



Winter Wellness Recipes

Roller Recipes

IMMUNITY (FLOOT) - 5 Frankincense, 5 Lemon, 3 Oregano, 10 On Guard®, 3 Tea Tree

LATE NIGHTS - 7 Peppermint, 7 Wild Orange

SORE JOINTS - 5 Copaiba, 5 Deep Blue®, 5 AromaTouch®

HEAD TENSION - 5 Peppermint, 4 Copaiba, 4 Frankincense, 2 Lavender

BLOAT BE GONE - 5 DigestZen®, 5 MetaPWR®, 5 Ginger

GUT MASSAGE OIL - 10 DigestZen®, 10 Peppermint, 5 Wild Orange

FREAK OUT - 5 Serenity®, 5 Adaptiv™, 5 Balance®

ALL EARS - 5 Basil, 5 Lavender, 5 Tea Tree

**Add oils to a 10 ml roller bottle and top with a carrier oil*

Diffuser Recipes

Snore No More - 3 Breathe®, 3 Frankincense, 2 Lavender

Winter Nap - 2 Copaiba, 2 Lavender, 2 Wild Orange

Immunity - 2 Frankincense, 2 Lemon, 1 Oregano, 2 On Guard®, 2 Tea Tree

Linen Sprays

Sleep Like a Rock - 3 Breathe®, 3 Cardamom, 2 Lavender

Winter Fresh - 5 Peppermint, 5 Spearmint, 2 Cinnamon

**add drops to an 8 oz spray bottle and top with distilled water*

Epsom Salt Recipes

Let it Go - 2 Adaptiv®, 1 Cypress, 1 Wild Orange

Ready for Bed - 2 Lavender, 2 Frankincense

**Add oils to a cup of Epsom Salts and add to bath water*

Sinus Steamer

2 Oregano
2 Lemon
2 Peppermint
2 Tea Tree

Add oils drops to a mug of boiling water. Cover your eyes and lean over the mug. Inhale deeply.

Repeat as needed for occasional sinus discomfort.

Throat Soother Syrup

4 oz Raw Honey
6 Lemon
6 On Guard®
4 Frankincense
2 Peppermint

Take 1 teaspoon every 3 hours

Turmeric Tea

Ingredients:

1 cup coconut milk
1 cup water
1 tablespoon honey
1 tablespoon butter (or ghee)
1-2 drops Turmeric oil
Turmeric spice for garnish

Instructions:

1. Heat coconut milk and water in a saucepan on low for three to four minutes.
2. Add butter, honey, and Turmeric essential oil and stir until butter melts and ingredients combine.
3. Pour into mugs and add a pinch of turmeric powder as an optional garnish. Serve hot.