

FEBRUARY OILS OF THE MONTH

"HOW DEAR TO MY HEART"
2016 Collection (#67955)

PERSONAL CARE RECIPES

Get Your Sexy Back Massage Oil

Ingredients:

- 2 oz. Grapeseed or Jojoba Carrier Oil
- 2 drops Ylang Ylang Essential Oil
- 4 drops Rose 10 % Essential Oil Blend

Directions:

In a flip top bottle, add 1 oz. of carrier oil, then add essential oils. Put lid on tightly, making sure flip top is closed, and shake well 50 times. Add the remaining carrier oil, put lid back on and shake 50 more times. This oil can be warmed up in a jar of hot water before use. Simply fill a wide-mouth pint jar with very hot water, place bottle of massage oil in the jar and let sit for 10 minutes or so, to warm up. Then, carefully remove bottle to give your partner a massage and enjoy!



*Rose 10% is said to be the ultimate oil blend because of its ability to encourage the production and release of dopamine. Rose has been used in perfumes for its attractive scent for hundreds of years.**

Rose Milk Bath

Ingredients:

- 1/2 cup Dead Sea Bath Salts - Unscented
- 1½ cup Powdered Milk
- 1/2 cup Rose Petals, dried
- 5 drops Rose 10% Essential Oil Blend
- 2 drops Natural Red Food Coloring

Directions:

In medium bowl, mix salt and powdered milk until well combined. Add Rose 10% Essential Oil Blend and food coloring and mix well using a fork; you want it to be a light pink color. Gently fold in rose petals. Pour into a decorative glass jar. Put a fun tag on it and give as a gift or keep it for yourself! When ready to use, pour 1/2 cup of the Rose Milk to a warm bath and mix until fully dissolved. Relax and enjoy!



Yummy Potpourri

Ingredients:

- 1 cup Dead Sea Bath Salts - Unscented
- 1 cup Dried Peppermint Leaves (or 1 drop Peppermint Essential Oil)
- 1 cup Dried Orange Peel (or 4 drops Orange-Sweet Essential Oil)
- 1/2 cup Whole Cloves (or 1 drop Clove Essential Oil)
- 1/2 cup Whole Cinnamon Sticks, broken into smaller pieces (or 1 drop Cinnamon Bark Essential Oil)
- 3 drops Ylang Ylang Essential Oil
- 4 drops Sandalwood Essential Oil (optional)

Directions:

In a large glass jar, add Ylang Ylang Essential Oil and bath salts, put lid on and shake about 50 times. Open jar and add all other ingredients; gently shake again about 50 times. Leave lid on for 1 week to allow the scents to marry. After a week, place the jar on a table or shelf and remove the lid for 1 hour to give the room an amazing scent. Place lid back on jar to save the aroma for later.

Sunshine in the Winter Mister

Ingredients:

- 2 drops Ylang Ylang Essential Oil
- 3 drops Rose 10% Essential Oil Blend
- 5 drops Lemon Essential Oil
- 2 oz. Pure Water

Directions:

In a 2 oz. mister bottle, add 1 oz. water and then essential oils. Put lid on tightly and shake 50 times; pounding onto palm of hand or roll between palms of hands. Add another ounce of water (enough to fill up to the shoulder of the bottle), leaving around 1/2 inch of head space. Put lid back on tightly and shake again. Shake and spray to lift the mood of a room during cold, sunless days.

FOOD RECIPES

White Chocolate and Rose Strawberries

Ingredients:

- 12 oz. of White Chocolate Chips
- 1 tbsp. 100% Butter, grassfed
- 1 drop Rose 10% Essential Oil Blend
- 18 Large Strawberries, with leaves

Directions:

Cover a cake pan with wax paper. Then, melt chocolate and butter in sauce pan - over low heat - stirring regularly until melted. Add Rose 10% Essential Oil Blend and stir again until mixed in. Poke a fork or toothpick into the stem end of the strawberry. Dip into chocolate 3/4 of the way up. Set on cake pan and let cool. After all are dipped, refrigerate 30 minutes until chocolate is set.



Raspberries and Rose Shake

Ingredients:

- 2 cups Frozen Raspberries
- 1 cup Coconut Milk
- 1 drop Rose 10 % Essential Oil Blend

Directions:

In a blender, add all ingredients and blend for 1-2 minutes; leaving small chunks of raspberries. Serve in chilled glasses.



*Ylang Ylang is primarily considered to be an aphrodisiac oil, however, it has a wide range of properties. It provides support for heart-related challenges, relaxing of muscles, and working to encourage the body to produce pain-reducing hormones. This oil generally promotes a state of happiness and well-being.**



Ylang Ylang Fudge

Ingredients:

- 3/4 cup Boiling Water
- 3/4 cup Medjool dates - cut up in quarters
- 1/2 cup 100% Organic Butter or Coconut Oil
- 3/4 cup Cocoa Powder
- 1/4 tsp. Salt
- 1/2 tsp. Vanilla Extract
- 1/2 tsp. Stevia Powder
- 2 drops Ylang Ylang Essential Oil

Directions:

In a food processor with S blade, blend water, dates and butter until smooth. Then add cocoa powder, salt, vanilla, and stevia and blend again until smooth. Scoop mixture into a parchment paper lined 8x8 pan and spread out evenly. Put pan of fudge in a gallon size sealed bag, and in a corner of the bag, not touching the fudge, place a paper towel with 2 drops of Ylang Ylang Essential Oil. Zip bag up and refrigerate for at least 4 hours or until solid; can be left until next day. Remove from bag, discard the paper towel, slice fudge into small 1 inch squares and serve immediately.



Pistachio Rose Milk

Ingredients:

- 1½ cup Cold Water
- 1/2 cup Shelled Pistachios - Unsalted
- 1 tsp. Vanilla Extract
- Pinch of Salt
- 1 drop Rose 10% Essential Oil Blend
- Optional Add-Ons: 1 tbsp. Maple Syrup, Agave, Honey or Dates

Directions:

In a high-powered blender, mix everything except essential oil until creamy and smooth. If your blender is not powerful enough you may have to strain it to remove the chunks of the nuts. You can also keep blending and add an ice cube or 2 at the end to help breakdown the nuts; and also to chill the drink more. Then, add essential oil blend and mix a few seconds more. Serve in chilled glasses. Great to drink while enjoying your fudge.