

JUNE OILS OF THE MONTH

"HAPPY LIFE"
2016 Collection (#67955)

PERSONAL CARE RECIPES

Flirtatious Mood Mister

Ingredients:

- 2 oz. Water
- 30 drops To Be Happy™ Essential Oil Blend

Directions:

In a 2 oz. misting bottle, add 1 oz. of water and 30 drops of To Be Happy™. Put lid on tightly and shake vigorously 50 times. Open bottle and add remainder water until it reaches the shoulder of the bottle; where it starts to round at the top. Replace lid and shake 50 more times. This mister can be used as a room freshener, deodorizer, and even for cleaning countertops. The fresh scent will lift the mood of the room. Avoid eyes and furniture when misting.

*Heaven Scent™ will generally promote an uplifting mood and support the mental energy and brain function needed for a positive and appreciative attitude. It is best to use Heaven Scent™ at the beginning of the day. This blend supports overall body balancing; both physically and emotionally.**



I'm in Heaven Bath Salts

Ingredients:

- 2 oz. Dead Sea Bath Salts - Unscented
- 12 drops Heaven Scent Essential Oil Blend

Directions:

In a 2 oz. jar, add 1 oz. bath salts and 12 drops of Heaven Scent™. Put lid on tightly and shake 50 times. Open and add remainder bath salts, put lid on and shake 50 more times. Use 1/4 cup in a bath, 2 tbsp. in a foot or hand bath or as a room freshener; simply take the lid off the jar for 30 min and the oils will diffuse into the room, replace lid.



Heavenly Body Spray

Ingredients:

- 2 tbsp. Witch Hazel
- 1/3 cup Filtered Water
- 15 drops Heaven Scent™ Essential Oil Blend

Directions:

In a 4 oz. misting bottle, add half of the water, then add Witch Hazel and essential oil blend. Put lid on tightly and shake well 50 times. Open lid and add the rest of the water up to the shoulder of the bottle. Put lid back on and shake again 50 more times. Shake well before each use. Avoid eyes when misting.



*To Be Happy™ blend promotes a happy state of mind, especially for children. It is useful to create a light mood and can help generate fun and joy in daily living. To access its qualities, use it as a personal fragrance, diffuse it, or spray as a mist.**



Sensual Scents from Heaven Perfume Mister

Ingredients:

- 7 ml. Vodka
- 40 drops Heaven Scent™ Essential Oil Blend

Directions:

In a perfume atomizer bottle, add 5 ml. vodka and 40 drops of Heaven Scent™. Put finger tightly over opening of bottle and shake well 50 times. Add remaining vodka, put lid on tightly and shake again. Use as you would any commercial perfume but toxin-free!

FOOD RECIPES

Basil and Watermelon Salad

Salad Ingredients:

- 1/3 cup of Fresh Basil, sliced into thin strips
- 1/2 cup Pine Nuts
- 6 cups Watermelon, cubed

Dressing Ingredients:

- 1 tbsp. Balsamic Vinegar
- 2 tbsp. Water
- 1/2 tsp. Salt
- 1/2 tsp. cracked Black Pepper or 1 drop Black Pepper Essential Oil
- 1 drop Basil-Sweet Essential Oil

Directions:

In a medium size bowl, lightly toss the salad ingredients. In a small bowl, mix all the dressing ingredients well, then pour over the salad, folding gently to cover the salad well. Chill for 1-2 hours before serving.

Basil Spinach & Avocado Pesto

Ingredients:

- 1 cup Fresh Basil Leaves, packed and chopped
- 1/2 cup Spinach Leaves, chopped
- 1/2 large Ripe Avocado, cut into chunks
- 2 Garlic Cloves, crushed
- 2 tbsp. Pine Nuts
- 1/4 cup Nutritional Yeast or Parmesan Cheese
- 1 tbsp. Fresh Lemon Juice
- 3 tbsp. Water, plus more if necessary
- 1 drop Basil-Sweet Essential Oil
- Salt to taste

Directions:

Using a food processor with an S blade, add basil, spinach, avocado, garlic, pine nuts, yeast (or cheese) and lemon juice and process for around 30 seconds. Add water and mix again until mixture is smooth. Then add 1 drop Basil-Sweet Essential Oil and mix again for 15 seconds. Store in a jar and keep refrigerated; can also be frozen. It's great on zucchini pasta, stuffed mushrooms or as a dip.



Tomato Basil Soup

Ingredients:

- 3 large Tomatoes, sliced into chunks
- 3 Sun-Dried Tomatoes, cut up into 1/2 inch chunks with scissors
- 1/4 cup Onions chopped
- 1 Garlic Clove, minced
- 2 Celery Stalks, chopped
- 1/2 Avocado
- 1 drop Basil-Sweet Essential Oil
- 1-2 sprigs Fresh Basil, sliced for garnish

Directions:

In a high-powered blender, add the large tomatoes, sun-dried tomatoes, onions, celery, and garlic. Blend until smooth and warm, if you don't have a high-powered blender to warm it up, warm on low in a pan to keep as much of the enzymes alive as possible. Once you have a creamy texture, add the avocado and 1 drop of Basil-Sweet Essential Oil, then blend for a few seconds more until creamy. Serve in heated bowls and garnish with the fresh basil. You can also sprinkle nutritional yeast or parmesan cheese on top.

*Basil-Sweet has been found to provide support for digestive issues, circulation, rheumatoid arthritis, bladder infections, lung congestion, muscle spasms, travel sickness and a wide-range of infections. It has also been found to be effective as an insect repellent. Basil-Sweet is also widely used to help with many emotional concerns such as anxiety, insomnia and depression.**



Tomato Basil Salad

Salad Ingredients:

- 2 cups Garbanzo Beans (sprouted or from a can, precooked)
- 1/2 cup Fresh Basil, chopped
- 2 cups Cherry or Grape Tomatoes, halved

Dressing Ingredients:

- 1 tbsp. Water
- 2 Garlic Cloves, minced
- 2 tbsp. Raw Apple Cider Vinegar
- 1 tsp. Raw Honey
- 1 drop Basil-Sweet Essential Oil
- Pinch of Salt and Pepper

Directions:

Mix salad ingredients in a medium bowl. In a small bowl, mix dressing ingredients and pour over the salad tossing lightly. Let chill 1-2 hours and serve.