

OCTOBER OILS OF THE MONTH

"CYCLES OF LIFE"
2016 Collection (#67955)

PERSONAL CARE RECIPES

"Hormone-izing" Diffusing Blend

Ingredients:

- 3 drops Coriander Essential Oil
- 2 drops Sandalwood Essential Oil

Directions:

Add water to the Youngevity Diffuser according to the instructions. Then, add the essential oils. Diffuse the oils for 15 minutes several times throughout the day to balance and harmonize your hormones.

Menopause, Menopause Go Away Bath Salts

Ingredients:

- 8 tbsp. Dead Sea Bath Salts – Unscented
- 10 drops XY Blend™ Essential Oil Blend
- 2 drops Sandalwood Essential Oil

Directions:

In a 4 oz. PET plastic jar, add 4 tbsp. of the salt and the essential oils. Put the lid on tightly and shake well 50 times. Open the jar and add the remaining salt. Close the jar and shake well 50 times more. Add 1/4 cup of these salts to a warm bath to help ease the hormonal effects of menopause.



Men's Midlife Success Massage Oil

Ingredients:

- 2 oz. Kukui Carrier Oil
- 8 drops XY Blend™ Essential Oil Blend
- 4 drops Sandalwood Essential Oil

Directions:

In a 2 oz. flip top bottle, add the essential oils and half of the Kukui Carrier Oil. Close the lid tightly. Shake well 50 times. Open the bottle and add the rest of the Kukui Carrier Oil. Replace the lid and close it tightly, then repeat shaking process. Use this oil whenever you and your partner need to de-stress and relax.

Sandalwood Face Mask

Ingredients:

- 1 egg
- 3 drops Sandalwood Essential Oil
- 1/2 tsp. Plant Derived Minerals™
- 1 paper facial mask



Directions:

Separate the egg white from the yolk. In a small bowl, whisk the egg white, essential oil and minerals. Cleanse your face using your favorite Youngevity face cleanser. Rinse and dry well. Using a pastry brush, apply the egg white mixture onto your face. Apply the paper facial mask onto the face and on top of the egg white. If you have egg white left, you can apply it onto the mask, but do not spread it too thickly. Wait 20-30 minutes until the egg white dries completely. Quickly peel the paper mask away from your face. Wash your face. In a small bowl, whisk the egg yolk and apply it to your face. Wait 10 minutes, then wash your face. This mask may help acne and blackhead-prone, oily skin.

*The XY Blend™ may be used to help promote hormonal balance for both men and women. Try adding it to bath salts or massage oil for an extra soothing experience.**



Hair Shine Restorer Spray

Ingredients:

- 8 drops Sandalwood Essential Oil
- 1 drop XY Blend™ Essential Oil Blend
- 1 tsp. Plant Derived Minerals™
- 1½ oz. filtered water

Directions:

In a 2 oz. PET plastic mister, add 1/2 of the water, minerals, and essential oils. Put the lid back on and shake well 50 times. Open the bottle and add the remaining water until it reaches the "shoulder" of the bottle, where it begins to round up towards the top. Put the lid on tightly and shake the bottle again 50 times more. Shake the mixture well before each use. Mist over wet hair after each wash. Style as usual.

FOOD RECIPES

Sandalwood Soda

Ingredients:

- 2 tbsp. pure maple syrup
- 1 drop Sandalwood Essential Oil
- 4 cups sparkling water
- Ice

Directions:

Add the drop of sandalwood oil to the maple syrup and mix them together with a toothpick. Add half of the sparkling water to a pitcher, then pour in the maple syrup mixture. Stir well. Add the remaining sparkling water, stir again, and serve over ice. You can also put it in a blender with more ice to make a refreshing sorbet.



*The fragrant, deep scent of Sandalwood Essential Oil may help you to achieve a calm, relaxed state. The oil's naturally sweet, rich scent makes it the perfect addition to a dessert.**

Sandalwood-Infused Cocogevity Plus™ Mixed Berry Dessert

Ingredients:

- 2 cups mixed berries (fresh or frozen can be used)
- 1/2 cup Cocogevity Plus™
- 1 drop Sandalwood Essential Oil
- Gluten-free gingerbread cookies

Directions:

In a small bowl, mix the Cocogevity Plus™ with the Sandalwood oil. Place it into the fridge for 10 minutes, or until you are ready to serve. In 4 small dessert dishes, lay 3-4 cookies, enough to cover the bottom of each dish. Spoon 1/2 cup of the berries over the cookies. Repeat this step for each dish. Before serving, drizzle the Sandalwood-infused Cocogevity Plus™ over the berries, dividing the mixture equally between each dish. Serve immediately.



Fennel, Coriander, and Orange Slaw

Salad Ingredients:

- 1 fennel bulb, cored, quartered, and sliced thinly
- 1/2 head red cabbage, shredded
- 1 red bell pepper, diced
- 1/2 cup cilantro, chopped
- 3 green onions, diced (use both green and white parts)
- 2 large oranges, peeled and sliced thinly

Dressing Ingredients:

- 2 tbsp. coconut milk or other milk
- Juice of 1 large lime
- 1/2 tsp. ground cumin
- 1 tsp. pure maple syrup
- 1 drop Coriander Essential Oil
- Salt and pepper to taste

Directions:

Lightly toss all of the salad ingredients in a large bowl. Mix all of the dressing ingredients in a small dish. Pour the dressing over the slaw and toss it lightly. Chill for 1 hour before serving at your Aroma Share event!



Youngevity
ESSENTIAL OILS

Sandalwood Milkshake

Salad Ingredients:

- 1 quart organic milk
- 3 tbsp. pure maple syrup
- 1 drop Sandalwood Essential Oil
- 1 drop Orange-Sweet Essential Oil (optional)
- 2 scoops organic vanilla ice cream
- 5 to 6 ice cubes
- Fresh, edible rose petals (optional, for decorations)

Directions:

Add the milk, ice cream, and ice to a blender. In a small bowl, mix the maple syrup and essential oils, then add them to the blender. Blend until frothy and smooth. Serve in frosted glasses and top with rose petals. Serve at your next Youngevity event!

