups Fresh Apple Juice
- 1/4 cup Raw Cashews
- 1 tsp. Vanilla Extract
- 1 drop Lavender-Maillette Essential Oil

Directions:

In a blender, add all ingredients (except the essential oil) and blend until smooth. You'll want the kale to dissolve completely; unless of course you want to chew your smoothie. Add the drop of Lavender-Maillette Essential Oil, blend again for 30 more seconds to make sure the nuts are creamed in and the lavender is infused throughout. Serve immediately.



*Lavender, Maillette Essential Oil is a first choice for skincare due to its quick healing abilities and powerful, yet gentle action; working to prevent swelling and scarring. Lavender is among the most widely-used essential oils for emotional support.**



Lavender Chia Seed Blueberry Pudding

Ingredients:

- 1 1/2 cup Coconut Milk
- 3-4 Medjool Dates
- 1 cup Fresh Blueberries (or frozen and thawed)
- 1 tsp. Vanilla Extract
- 1/4 cup Chia Seeds
- 1 drop Lavender-Maillette Essential Oil
- 1/4 cup Fresh Blueberries, to garnish
- Fresh Nuts or Seeds, to garnish

Directions:

In a high powered blender, add milk, dates, 1 cup of blueberries and vanilla. Blend until very smooth; no chunks of dates left. Add chia seeds and Lavender-Maillette Essential Oil and blend a few seconds more. Put in a jar, cover tightly and leave in the fridge for at least 4 hours; overnight is even better. Top with chopped nuts, fresh blueberries and serve. Great for a breakfast on-the-go.

Lavender Almond Milk

Ingredients:

- 6 cups Filtered Water
- 1 1/2 cups Raw Almonds, soaked overnight in 2 cups water and drained
- 2 Dates
- 1 drop Cinnamon Bark Essential Oil or (1/2 teaspoon cinnamon)
- 1 tsp. Vanilla extract
- 1 drop Lavender-Maillette Essential Oil

Directions:

Put all ingredients in a high speed blender and blend until very smooth; 1 minute or 2. Place mixture in a nut milk bag and squeeze hard into a pitcher until all the milk is out. Add the essential oil(s) and stir well. Refrigerate for 1-2 hours until chilled and stir again before serving. Hint: Save the pulp in the fridge or freezer to make other yummy things like fruit dips. Simply add berries, a drop of Orange-Sweet Essential Oil and blend in a food processor and use for a fruit tray dip.