

Holiday Recipes

Mistletoe Magic

DIFFUSER BLEND

15 mL Recycle Bottle (add dropper top)

- 25 drops WILD ORANGE
- 50 drops SPEARMINT
- 75 drops JUNIPER BERRY
- 100 drops of SIBERIAN FIR

Add 10 drops to diffuser

Baby it's Cold Outside

BATH SALTS

Mix with 1/2 cup epsom salts

- 2 drops DOUGLAS FIR
- 2 drops CEDARWOOD
- 1 drop GRAPEFRUIT
- 1 drop FRANKINCENSE

Home for the Holidays

SEASONING SALT

1 cup sea salt

- 2 drops LEMON
- 2 drops THYME
- 2 drops OREGANO
- 2 drops BLACK PEPPER
- 2 drops BASIL

Oh What Fun

SENSUAL LUBE

4 oz FCO

- 4 drops GERANIUM
- 2 drops CINNAMON
- 2 drops GINGER
- 2 drops LEMONGRASS
- 2 drops PEPPERMINT

Jingle all the Way

IN THE MOOD ROLLER

10 mL Roller Ball

- 4 drops BERGAMOT
- 4 drops YLANG YLANG
- 4 drops SANDALWOOD
- 3 drops ORANGE
- 3 drops ROSEMARY
- 2 drops GINGER
- 2 drops BLACK PEPPER

Top with FCO

Deck the Halls

AIR FRESHENER

2 oz Spray Bottle

- 15 drops CINNAMON
- 15 drops JUNIPER BERRY
- 10 drops CLOVE
- 8 drops ROSEMARY
- 8 drops WILD ORANGE

Silent Night

SLEEP ROLLER

10 mL Roller

- 8 drops FRANKINCENSE
- 8 drops ROMAN CHAMOMILE
- 8 drops BERGAMOT
- 8 drops VETIVER

Top with FCO

Making Spirits Bright

HAPPY ROLLER

10 mL Roller

- 10 drops FORGIVE
- 10 drops WILD ORANGE
- 10 drops BERGAMOT

Top with FCO

BONUS RECIPES:

Spiced Cider

Warm 6 cups apple cider on the stove in a soup pot. Do not boil.

Remove from heat

Add:

- 2 drops CINNAMON
- 1 drop CLOVE
- 2 drops WILD ORANGE

Stir and serve in individual mugs

(Serves 4)

Peppermint Cocoa

Heat on stove

- ¼ cup cocoa powder
- ½ cup sugar
- 1 cup water

Bring to boil and stir (it will make a thick syrup).

Reduce heat to low and add 6 cups cold milk of your choice.

Heat to your liking on low, do not heat above a simmer.

Add:

- 1 drop PEPPERMINT

(Serves 4 large cups or 6 small cups)

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