

DIY ESSENTIAL OIL GIFTS

Warming Winter Sugar Scrub

Ingredients ::

Granulated sugar
olive oil
Wild Orange essential oil
Clove essential oil

Directions ::

Mix together 5 tablespoons sugar, 3 tablespoons olive oil, 4 drops of Wild Orange essential oil, and 2 drops of clove essential oil in a small mason jar. Toss/mix with a fork or spatula.
Use 1 teaspoon at a time to massage into your hands at the sink.

Easy, Portable Lotion Bars

Ingredients ::

1/2 cup beeswax
1/2 cup coconut oil
1/2 cup shea butter
5-8 drops Frankincense essential oil
5-8 drops Lavender essential oil
5-8 drops Bergamot essential oil

Directions ::

Melt the beeswax, coconut oil, and shea butter together in a saucepan over low heat. Stir until the mixture is completely melted. Remove from the heat and add the essential oils.

If using dried ingredients in your lotion bars, add these to the mold first, then pour in the hot lotion bar mixture.

Let the lotion bars cool completely in a cool environment. (The fridge or freezer work well). Store in a bags or tins.

Winter Magic Room Spray

Ingredients ::

Witch Hazel
Douglas fir essential oil
Frankincense essential oil
Grapefruit essential oil

Directions ::

Fill a small spray bottle with witch hazel. Add 5 drops each of Douglas fir, frankincense, and grapefruit. Spray liberally to improve the air, mist on upholstered furniture and on curtains. Relax and enjoy!

Spa Style Bath Salts

Ingredients ::

epsom salt
baking soda
bentonite clay (optional)
lavender essential oil
eucalyptus essential oil

Directions ::

In a half-pint jar, pour in 1 cup of epsom salt, then add 1 tablespoon of baking soda (and 1 tablespoon bentonite clay if using). Place on lid and shake to incorporate. Add 5 drops of lavender and 2 drops of eucalyptus oil, then shake once more.

Add desired amount to warm bath when ready to use.