

PEPPERMINT OR LIME SHOWER MELTS

Supplies needed:

- A miniature ice cube tray (or a regular one if you don't have one!)
- 2 tbsp of water
- 1 cup of corn starch
- A spoon and a mixing bowl
- 5-7 drops of Peppermint Essential Oil (Or Lime essential oil)
- Red food coloring, optional* Or green for the Lime

Directions:

1. Place the corn starch and essential oil in a bowl and mix well.
2. You can now add in a few drops of the red food coloring if you wish. I actually used a neon pink food coloring. Continue to stir. You may not notice color at first. Continue through the steps to reveal a bright red hue!
3. Slowly add in the two tablespoons of water. Continue to mix as the colors disperse and you notice that clumps are forming. You should know that this amount of water is not enough so be sure to follow through the rest of the steps!
4. Add a few drops of water continuously while mixing well. When a thick paste has been created, transfer the mixture to the ice cube tray. Smooth the mixture flat in each ice cube section.
5. Freeze the contents until the mixture is set (usually about an hour!). You now can enjoy your peppermint essential oil shower melts.

To use your new shower melts, just place the melt on the floor of the shower and turn the hot water on! The water and steam will hit the shower melt, and it will break down to diffuse the minty aroma into the air. It's certainly refreshing!

- *Pro tip:* If you didn't use too much water in the mixture, the melts do not have to stay frozen. You can place them in a jar and store them in a cool and dry place!

RELAXING BATH SALTS

Makes approx. 1 cup

Mix the following together

6 tablespoons Epsom salts
4 tablespoons extra course sea salt
1 teaspoon baking soda

Add 10-20 drops of your preferred YL essential oil.
Blend well and store in a glass container.

Recommended for relaxation. Lavender, peace and calming, stress away.

THIEVES ALL PURPOSE CLEANER

1 cap full Thieves Cleaner
2 cups water

Combine and shake well.

ESSENTIAL OIL ROOM SPRAY

- 1 tablespoon vodka
- 6 tablespoons filtered water
- 10-40 drops of essential oils (peppermint, jasmine, citrus, lavender, etc)

Place the alcohol into a small spray bottle. Add the desired drops of essential oils. Shake well and add the water. Shake again and spritz whenever you need a little pick-me-up.

HOMEMADE PEPPERMINT LIP BALM

Ingredients

4 tablespoons of coconut oil
2 tablespoons of beeswax
1 tablespoon of cocoa butter or shea butter
1/2 tsp of vitamin E oil (or about 6 capsules)
20 drops of peppermint essential oil

Recommended Equipment

empty lip balm tubes, turkey baster, clean medicine dropper or disposable transfer pipette, small sauce pan, glass measuring cup, large ceramic cup or large mixing bowl (glass or metal), grater (for the beeswax)

Directions

First create a makeshift double boiler by filling a small sauce pan 1/2 way with water and turn the heat to low or medium low. Once the water is hot (barely a simmer), we'll either sit a larger sized bowl on top of the sauce pan to melt the lip balm ingredients in, or sit a large ceramic cup or glass measuring cup directly into the water. If you're putting it directly in the water, take care to use an oven mitt when handling it.

While the water is warming up, carefully set all the empty lip balm tubes in an area close by and make sure the lids are removed. Once the mixture is melted you have to fill the containers quickly before it re-solidifies.

Using a grater, shred 2 tablespoons worth of beeswax. Place the beeswax into whatever container you're going to use to melt the mixture (measuring cup, mixing bowl, etc.), then measure in the coconut oil and either cocoa butter or shea butter.

Place the container either over or directly in the water on low heat and wait for it to gently melt. Once it's completely melted (no beeswax solids remaining), turn off the heat and set the pan aside. Quickly add the vitamin E oil and essential oil (a little goes a long way), then give it one last stir.

Using the transfer pipette or another form of dropper, carefully fill all the empty lip balm tubes with the mixture. If the mixture starts solidifying in the container, simply reheat it on low until it returns to liquid.

When all the lip balm tubes are filled and the mixture used up, I recommend placing all the dishes/utensils you used in some hot water in the sink so that the beeswax doesn't solidify on them. It'll be easier to clean that way. Set the lip balm tubes aside and let them cool for 2-3 hours. Cap and use within a few months.

Notes

- For a firmer lip balm, try adding in another tablespoon of beeswax.
- If you're not a big fan of peppermint, try lavender essential oil. Citrus essential oils are popular for lip balms (lemon, orange, grapefruit, etc.); however, they increase photosensitivity (they make it easier for your skin to burn in the sun), so be cautious of using them in your beauty products during the summer or if you live in a sunny area.

ROLL-ON RECIPES

Fill the remainder of the roller with carrier oil, such as grapeseed oil or olive oil.

Calming Blend: 10 drops orange, 10 drops lavender, 5 drops frankincense

Perfume: 15 drops orange, 10 drops ylang ylang

Calming/Sleep: 8 drops each of Lavender, Peace and Calming, and Orange

Morning Buzz/Energy: 3 drops Joy, 5 drops Peppermint, 8 drops each of Lemon and Orange

Morning Buzz/Energy #2: 15 Lime, 10 Lemon, 5 Peppermint

Energy/Clarity: 7 drops each Rosemary, Lime, Grapefruit, Peppermint