

MAY OILS OF THE MONTH

"OPEN AIR"
2016 Collection (#67955)

PERSONAL CARE RECIPES

Whipped Sugar and Spice Scrub

Ingredients:

- 1/2 cup Coconut Palm Sugar
- 1/2 cup Pure Cane or Granulated Sugar
- 1/2 cup Coconut Oil
- 1/2 tsp. Vanilla Extract
- 1 tbsp. Raw Honey
- 1 tsp. Pure Maple Syrup
- 3 drops Ginger Essential Oil
- Jar

Directions:

Using an electric mixer, whip the sugars and coconut oil until a fluffy paste starts to form. Scrape down sides then add in vanilla and maple syrup and whip until fully combined. In a tablespoon, mix the Ginger Essential Oil in the honey using a toothpick. Then, add the honey to the scrub mixture and whip for 30 seconds or until light and fluffy. Spoon into a decorative jar for storage. Use with warm water and gently scrub into skin. Makes a perfect Mother's Day gift!

Energy Shower Steamer

Ingredients:

- 2 cups Baking Soda
- 1 cup Citric Acid
- 10 drops Ginger Essential Oil
- 15 drops Eucalyptus Globulus Essential Oil
- 25 drops of Ravensara Essential Oil
- Witch Hazel in a spray bottle

Directions:

Pre-mix essential oils in an empty essential oil bottle in the order given and let sit a few minutes to blend well. Sift the baking soda and citric acid together to get out all the lumps. In a medium bowl, stir together to make sure they are well mixed. Add the pre-mixed essential oils and, using a fork, mix in well with the dry ingredients. Spray Witch Hazel into mixture, while mixing with a fork, until it holds together when pressed; without it getting fizzy. Then, scoop mixture into an ice cube tray or other fun silicon candy mold; making sure to press down well into each mold. Let sit for 45 minutes, then turn mold over and tap lightly to pop cubes out. Let cubes dry on a sheet of wax paper overnight, then store in a decorative jar with a tight lid. Put one in the bottom of the shower when bathing; the water will release the oil into the air.

*Ravensara is anti-infectious, anti-viral, and anti-bacterial; making it good for the respiratory system. It is particularly beneficial for combating the flu, colds, and even pneumonia by helping to reduce fevers and increase oxygen absorption. It is often referred to as the "oil that heals."**



Open Airway Roller

Ingredients:

- 10 ml of Grapeseed or Jojoba Carrier Oil
- 5 drops Ravensara Essential Oil
- 2 drops Ginger Essential Oil
- 3 drops Eucalyptus Globulus Essential Oil

Directions:

In a roller bottle, add half the carrier oil and then add essential oils. Put your finger tightly over the end of the bottle and shake well about 50 times. Add remaining carrier oil and twist in roller ball, after applying a dot of carrier oil to it; to make it easier to put in. Twist lid on and shake 50 more times. Roll over the forehead and cheekbones to open airways.

Ginger Scalp Massage Oil

Ingredients:

- 1 oz. Grapeseed or Jojoba Carrier Oil
- 1 oz. Lemon Juice
- 15 drops Ginger Essential Oil

Directions:

In a 2 oz. flip top bottle, add half the carrier oil, half the lemon juice and the 15 drops of Ginger. Put the lid on tightly and shake well 50 times, pounding the bottom of the bottle against the palm of your hand. Add the rest of the carrier oil and lemon juice, put the lid on and shake 50 more times. Massage a tablespoon into your scalp and leave in until it dries, then shampoo out. Store in a cool place or the fridge in-between each weekly use.



FOOD RECIPES

Thai Slaw

Slaw Ingredients:

- 8 cups Napa Cabbage, thinly-sliced
- 3 Carrots, grated
- 1 Apple, grated
- 1 tbsp. Green Onion, minced
- 1 tbsp. Lime Juice
- 1/2 tsp. Salt
- 3 tsp. Sesame Seeds

Dressing Ingredients:

- 1 Garlic Clove, crushed
- 2 tbsp. Lime Juice
- 2 tbsp. Rice Vinegar
- 2 drops Ginger Essential Oil
- 2 tbsp. Honey

Directions:

In a large bowl, add all the cabbage ingredients and toss lightly. Mix the Ginger Essential Oil with the honey. In a jar, add the honey and remainder of the dressing ingredients and mix well. Pour the dressing over the cabbage mixture and mix well. Refrigerate for an hour before serving.



Egg Drop Soup

Ingredients:

- 4 cups Chicken Stock (set aside 1/2 cup)
- 1 tbsp. Arrowroot Powder
- 1 tbsp. Coconut Aminos
- 3 Green Onions, chopped
- 1/4 tsp. Pepper (white or black)
- 3/4 cup Mushrooms, sliced
- 3 Eggs, lightly beaten
- 1-2 drops Ginger Essential Oil (depending on how spicy you like it)

Directions:

In a small bowl, mix 1/2 cup of chicken stock with arrowroot powder until dissolved. Set aside. In a medium size pot, add remainder chicken stock, coconut aminos, onions, mushrooms, and pepper bringing to a boil. Add the arrowroot and stock mixture while stirring. Reduce heat to a simmer. Mix the Ginger Essential Oil into the eggs. Slowly pour in the lightly beaten eggs to the soup while stirring. The egg will spread out into ribbons. Turn off the heat and garnish with a few more chopped green onions. Serve immediately.



*Ginger is widely used for most stomach-related challenges. Much like its donor plant, Ginger oil has proven to be effective for most nutritional support programs. Ginger tends to be warm and stimulating to the cardiovascular system.**

*Eucalyptus Globulus is known for its effective antibacterial properties, making it a strong respiratory aid; beneficial for the lower respiratory tract involving the bronchi and the lungs. It may help reduce fevers as well as act as a pain reliever. As it ages, its antiseptic properties strengthen.**



Ginger Baked Chicken

Ingredients:

- 4 large boneless skinless Chicken Breasts
- 2 tbsp. Raw Honey
- 1-2 tbsp. Dijon Mustard
- 4 tbsp. Water
- 2-3 drops Ginger Essential Oil
- 2-4 Garlic Cloves, peeled & crushed
- Salt, to taste
- Fresh Ground Black Pepper, to taste (Optional 1 drop Black Pepper Essential Oil)

Directions:

In a small bowl or saucer, mix the Ginger Essential Oil with the honey. Then add the honey mixture, mustard, water, crushed garlic, salt and pepper to a sealed bag and mix in well. Place the chicken breasts into the bag and toss lightly to cover chicken completely. Place in fridge and marinate for 2 hours or overnight. Pour chicken and sauce into a buttered baking dish. Bake at 350°F in the oven for 45-60 minutes.



Ginger Limeade

Ingredients:

- 4 cups Sparkling Water (set aside 1 cup)
- 3/4 cup Lime Juice
- 1/2 cup organic raw Sugar
- 1 drop Ginger Essential Oil

Directions:

Mix Ginger Essential Oil into sugar using a fork. Then, in a pitcher, add your sugar mixture to one cup of sparkling water and stir for 2-3 minutes until sugar dissolves completely. Then, add lime juice and remaining 3 cups of sparkling water. Stir well and serve over ice.

