

JULY OILS OF THE MONTH

"THEM BONES, THEM BONES"
2016 Collection (#67955)

PERSONAL CARE RECIPES

I'm Gonna Wash that Migraine Right Out of My Life and Send it on its Way

Ingredients:

- 1/2 oz. Favorite Youngevity Botanical Spa Shampoo
- 2 drops Birch-Sweet Essential Oil

Directions:

Put shampoo in hand, add drops of Birch-Sweet Essential Oil, and mix together with your finger. Lather the shampoo in your head, leave on head for 5 minutes before rinsing. Repeat process as necessary.

*Black Spruce Essential Oil is very much like most of the evergreen oils in that it serves to work effectively with the physical aspects of fatigue, bone and muscle pain, and most challenges to the respiratory system. Also, this oil has been found to support emotional uplift and calming of the nerves.**



Plantar Fascia Massage Blend

Ingredients:

- 2 oz. Kukui Carrier Oil
- 10 drops Lemongrass Essential Oil
- 20 drops Birch-Sweet Essential Oil
- 10 drops Black Spruce Essential Oil

Directions:

In a flip top container, add 1 oz. of Kukui Carrier Oil, then the essential oils in the order given. Put lid on tightly - making sure the flip top is also closed. Shake well 50 times pounding the bottom of the bottle against the palm of your hand. Add enough Kukui Carrier Oil to fill bottle up to the shoulder (where it starts to round up). Then put lid back on and shake again. Apply morning, after work and in the evening. You can also try a hot compress (a wet hot cloth) applied over it in the evening.

*Birch-Sweet Essential Oil is often used to help support for a variety of bone and skin-related issues and has anti-inflammatory properties. Additionally, Birch-Sweet is shown to help with detoxifying, weight loss, water retention, and kidney and urinary tract related needs.**



Manly Homemade Deodorant

Ingredients:

- 1/4 cup Cornstarch or Arrowroot Powder
- 1/4 cup Baking Soda
- 3 tbsp. Coconut Oil
- 1 tbsp. Beeswax, grated
- 10 drops Black Spruce Essential Oil

Directions:

On low heat, in a double boiler or fondue pot, melt beeswax and coconut oil. Remove from heat and add Black Spruce Essential Oil. Mix in arrowroot powder and baking soda, using a fork. Quickly, while still melted, pour into a deodorant stick container or a small jar.

Note: This recipe with the beeswax added does not melt as easily in the summer heat.



Soft and Seductive Beard Oil

Ingredients:

- 1/2 oz. Jojoba Carrier Oil
- 1/2 oz. Kukui Carrier Oil
- 3 drops Birch-Sweet Essential Oil
- 5 drops Black Spruce Essential Oil

Directions:

In a glass bottle with an eyedropper, add Jojoba Carrier Oil, then the essential oils. Put lid on tightly and shake vigorously 50 times. Then, open bottle and add the Kukui Carrier Oil up to the shoulder of the bottle; where it starts to round up. Put lid on again and shake 50 more times. Apply 5 drops to beard morning and night. Massage throughout beard and into skin to soften it. Brush to groom.



FOOD RECIPES

Lemongrass Coconut Zucchini Pasta

Sauce Ingredients:

- 1 cup Coconut Milk, full fat
- 2 Green Onions, chopped
- 1 drop Ginger Essential Oil (or 1 tsp. Fresh Ginger, minced)
- Dash of Coconut Aminos
- 1/4 cup fresh Lime Juice
- Zest from 1 Lime
- 1/4 tsp. Coconut Sugar
- 1 drop Lemongrass Essential Oil
- Salt and Pepper to taste

Veggie Pasta Ingredients:

- 1 bunch Baby Spinach Leaves
- 10 fresh Basil Leaves
- 1/2 cup fresh Cilantro, chopped
- 2 medium Roma Tomatoes, diced
- 1/4 cup Cashews, crushed
- 3 medium Zucchini, sliced into thin noodles with either a spiralizer, mandoline or potato peeler

Directions:

In a medium bowl, mix all sauce ingredients together with a whisk and set aside to allow the flavors to set in. In a large bowl, lightly toss all of the pasta ingredients. Serve with the sauce as is, or you can warm it up at a low temperature for 10 minutes. Pour over pasta bowl and serve immediately.



Thai Lemongrass Curry Salad

Salad Ingredients:

- 1 small Red Pepper, julienned
- 1 small Yam, peeled and julienned, or spiralized
- 1 medium Carrot, julienned
- 1 small Zucchini, julienned or spiralized
- 1 tbsp. Sesame Seeds
- 1/4 cup Cashews, chopped

Dressing Ingredients:

- 1/4 cup Coconut Milk, full fat
- 2 tsp. Red Thai Curry Paste, or more to taste
- 1 drop Lemongrass Essential Oil
- 1 drop Ginger Essential Oil (optional)
- 1 tsp. fresh Ginger, minced
- 1/4 cup fresh Lime Juice
- 1 tbsp. Basil, minced

Directions:

Mix all salad ingredients in a large bowl and let sit in fridge. In a blender, blend all the dressing ingredients except the essential oils for approximately 1 minute. Add essential oils and blend again for 30 seconds. Pour into to salad dressing cruet to chill before serving with salad. Pour on salad as desired and enjoy.

*Lemongrass has a light, fresh scent making it popular to diffuse and mist; plus, works well in food recipes. It's also known for its powerful support to the connective system (tendons, ligaments and cartilage).**

Spicy Lemongrass Salad Dressing

Ingredients:

- 1/2 cup fresh Water
- 1/3 cup Almond Butter
- 3 tbsp. raw Apple Cider Vinegar
- 2 Garlic Cloves, minced
- 1 Jalapeño, chopped & seeded
- 3 tsp. raw Honey
- 1 drop Lemongrass Essential Oil

Directions:

Put all ingredients in the order given in a blender, except the honey and essential oil. Blend on high until mixed well. Mix essential oil into the honey, then add to the dressing and blend again for a minute or 2; until mixed well. Pour into a glass dressing container or in a plastic shaker cup. Chill and serve with your favorite green salad.



Lemongrass and Hibiscus Ice Tea

Ingredients:

- 1/2 cup dried Hibiscus Flowers
- 1/4 cup Coconut Sugar
- 1/3 cup fresh Lime Juice
- 1 Lime, sliced into circles
- 1 drop Lemongrass Essential Oil
- 1 drop Basil-Sweet Essential Oil (optional)
- 2 quarts fresh Water

Directions:

Bring the water to a boil in a non-aluminum pot. Remove from heat, add hibiscus flowers, cover and steep for at least 30 minutes. Strain the Hibiscus infused water into a glass pitcher. In a small bowl, mix essential oils into the sugar, pour into pitcher and stir well. Add lime juice and slices and stir again; you can add more sugar to make it sweeter. Let cool before serving.

Serving Suggestion: freeze fresh basil leaves into ice cubes, put into tall glasses and pour tea over right before serving. Garnish with fresh basil leaves and extra lime circle on edge of glass.



Youngevity
ESSENTIAL OILS