DIY with Essential Oils!

**Compiled by the Help Me Oil Team**

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**DIY Essential Oil Recipe Book**

Hello! Thanks for your love of essential oils and your desire to remove toxins from your life!

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This has been a labor of love. Please share in that sense as you may not charge for this book in any way. If you see an error, please email me at [gaylereinsma@comcast.net](mailto:gaylereinsma@comcast.net) and I’ll get that fixed!

The book is ordered by Categories. Please see the first page to see the various categories.

The Help Me Oil team loves to teach you how to use oils! Please check out our classes on Facebook! Search for “Essential Oil Online Classes” [EOOC](https://www.facebook.com/groups/171679353480648/). A quick link to many of our classes can be found [HERE](https://www.facebook.com/groups/171679353480648/permalink/177622719552978/)

If you are not a Young Living member but want to be, here are the links of the Help Me Oil team!

Gayle Reinsma: [www.HelpMeOil.com](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.HelpMeOil.com%2F%3Ffbclid%3DIwAR0yGb5JSNh947N2I_f5lNO3hM9RCBabpX06KJ2WzxydGfQx5s7nbiQtK2Y&h=AT34VybJ5lFW5Ha1u6G5VgYcDVkGHZSVHlTD6sP0Sl7iENb314vSRIipd0ZY4uWmii96jbiNcaQQqP_3c4c3AiGqPoL3d8F4nco097ZZanqNX_QaHBFVAB16bU6vscBLFipYTg0g_YZ-57CbzSkPC0BAn7BYB6b6nA)  
Jill Rozendal [https://yl.pe/5pnf](https://l.facebook.com/l.php?u=https%3A%2F%2Fyl.pe%2F5pnf%3Ffbclid%3DIwAR0dv8cvkpsDj_e0yIwTw6ewURcFiYkGUPC8z9pxuMqLU9T4Z-nwMohXIYk&h=AT0AkILmob6ovHCuzeUp-tvA74_DdYEuwCR6_OniAnt-EIHzsjjArAD_Hno9M3awd3C6mNyAUQuqaAm7tlz1jL99PVLabGJb-envLP01TMm2ecR1WCjpSyExiaWafmt9wrV9Zw3BuWLIenrWRPAAyMEsJezYjUkQ6w)  
Julie Blackwood: [https://yl.pe/5jkm](https://yl.pe/5jkm?fbclid=IwAR0lUphj976MrR0S2Yik4cE9AolY_oIXi_1HsnMAEGfuwRdkkfS7IvY7_qU)  
Beth Krooswyk: [https://yl.pe/gdk](https://yl.pe/gdk?fbclid=IwAR2ZCjqOZvzIcyfA3a8cJliITk1mVUJ52kUohL3YcWQAb8nxEqbMy_JHzYw)  
Maria Cabrera [https://yl.pe/7wbw](https://yl.pe/7wbw?fbclid=IwAR0So8D3mjz-lr6khvbNHX3QG6kQDDyE0OE6iheJ99osfCBga_N6BAt4N5M)

Mary Lou Brummel: <https://yl.pe/z4z>

**CATEGORIES YOU WILL FIND WITHIN THIS E-BOOK:**

**Air Fresheners**

**Babies-Pregnancy-Mommies**

**Bath & Shower**

**Bugs**

**Cleaning**

**Food Type Recipes**

**Hair**

**Hygiene**

**Laundry**

**Lip Balm**

**Perfume-Cologne**

**Pets**

**Roller Balls**

**Room Sprays**

**Scrubs**

**Skin Care**

**Sun Care**

**Wellness and Pain Relief**

**Christmas Blend for scenting room sprays, soaps and smelly jellies**

**Under each category you will find corresponding individual recipes that relate to that category. Have fun creating these recipes!! :)**

**AIR FRESHENERS:**

**SMELLY JELLY - $3.00**

¾ cup water

1 drop of Unfragranced dish soap

Liquid Food Color

10 drops of Essential Oil of choice (or blend of choice)

¾ teaspoon Watersorb crystals

Pour the water into your glass jar. Add 1 drop of soap, liquid food color to desired amount, 10 drops of Essential Oil and the crystals. Cover LOOSELY and allow the crystals to absorb the water. It will take about half an hour. Cover jar tightly until you are ready to use! The crystals will last 10 years! As they dry out and lose scent, just add a bit more water and Essential Oil. Use decorative tulle to cut and use with this (keeps dust out!)

**SUPER EASY AIR FRESHENER** (for carpet, room or fridge)

20 drops essential oil of your choice

1 cup baking soda

**BABIES-PREGNANCY-MOMMIES:**

**MAMA'S BELLY & BOOB RUB**

This rub is wonderful for all things skin. As our bellies and boobs expand in pregnancy and breastfeeding, this balm will help to condition and nurture the skin. Cocoa, shea, coconut and vitamin E are also used in many stretch mark formulations on the market. These are both safe oils to use during pregnancy and postpartum.

### What You’ll Need

* 8 ounce glass pot
* 1/2 cup cocoa butter
* 1/4 cup shea butter
* 1/4 cup coconut oil
* 1 TB of Vitamin E
* 3-5 drops of Geranium essential oil
* 3- 5 drops of Lavender essential oil

### Directions

Put your cocoa and shea butter and coconut oil in a double burner. Put on low heat and let the fats melt. Take off of heat and pour your oils into a glass bowl. Let slightly cool and add your vitamin E and essential oils. Put in refrigerator for about an hour or until the solution starts to solidify. Then remove from fridge and whip your solution with an immersion blender until it forms a whipped cream texture. Scoop into your glass pot. Close with lid and store in a dark, cool place. Apply to belly and breasts daily.

**BABY BUTT BALM**

2 TBS [beeswax pellets](http://amzn.to/1NE07rW) 3 TBS [100 % shea butter](http://amzn.to/1HDT7Ny) 3 TBS extra virgin coconut oil 6 drops Lavender essential oil 4 oz mason jar 8 oz mason jar Small pan

Add the beeswax and shea butter into the 8oz mason jar and place in a pan of boiling water until the ingredients are melted. Add the coconut oil and melt. Allow the mixture to cool for about 10 minutes. Add 6 drops of Lavender oil (or more if desired). Once it’s not translucent grab your mixer and whip it good! Then use a spoon to transfer into your 4oz mason jar.

**Beeswax** is great to help moisturize & shea butter is full of vitamins A & E which help soothe skin. **Shea butter** thickens the coconut oil making a nice balm instead of a liquidy paste which really helps protect the skin.

**BABY DIAPER PAIL FRESHENER**

**Ingredients**

1 cup of baking soda 1 TBS water 4 – 6 drops Peppermint or Lavender essential oil.

**Directions**

Add the baking soda into a bowl and add water. You may need a little more just to make more of a crumbly paste. Add 4-6 drops of oil. Pour into a container with a shaker (an old parmesan cheese container will work great). Shake a little into the pail or even into the garbage bag each time. You could even use this with cloth diapers.

## BABY LOTION BARS

## Ingredients

## 1 cup unrefined coconut oil 1 cup of beeswax pellets 1 tsp vitamin E oil 6 drops Lavender or Gentle Baby essential oils

## Directions

Add the beeswax and shea butter into the 8oz. mason jar and place in a pan of boiling water until the ingredients are melted. Add the coconut oil and melt.

Take an old glass jar and add the beeswax pellets and melt them over a double boiler or in a pan of water. Add the [coconut oil](http://mummydeals.org/homemade-baby-lotion-bars/) and let it melt. Let it cool for a couple of minutes & then add the [vitamin E](http://mummydeals.org/homemade-baby-lotion-bars/) oil & Gentle Baby oil. Pour into the silicone mold. Cool in the fridge. Pop out.

Now when you need lotion, just gently rub the bars over baby and soothe the skin!

**BABY POWDER TALC FREE LAVENDER**

1/2 cup Arrowroot Powder or Bentonite Clay 5 drops Lavender Essential Oil Shaker Jar

**Directions**

Add the lavender to the arrowroot powder and mix well or pulse in a food processor until combined. Pour into the shaker jar.

**BABY SLEEPY CREAM**

**Ingredients**

Small mason jar 3/4 cup unrefined organic [coconut oil](http://mummydeals.org/homemade-sleepy-cream/). You can whip it until creamy or just leave as is. 8 drops of Cedarwood [essential oil](http://mummydeals.org/homemade-sleepy-cream/). 8 drops of [Lavender](http://mummydeals.org/homemade-sleepy-cream/) 8 drops of Valor 8 drops of Peace and Calming

### Directions

In a small bowl whip the [coconut oil](http://mummydeals.org/homemade-sleepy-cream/). Then add the essential oils until well mixed. Transfer into the mason jar and gift.

**BABY WIPES**

**Ingredients**

1 tablespoon KidScents Bath Gel 1 cup distilled water 2 drops Lavender or Gentle Baby essential oil.

**Directions**

Pour mixture evenly over paper towels until uniformly moistened. Store in a container with an airtight lid; **wipes should be used within one week**.

**BATH & SHOWER:**

**BATH BOMBS!**

PLEASE TAKE YOUR TIME AND FOLLOW THESE DIRECTIONS CAREFULLY OR YOU’LL HAVE A BATH MARSHMALLOW

1. In the Dry mix bowl, add and mix together:

¼ cup baking soda 2 T Epsom salts

2 T citric Acid 1 teaspoon Arrowroot

1. In the liquids bowl, add:

1-1/2 teaspoons of Apricot oil (any liquid carrier is fine)

¾ teaspoon of water

5 drops of essential oil or oil blend. (Euc, Lav, Stress Away or try 2 Patchouli and 3 Orange)

1. To the FINAL Mix bowl, first add the dry ingredients. Then SLOWLY add the liquid whisking it in with a fork quickly each time the salts start to react with the acid
2. OVER A PLATE begin to fill ½ of the bath bomb size of choice. Pack it down. Add remaining to the top of your mold. Note it may not fully fill but that is fine (This will fully fill the small one and partially fill the larger, but they tend to grow. If you end up with too much product, make a small bath shower fizzie with the extra). Press the 2 sides together, going back and forth and back and forth, letting the excess spill onto the plate. Add any drop offs back to your mixing bowl and pack what you can into your bath bomb. Remove, “ball” it around in your hand, add back to mold. Try not to handle this too excessively – you will not get perfection! Over handling will make your bath bomb too oily and it won’t dry properly.
3. Place your bomb in one half of the mold and balance it over a cup
4. Air dry for about 5 minutes, then TURN. Don’t leave it there w/o turning or it will stick. Keep turning a few more times. Let it continue to air dry to 24 hours! If it grows, you can break it apart into shower fizzies or place in a jar or bag and use (or give) as a bath soak. After 24 hours, wrap in plastic,

**BATH SALTS**

**Ingredients**

6 parts Epson salt to 3 parts sea salt to 1 part baking soda

1-2 drops of Essential Oil – your choice

Mason jar, ribbon, note twine, spoon

Mix all the ingredients in a bowl & pour into the jar.

[](http://mummydeals.org/wp-content/uploads/2012/12/bathsalts.jpg)Mix all the ingredients in a bowl & pour into the jar. Finish off with ribbon, note, spoon.

**STRESS AWAY BATH SALTS**

Fill container of choice mostly full with epsom salts.

Add 1 tsp baking soda.

Add essential oil to mixture!

**SHOWER STEAMER DISKS**

**What you will need:**

* A muffin tin + [liners](http://www.amazon.com/gp/product/B00IZGY4DA/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00IZGY4DA&linkCode=as2&tag=stuparnee-20&linkId=EWSOQD2YQCMBFW4G)http://ir-na.amazon-adsystem.com/e/ir?t=stuparnee-20&l=as2&o=1&a=B00IZGY4DA (or a [silicone muffin pan](http://www.amazon.com/gp/product/B00JG8N8QA/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00JG8N8QA&linkCode=as2&tag=stuparnee-20&linkId=BAWHC4ILC7EVXDFW)http://ir-na.amazon-adsystem.com/e/ir?t=stuparnee-20&l=as2&o=1&a=B00JG8N8QA if you have it, that would be super easy)
* Baking soda
* Cornstarch
* Water
* Essential Oils: Eucalyptus and Lavender (You can also add in Rosemary or Peppermint if you like)
* Use a glass bowl
* Mix 1 cup of baking soda with 1 tablespoon of cornstarch and about 1/3 cup of water until it forms a thick but slightly pourable paste. You might have to add a little more water, just go slowly until you reach the consistency you want.
* Mix with a fork and spoon in to muffin tins. I typically fill them about 1/4 full.

[](http://stuffparentsneed.com/wp-content/uploads/2014/02/showersteamers_mixing-1.jpg)

* Bake at 350 degrees for about 15-20 minutes. Let cool and then add about 3-4 drops of each essential oil to the top of each disk. When dry, remove the shower disks from the tin and store in an airtight container. Like a [mason jar](http://www.amazon.com/gp/product/B00B80TJUI/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00B80TJUI&linkCode=as2&tag=stuparnee-20&linkId=Y7YHZLA6PE6KFHG7)http://ir-na.amazon-adsystem.com/e/ir?t=stuparnee-20&l=as2&o=1&a=B00B80TJUI. At the first hint of a sniffle, pop one of the shower disks onto the floor of the shower when you get in. The essential oils will mix with the steam as it dissolves and you will feel SO MUCH BETTER. \*Packaged up in a pretty container, these all-natural shower steamer disks would make a great “Get Well Soon” gift to accompany a bowl of chicken soup to a sick friend!

**EVENING BUBBLE BATH**

12 ounce or larger glass container with lid

1/2 cup Bath & Shower Gel Base

3/4 cup water

1/4 cup vegetable glycerin

1/4 tsp sea salt

10 drops essential oil

We recommend:

5 drops Lavender

5 drops Cedarwood

Pour all ingredients into a container. Close lid tightly and shake well to thoroughly blend.

Pour out half the container under running bath water.

**LAVENDER BUBBLE BATH**

3/4 cup clear liquid soap

1/2 cup vegetable glycerin

1/4 cup water

15 drops Lavender essential oil

Mix all ingredients gently until blended.  Pour into container.

**DECORATIVE SOAPS**

I used Goats Milk with glycerin melt and pour base – one with only safe ingredients. There are some out there with ingredients you don’t want. You can see the soap here: <https://www.amazon.com/PREMIUM-GOATS-GLYCERIN-NATURAL-ORGANIC/dp/B00PHSNGBK/ref=sr_1_1_s_it?s=beauty&ie=UTF8&qid=1481747363&sr=1-1&keywords=goats+milk+soap+from+liquid+gold>

1. Spray a small soap mold with coconut oil
2. Add 5 drops of color if desired (one in each corner plus the center)
3. Add 5 drops essential oil of your choice
4. OPTIONAL! Add some texture such as seed, dried fruit peel dried flowers etc
5. Dip measuring cup into soap base and pour into mold until full
6. Stir with a toothpick to swirl color and mix scent.
7. Set in fridge or outside for about 20 minutes to set up
8. Once set, pop out of mold and wrap in Saran to keep scent from going away too fast.
9. Decorate if desired in tulle and raffia

**BUGS:**

**AFTER BITE**

15 drops Purification Essential Oil 15 drops Lavender Essential Oil 30 drops Carrier Oil 5ml or 10 ml Roller Bottle

Put all ingredients in the roller ball bottle. Put roller ball & cap on and shake.

**PEST-BE-GONE CANDLE**

Candle wax--available at craft stores 20 drops Citronella essential oil Candle wick Hot glue gun Pot for melting or glass dish to do in the microwave

**Directions**

Put wax in pan and set over medium heat. Stir occasionally to ensure a smooth, even melt. While was is melting, use a hot glue gun to attach the wick to the bottom of the tin or candle jar. Wrap length of wick around a stick (pencil) and rest it on top of tin, to prevent it from falling in. Add Citronella essential oil (**20** drops for every 6 cups of melted wax). If you want to mask Citronella smell, an essential oil like lavender oil will help. Pour was into tin & allow to set until it hardens. (It takes about 1-2 hours to harden.) Light an hour before dusk to enjoy a pest-free evening.

**PEST-BE-GONE SPRAY**

**Ingredients**

* 1 tsp Epsom Salt
* 8 oz. Distilled Water
* 10 drops Thieves
* 10 drops Purification
* 10 drops Peppermint

Put the salt into the spray bottle then add the oil to the salt. Make sure the oils soak into the salt. Add the water to fill up the bottle. Shake up and it’s ready to use.

**CLEANING:**

**CAR FRESHENER**

Fill jar with rice.

Add 5 drops essential oil of choice.

Shake well!

**CARPET SPRINKLE - $3.50**

In bowl, mix:

¼ cup Borax

¼ cup baking soda

Add: 12 drops of Purification. Stir with form. Use funnel to get into spice jar.

**DUSTING SPRAY: $4.00**

¾ cup water

1/8 cup Vinegar

2 TBSP Olive Oil

6 drops of Lemon EO

2 drops of Lavender EO

Shake well and use every time you dust. You can use this one with a Norwex cloth.

**JEWELRY CLEANER - $6.00**

1 cap of thieves cleaner

5 drops of Lemon EO

1 tsp baking soda

Fill to top with water

**FOAMING HAND SOAP**

2-3 TBS castile soap. 1/2 tsp glycerin. 5-10 drops of any essential oil - WE LOVE THIEVES!! Foaming Hand Soap Bottle Water

Mix the first 3 ingredients together in a bottle and then add water to fill. Shake & use or gift it!

**FURNITURE POLISH: $6.00**

¼ cup Vinegar

¾ cup Olive Oil

6 drops of Lemon EO

2 drops of Lavender EO

Shake well each time you polish.

**HAND SANITIZER**

**Ingredients**

* Tiny squirt bottle
* 3 TB Pure aloe gel
* 1/4 teaspoon Vitamin E oil
* 6 drops of Young Living Thieves Oil
* Water

Fill the bottle about 3/4 full of aloe gel. Add Essential Oil & vitamin E and mix well. Shake it up and add water to fill up.

**MIRROR BRIGHT AND FAUCETS**

1 ½ cups vinegar ½ cup water 4 drops of Citrus Oil

Combine all ingredients in a glass bottle and shake well before use.

**THIEVES SOFT SCRUB**

3 cups baking soda

1/4 cup Thieves Household Cleaner

1/2 cup distilled water

20 drops Lemon EO

How to:

In a large glass bowl, add your thieves household cleaner, vinegar and lemon essential oil. Then slowly add your baking soda, stirring to combine. Once completely mixed through, transfer it to your desired container. Use whenever a little elbow grease is required when cleaning surfaces.

**“POCKET PAL” (This is a DIY Recipe of Thieves Spray sold by Young Living) $6.50**

To a 1 ounce sprayer add:

¼ teaspoon of Vodka or Witch Hazel\*

Water – ¾ of the way to the top (leave room for the sprayer!)

15 drops of Thieves EO

\*Witch Hazel or Vodka and even 1 drop of dish soap will help emulsify the water to the EO. However, if you plan to use this as both a sanitizing spray AND a throat spray, use Vodka or nothing to emulsify. If using nothing, give it a good shake before each use

**FOOD TYPE RECIPES:**

**PUMPKIN PIE COFFEE SYRUP RECIPE** 1 cup water 1 cup sugar 1 drop Nutmeg essential oil 1 drop Cinnamon Bark essential oil (Opt: drop Clove essential oil )

## Directions 1. Combine the sugar and water in a small saucepan. 2. Heat the mixture over medium, stirring occasionally, until the sugar has dissolved. 3. Simmer on low heat for about 10-15 minutes. 4. Remove and strain before cooling. 5. Add the essential oils 6. Gift in an olive oil bottle with pourer.

**FRUIT & VEGETABLE SPRAY**

4 oz. Water

4 oz. Vinegar

8 drops Lemon essential oil 8 oz. Spray Bottle

Put the Lemon Oil, vinegar & water into the spray bottle and put on sprayer top. Shake & use!

**LOW SUGAR FUDGE**

Take 2 cups 60% cacao chips 2/3 cup of unrefined virgin coconut oil Melt them in the microwave, **1 minute at a time at 70% power**. (to prevent scorching).

Once melted, add a pure essential oil of choice based on taste. I suggest 1 drop of peppermint, but for the citrus oils, between 4 and 8 drops

Stir WELL so the coconut oil blends with the chocolate.

Pour into a wax paper lined container and refrigerate until firm, then remove the entire block of fudge from the container and let it stand until room temperature to score.

The warmer it in your home, the softer this gets, so you may need to store it in the refrigerator in the summer.

**LEMON DILL DIP**

1/2 cup of sour cream 1/2 cup mayonnaise 2 drops of Dill essential oil 2 drops of Lemon essential oil 1 toothpick of Black Pepper essential oil 1/2 tsp, of actual Dill (for garnish)

Mix all together and chill before serving. \*\* For a low calorie option, just switch to light sour cream & light or fat free mayonnaise.

**PESTO SAUCE**--oil infused

**Ingredients**

1 bunch fresh basil 1 bunch fresh oregano or parsley 4 oz. extra virgin olive oil **1 oz. freshly peeled garlic** 2 drops Taste of Italy essential oil Juice of 1 lemon pinch of sea salt pinch of freshly ground pepper

2 oz. grated Parmigiano-Reggiano cheese 1 oz. walnuts ( or your choice)

**Directions**

**Combine** the first 4 ingredients in a blender or food processor. Put the next 4 ingredients in and **blend until fine.** Add the last 2 ingredients and **processing thoroughly.** Pesto will keep refrigerated in a sealed container for up to 5 days.

**NINGXIA RED ORANGE POPSICLES**--makes @ 6, 1/2-cup popsicles

1 cup water 2 cups NingXia Red® 3 drops Orange essential oil

Combine water, NingXia Red, & Orange essential oil in a bowl. Divide between popsicle molds, leaving 1/4 inch at the top for expansion. Freeze overnight or until completely frozen before removing from molds.

**STRAWBERRY LEMON-LIME POPSICLES--**makes @ 6, 1/2-cup popsicles

* 1/2 cup evaporated cane juice crystals
* 2 pints fresh strawberries, hulled and sliced
* 1/2 cup water
* 4 drops Lime essential oil
* 2 drops Lemon essential oil
* 1 drop Black Pepper essential oil (optional)
* 1/8 teaspoon fine sea salt

Bring evaporated cane juice crystals, strawberries, and water to a boil in a small saucepan. Simmer until the crystals are dissolved, and then remove from heat and cool to room temperature.

When cooled, add Lime, Lemon, Black Pepper (if using), and salt and stir to combine. Process the mixture in a food processor or blender until smooth. Divide between popsicle molds, leaving 1/4-inch space at the top for expansion. Freeze overnight or until completely frozen before removing from molds.

**YOGURT PARFAIT POPSICLES**—makes @ 6, 1/3-cup popsicles

 1 1/2 pints fresh strawberries, hulled and sliced 1/4 cup honey 1 cup plain yogurt 1 drop Ocotea essential oil 1/2 to 1 cup granola

 Bring strawberries and honey to a boil in a small saucepan. Simmer for 10 minutes, and then remove from heat and cool to room temperature.

When cooled, combine yogurt and Ocotea essential oil in a small bowl, and then scoop a generous spoonful of the strawberry mixture into the bottom of each mold. Add a spoonful of granola and a spoonful of the strawberry mixture. Continue to layer yogurt, granola, and strawberries until the molds are filled to 1/4 inch from the top. Tap molds lightly against the counter to remove air bubbles.  Freeze overnight or until completely frozen and enjoy!

**VINIGERETTE**--Lemon

**Ingredients**

2 TB apple cider vinegar 2 TB honey 1/4 tsp salt 1/2 tsp ground mustard 1 TB grated onion 4 TB extra virgin olive oil 2 drops Lemon essential oil

**Directions**

Mix vinegar, honey, salt, mustard and onion in a small bowl until combined. Gradually pour in olive oil and then Lemon essential oil, stirring until incorporated.

**Elderberry Syrup**

1-1/2 cup dried elderberries (I like these from Frontier Co-op): <https://www.amazon.com/gp/product/B00RR27PHU/ref=ox_sc_saved_title_8?smid=A1BBNV161L5Q2R&psc=1&fbclid=IwAR0VxZrGyq93vcA9ezsoRlQsPQRDem1yhBNwOaF-MeXnIDNWtIH02DHHEgQ>

6 cups Purified Water

1 cup raw honey (local to you is best!) More if you like sweeter syrup

1 drop Ginger

1 drop Cinnamon Bark

1 drop clove

(optional other oils: Thieves, Orange, Copaiba, Frankincense, Lemon or any others you chose)

There are two options for cooking. The trick is to make sure it’s cooked long enough to reduce the liquid by about half. Remember, ALWAYS add the honey and essential oils after cooking for either method!

***Instant Pot Method***: Add the dried elderberries and water to the pot. Turn on “Manual” setting and set the time for 7 minutes at high pressure. When finished, release the pressure. You can Saute a little longer (10 minutes or so) for a thicker or more potent syrup, but I do not do that. (SEE FINAL STEPS FOR THE REST OF THE INSTRUCTIONS!)

***Stovetop Method:***  Add the dried elderberries and water to a large pot and bring to a boil. Allow to simmer for 45 minutes or until the liquid has been reduced down to about half

***Final steps for both methods:*** Strain in small amounts through a fine mesh strainer or cheesecloth over a bowl. Gently press the strained berries with a spoon against the side of the strainer to release their juice, (or gently squeeze the cheesecloth) then discard the berries. Once the entire batch has been strained and the liquid has been returned to the cooking pot, allow to cool a bit to a handling temperature, and then add the honey, Ginger, Cinnamon Bark and clove. Stir and refrigerate until ready to place into smaller bottles if desired. You can add ¾ cup to an 8 ounce Ball jar and add essential oils of choice! Examples of more oils for both flavors and health benefits are:

3 drops Orange and 1 drop Copaiba (makes a GREAT cough remedy!)

2 drops Thieves, 3 drops Lemon (great for extra immune support!)

2 drops Frankincense, 3 drops Orange, 2 drops Lemon (good for the flu!)

Read you reference book or use what you know to add oils to your individual jars. This could be a very thoughtful gift!

Keep the syrup refrigerated until it’s gone. Use within 3 to 6 months.

How to take it it: Kids that are old enough for honey take 1 teaspoon a day.

Adults take 1 TBSP a day

Sick or surrounded by sick people: take every few hours!

Feel free to add any of the Vitality Essential oils from Young Living that you want to take to your daily

dose. NEVER TAKE ESSENTIAL OILS INTERNALLY THAT ARE NOT LABELLED FOR INTERNAL USE!!

**HAIR:**

**DRY SHAMPOO**

1/4 cup cornstarch

2 TBSP unsweetened cocoa powder (for dark hair only)

1 TBSP baking soda

5 drops essential oil

Empty salt shaker or baby powder bottle

We recommend:

2 drops Cedarwood

2 drops Rosemary

1 drop Tea Tree

Combine all ingredients, making sure that the oils are thoroughly distributed throughout the power.

Put in a container such as an empty salt shaker...

Sprinkle on roots of hair and massage into scalp.

Leave for 2-3 minutes to absorb hair's natural oils.

Brush through hair and style.

**HAIR MASQUE**

Small glass bowl

Small saucepan

2 TBSP coconut oil

4 drops essential oil

We recommend:

2 drops Lavender

2 drops Rosemary

Spray bottle of any size, filled with water

Towel

Wide-toothed comb

Place small pot or glass cup into a larger pot filled halfway with boiling water to act as a double boiler.

Add coconut oil to glass bowl and warm until liquefied.

Add essential oils to coconut oil.

Mix ingredients together. Let cool and slightly thicken.

Put towel over shoulders to catch any drips.

Dampen hair with a spray bottle.

Using hands, apply mixture to hair and gently comb to dispense the masque.

Let masque sit for 30-60 minutes before rinsing.

Rinse and style as usual.

**HAIR-CONDITIONING SPRAY**

1 ounce glass spray bottle

3 TBSP witch hazel

15 drops essential oil

We recommend:

5 drops Geranium

5 drops Lavender

5 drops Rosemary

Distilled water

Add witch hazel and essential oils to spray bottle.

Fill the rest of the bottle up to the top with distilled water.

Shake well before using.

Spray onto wet hair and comb through.

**HAIR SPRAY**

12 ounce glass spray bottle

1 cup water

4 tsp organic sugar cane crystals

10 drops essential oil

We recommend:

2 drops Geranium

2 drops Lavender

2 drops Peppermint

2 drops Rosemary

In a saucepan, combine sugar and water. Bring mixture to a boil and stir until sugar is completely dissolved. Remove from heat and cool completely.

Pour essential oils and sugar water into the glass bottle.

Shake well to mix ingredients.

**DRY HAIR SPRITZ**

If your hair is dull or naturally dry, spritz this recipe over your hair throughout the day to keep it from looking dry, particularly if you are planning a day in the sun.

1 cup distilled water 10 drops [Royal Hawaiian™ Sandalwood](https://www.youngliving.com/en_US/products/essential-oils/singles/royal-hawaiian-sandalwood-5ml) essential oil 10 drops [Frankincense](https://www.youngliving.com/en_US/products/essential-oils/singles/frankincense-essential-oil) essential oil 8 drops [Cedarwood](https://www.youngliving.com/en_US/products/essential-oils/singles/cedarwood-essential-oil) essential oil 8 drops [Ylang Ylang](https://www.youngliving.com/en_US/products/essential-oils/singles/ylang-ylang-essential-oil) essential oil 1 tsp. [V-6™ Vegetable Oil Complex](https://www.youngliving.com/en_US/products/essential-oils/massage-oils/v-6-enhanced-vegetable-oil-complex)

 Add all ingredients in a 12-oz. spray bottle. Shake well before spritzing over hair, avoiding the roots.

**HAIR HIGHLIGHTS**

Lighten any hair color with this recipe for sun-kissed highlights. Be conservative with darker hair to avoid brassy hues.

1 cup distilled water 15 drops [Citrus Fresh](https://www.youngliving.com/en_US/products/essential-oils/blends/citrus-fresh-essential-oil) essential oil™ 3 drops [Frankincense](https://www.youngliving.com/en_US/products/essential-oils/singles/frankincense-essential-oil) essential oil 3 drops [Ylang Ylang](https://www.youngliving.com/en_US/products/essential-oils/singles/ylang-ylang-essential-oil) essential oil 3 drops [Royal Hawaiian Sandalwood](https://www.youngliving.com/en_US/products/essential-oils/singles/royal-hawaiian-sandalwood-5ml) essential

Add all ingredients into a 12-oz. spray bottle and shake to combine. To use, shake well and spritz throughout hair when spending time in the sun. Start with a small amount to avoid over-drying hair.

**HAIR MASK**--nourishes hair & scalp

**Ingredients**

1/2 an avocado 1 egg yolk 2- 4 crops Copaiba essential oil 1-2 drops Rosemary essential oil

**Directions**

Place all ingredients into the blender & mix. Distribute through hair & then massage into scalp and wrap hair in a shower cap. Wait 5-10 minutes. Rinse out in the shower and then shampoo and condition as normal.

**LUSTROUS HAIR SERUM**

Who doesn’t want thick, shiny and beautiful hair? Sometimes due to stress, postpartum or age, our hair can start to thin, break or lose its luster. DIY hair serum to restore nutrients to the hair shaft.!

**What You’ll Need:**

* 2 ounce dark glass dropper bottle
* Almost 2 ounces of Castor Oil
* 10 drops of Rosemary essential oil
* 5 drops of Lavender essential oil
* 5 drops of Ylang Ylang essential oil

**Directions:**

Pour almost 2 ounces of your Castor Oil into your dropper bottle. Add your essential oils. Put on dropper lid and shake bottle. Apply to your scalp each morning and massage into scalp. Wait 20 minutes and then wash hair. You can also apply before bed. If you want to apply more frequently without an oil feel, you can make the serum using almost 2 ounces of distilled water and 1 teaspoon of witch hazel instead of the castor oil.

**MERMAID HAIR SPRAY**

To a 4 ounce spray bottle, add:

30 drops Lavender

30 drops Cedarwood

20 drops Rosemary

10 drops Geranium

3 ounces Witch Hazel

**SWEET AND SASSY HAIR SPRAY** (From Melissa Poepping’s original Chemical Free Home book)

15 drops Lavender

10 drops Lemon

8 drops Cedarwood

4 drops Geranium (dryer hair)

½ ounce vodka

Pour all into a 4 ounce spray bottle. Fill rest with water. For use before hair drying, or on dry hair before styling. Can also be used between style to “shape”

**HAIR VOLUMIZER**

20 Rosemary

20 Cedarwood

2 ounces water or Royal Hawaiian Sandalwood Hydrosol

Pinch of salt

**HYGIENE:**

**BEARD BALM**

Fill bottle ¾ full with Avocado or Apricot Oil

Add 3 drops each of: Lavender, Tea Tree (Mel A) and Cedarwood

Add 1 TBSP of Vitamin E Oil

Wipe down, label and cap.

**ALL NATURAL DEODORANT**

This will fill at least 2 containers, or more!

6 to 8 TBSP Organic Extra Virgin Unrefined Coconut Oil

2 TBSP Beeswax pestiles. Try to look for naturally whitened ones.

¼ cup arrowroot powder

¼ cup baking soda

5 – 7 drops of EO of choice per tube

Melt the coconut oil and beeswax together until completely melted. Add the arrowroot powder and baking soda and then stir WELL and add Essential Oil of choice. Stir WELL again and add to deodorant tube. Refrigerate promptly. \*\*If too soft, keep in fridge until it gets cooler in your home.

**PEPPERMINT MOUTHWASH**

1. Distilled water 2. 1/2 tsp of baking [soda](http://mummydeals.org/homemade-peppermint-mouthwash/) 3. Young Living Peppermint oil 4. A jelly jar size mason jar or other container.

Simply mix them all together in the jar and shake

**ROSEMARY MINT SHAVE CREAM – makes several batches**

2 T. almond oil

1/3 cup coconut oil

1/3 cup shea butter

2 T. castile soap

Melt almond oil and coconut oil liquefied.  Remove from heat and mix in shea butter. See above if your shea is too stiff.  Place in refrigerator and set until solid throughout.  For an 8 ounce jar, use ½ cup mix of base and whip 2 – 3 minutes until double in volume Add 10 drops Rosemary essential oil, 2 drops Peppermint essential oil and whip just until combined. Add 2 T. castile soap and whip until combined.

**SENSUAL AFTER SHAVE**

* 8 ounce dark glass pump bottle
* Scant 1/2 cup aloe vera gel
* Scant 1/2 cup witch hazel
* 2 TBS jojoba oil
* 1 tsp. Vitamin E oil
* 10 drops Orange essential oil
* 10 drops Sandalwood or Lavender

Put a small funnel in your glass bottle. Pour 1/2 cup of aloe vera gel into your bottle. Add 1/2 cup of witch hazel. Ad your jojoba and vitamin E oils. Then add your essential oils. Close your container with the pump lid and shake well. Store in a cool, dark place. When needed, pump onto skin after a shave.

**SOOTHING SHAVING GEL**

The aloe vera serves as your “gel” and leaves your skin soft and conditioned. Lemongrass and Grapefruit smell absolutely divine together and they help to boost circulation and the lymph system to boot!

### Ingredients

* 8 ounce dark glass pump bottle
* 3/4 cup aloe vera gel
* 1/4 cup raw olive oil
* 7 drops of Lemongrass essential oil
* 7 drops of Grapefruit essential oil

Put a small funnel in your glass bottle. Pour 3/4 cup of aloe vera gel into your bottle. Add 1/4 cup of raw olive oil. Then add your essential oils. Close your container with the pump lid and shake well. Store in a cool, dark place. When needed, pump onto skin and shave.

**#2 SPRAY**

To a 2 ounce bottle, add the following:

½ tsp Witch Hazel

20 drops of Grapefruit

20 drops of Lemongrass

Fill ¾ full with water. Leave room for the cap! Screw on cap and shake. Wipe down and label. Keep in bathrooms ;) You just spray a few sprays before....you know

**AFTER SHAVE - 2 OPTIONS**

*Option #1*

To bottle add:

½ cup Aloe Vera gel

1 TBSP water

1 TBSP Witch Hazel

5 Lavender

5 Tea Tree OR 3 Vetiver

*Option #2*

To bottle add:

¼ cup Aloe Vera Gel

¼ cup witch hazel

1 TBSP Jojoba

½ tsp Vitamin E Oil

5 Lavender

3 Vetiver

If bottle is not quite full, fill the rest of the way with Aloe Vera Gel. Shake it up!

**LAUNDRY:**

**BLEACH ALTERNATIVE FORMULA**

**Ingredients**

½ cup Basic Liquid Formula

¼ cup Borax

¼ cup lemon juice or vinegar

3 drops Lemon Essential Oil

**Directions**

Combine all ingredients in a heavy plastic jug or container. For extra whitening, dry in the sun.

**FABRIC SOFTENER**

You'll Need:

-Empty 1-gallon vinegar bottle

-1 cup baking soda

-1 cup white vinegar

-Water

-10 drops YLEO (We love Lavender, Purification, Cedarwood, Idaho Balsam Fir, Abundance, Stress Away, but experiment with your favorite!)

Directions:

-Mix 1 cup baking soda with 1 cup water in vinegar bottle; mix well to dissolve. SLOWLY add vinegar (will bubble and fizz). Add water and essential oils and fill to the neck of the bottle. Mix well.

To Use:

-Add 1/3 cup to fabric softener dispenser.

-May also be used in spray bottle to spritz and freshen dryer contents!!

**LAVENDER LINEN SPRAY**-

This is a classic spray that makes your laundry smell uh-mazing and helps to promote a lovely night’s sleep. Because Lavender essential oil is gentle, this is safe to use on your children’s sheets before bedtime. You could also use this as a calming body spray or perfume (replace the distilled water with a light carrier oil like fractionated coconut oil.)

* 2 ounce dark glass spray bottle
* 1 teaspoon of witch hazel (or 1 TB of which hazel extract)
* 15-20 drops of Lavender
* Almost 2 ounces of distilled water

Add your Lavender to your glass bottle. Then add your witch hazel. Fill the remaining bottle with distilled water. Put on spray cap and shake bottle well. Spray on freshly laundered clothes or on your pillows and linens before bed. Put in fridge and let harden for 1+ hours. Remove bars from mold and enjoy! [‪](https://www.facebook.com/hashtag/diywithyl?source=feed_text)

## PERSPIRATION STAIN REMOVER & RING AROUND THE COLLAR

## ¼ cup vinegar 1 TB baking soda 2 drops Lemon Essential Oil

## Combine all the ingredients in a bowl or small glass container. Rub the mixture into the stains with your fingers, or with an old toothbrush. Launder as usual.

**LIP BALM:**

**LIP BALM**

Equal Parts: Organic Extra Virgin Unrefined Coconut Oil

Unbleached Beeswax (I used pellets)

Mix together, melt in double boiler.

Pour the base in above 3/4 full, add one drop of your chosen oil, fill the rest of the way with base. Cap. Place in fridge a bit. When hard (does not take long!), wipe down and label. Don't label until all done.

**PEPPERMINT LIP BALM**--makes 5 tins

**Ingredients**

1½ TB Natural Beeswax

1 TB Coconut Oil

1 TB Shea Butter

2 TB Sweet Almond Oil (or Olive Oil)

5 drops Peppermint Essential Oil\* Small metal tins with lids (Wilton small party favor kit tins are shown)

Bring water in a small pot to a boil on the stove. In a glass dish or Pyrex cup, mix beeswax, coconut oil, shea butter, and sweet almond oil. Place the glass dish or cup inside the pot of boiling water and melt ingredients while stirring. A bamboo chop stick makes a great tool for stirring this. Remove from heat and use about 5 drops of the peppermint essential oil and stir. Pour into containers right away. Wait 24 hours for the lip balm to set before using. The shea butter is super soothing for dry lips especially when paired with peppermint essential oil. **This recipe makes about five one inch sized circular tins**, so you’ll want to adjust up from there.

**CHOCOLATE LIP BALM**

Melt equal parts of Chocolate, Beeswax, Coconut oil. This works best all melted together so that the wax is easier to clean. Melt as much as you like! Stove over low heat is best but you can use a double boiler. Once liquid, pour into a lip balm tube until ¾ full. Add ONE DROP of any essential oil, fill up the rest of the way. Let set until cool. If you have too much, just our into a glass jar until next time, then melt by placing the glass jar in a pot of water to surround it, then boil until melted.

**MAKE-UP:**

**MAKEUP-SETTING SPRAY**

4-ounce glass spray bottle

2 ounces water

1/2 tablespoon vegetable glycerin

6 drops essential oil

We recommend:

Frankincense for normal skin;

Geranium or Tea Tree for oily skin;

Myrrh for dry skin.

Add ingredients to the spray bottle and shake well. Hold spray bottle about 12 inches from face and lightly spritz skin 2-3 times. Let dry.

**MAKEUP REMOVER PADS**

1 TBSP V-6

4 drops Lavender

2 TBSP coconut oil

2 TBSP baby shampoo (or your favorite gentle facial cleanser)

1 cup filtered hot water

4-ounce airtight glass container

Pour all liquid ingredients into the glass jar. Make sure water is warm enough to melt the coconut oil. Place lid on jar and gently shake until all ingredients are mixed evenly.

Place 10 or so cotton rounds in the glass container, tighten lid, and rotate until solution soaks into cotton pads.

**PERFUME-COLOGNE:**

**BODY SPRAY**--Orange Blossom

-1 oz filtered water

-5 to 8 drops essential oil of orange (less or more to your liking)

-1/2 teaspoon [vegetable glycerin](http://www.google.com/products/catalog?q=vegetable+glycerin&hl=en&pwst=1&prmd=imvns&bav=on.2,or.r_gc.r_pw.r_cp.r_qf.,cf.osb&biw=1527&bih=801&um=1&ie=UTF-8&tbm=shop&cid=11170844194134111460&sa=X&ei=KuKqT6GsHqad2QXwi5CmAg&ved=0CJABEPMCMAA)

1.  Mix ingredients together in small glass spray bottle and shake well.  Always shake before using.

## INVIGORATING COLOGNE FOR MEN

1 dark glass roll-on bottle 1 TB fractionated coconut oil 3 drops of Balsam Fir essential oil 3 drops of Cedarwood essential oil

Put your essential oil drops into your roll-on bottle. Fill the remainder of your roll-on bottle with a light carrier oil like fractionated coconut oil. Put on your roll-on top and lid. Store in a cool, dark place. Apply to pulse points as needed.

**BALANCING PERFUME BLEND**

**Ingredients**

* 1 dark glass roll-on bottle
* 1 TB fractionated coconut oil
* 3 drops of Grapefruit essential oil
* 2 drops of Frankincense essential oil
* 1 drop of Copiaba essential oil
* 1 drop of Bergamot essential oil

**Directions**

Put your essential oil drops into your roll-on bottle. Fill the remainder of your roll-on bottle with a light carrier oil like fractionated coconut oil. Put on your roll-on top and lid. Store in a cool, dark place. Apply to pulse points as needed.

**UPLIFT SPRAY**

**Ingredients**

10 drops Bergamot essential oil 5 drops Peppermint essential oil 5 drops Lime essential oil 2 oz. Spray Bottle Distilled Water

Put oils in spray bottle, add water to fill. Put sprayer on and shake. Spray on face and neck for a quick mood boost.

**BODY SPLASHES**

*MEN*

To a 2 ounce spray bottle (brown) add: (Citrus/Woodsy – in tester)

3 Cedarwood

2 Vetiver

2 Bergamot

2 Citrus Fresh

***OR*** 5 Cedarwood and 5 Idaho Balsam Fir (more woodsy)

Add: 1 TBSP Vodka ***or*** ¼ tsp Rubbing Alcohol

Fill up to ¾ full with water, leaving room to apply spray top

Wipe down and label

*WOMEN*

5 Lavender

4 Lime

2 Copaiba

***OR*** For just a Citrus Spray, use any of the Citrus oils here

Follow filling directions above

**PETS:**

**DOGGY PAW WAX: $5.00**

In a double boiler, melt:

3 ounces of beeswax

3 TBSP of Coconut Oil

3 TBSP of Shea Butter, or Calendula oil

3 TBSP of Avocado oil. This recipe make at least 8 ounces of wax, so split it up in smaller containers

Carefully pour 2 ounces into the jar

QUICKLY add 4 drops of Geranium

Stir, lid and label. Sets up fast!!

Apply a small amount to your dog’s paws before walks to protect against, salt, snow, fertilizer etc. You can use on cats too if they let you lol! This oil is safe for dogs and cats. Try just a tiny amount first – right before the walk so they don’t try to lick it all off! (Safe to lick off if that happens)

**ROLLER BALLS:**

**For ALL roller balls - add essential oils first to a 10ml roller, then fill rest of the way (3/4 to leave room for the cap) with V6 or your choice of carrier oil, unless otherwise noted.**

**“Calm” Roller Ball Blend ($5.00)**

15 drops Sacred Mountain

15 drops Orange

Apply to back or neck, behind ears, big toe, or to your wrists.

**Calm & Composed**

10 drops Lemon

5 drops Lavender

15 drops Clary Sage

**DIY Cuticle Oil**

15 drops Lavender

10 drops Eucalyptus

10 drops Grapefruit

5 drops Peppermint

One dropper full of Vitamin E oil

**Focus Roller: $7.50**

10 drops Cedarwood

10 drops Vetiver

10 drops Lavender

**Get Up & Go!**

15 drops Lemon

15 drops Peppermint

**HAPPY Roller: $7.00**

10 drops Tangerine

8 drops Stress Away

5 drops Valor or Valor II

5 drops Vetiver

**Happy Feet Roller Ball Blend ($7.00)**

12 drops of Lavender

10 drops of Peppermint

15 drops of Rosemary

**Happy Times Roll On**

4 drops Joy

4 drops Peppermint

6 drops Lemon

6 drops Orange

**Immunity Roller**

5 drops Thieves

5 drops Oregano

5 drops Tea Tree

5 drops Frankincense

5 drops Lemon

**Itch Stick Roller $3.50**

10 drops Lavender

10 drops Purification

Use after bug bites or anytime you have a rash or itchy skin. Works fast!!

**Jan’s Nails: (10ml roller) $5.00**

15 drops Citrus Fresh

15 drops Tea Tree

**LOVELY Roller ball blend $5.00**

6 drops Patchouli

8 drops Lavender

8 drops Orange

**Mental Clarity Roller Blend $4.00**

10 or 15 ml roller ball topped bottle

10 drops of Rosemary

12 drops of Lemon

4 drops of Cypress

Apply when needed to back of neck, wrists, big toes. Just rubbing a bit on the palms of your hands and inhaling is great with this blend too!

**MOMENTUM ROLL-ON BLEND**

10 drop Sacred Frank (for feelings of worthlessness)

3 drops Highest Potential (to combat feeling annoyed)

5 drops Into the Future

3 drops Present Time (for resistance to change)

5 drops Motivation

3 drops Gathering (for getting out of “slavery)

1 drops Abundance (to take away worry)

8 drops Believe (For honesty with yourself)

**NO MORE SCROOGE ROLLER:**

10 Stress Away

5 Lavender

1 Ylang Ylang

1 Bergamot

**RAINDROP ROLLER BALL: (Use 15 ml bottle)**

10 drops Oregano 5 drops Marjoram

5 drops Thyme 5 drops Peppermint

5 drops Basil 5 drops Aroma Siez

5 drops Cypress 25 drops Valor

5 drops Wintergreen Add Carrier Oil to double the volume

DO NOT USE VALOR II. OREGANO IS A HOT OIL – if you get straight drops on your hands, rub some carrier oil on them.

**Restless Leg Roller $10\***

15 drops Lavender

15 drops Peace and Calming

10 Drops Marjoram

For Extra Strength, Add 5 more of Marjoram.

**Roll the B\*\*\*\* Away Roller $5.00**

5 drops Clary Sage

5 drops Lavender

2 drops Frank

This one is best applied to the inside of the ankles, the abdomen, the inner forearm.

**Roll the B\*\*\*\* Away Roller #2 or spray**

2 drops Clary Sage

10 drops Lavender

3 drops Geranium

4 drops Bergamot

5 drops Frankincense

2 drops Rosemary

Combine all in 15ml roller with carrier or 4 ounce spray bottle with a drop of pure dish soap

**Santa’s Little Helper Roller Ball: $4.50**

15 drops of Lemon

15 drops of Peppermint

**SLEEPYHEAD ROLLER**

15 drops Lavender

15 drops Cedarwood

**Smells Like Aveda Perfume Roller**

8 drops Lavender

6 drops Bergamot

4 drops Marjoram

4 drops Citrus Fresh

4 drops Geranium

1 drop Frankincense

**Sweet Dreams Roller Ball! (2 choices). $9.00 each**

Option #1: 15 drops of Lavender

15 drops of Peace and Calming (original or II)

15 drops of Orange

Option #2: 15 drops of Lavender

5 drops of Vetiver (use a dropper with this THICK oil)

15 drops of Marjoram

5 drops of Orange

**Unicorn Roller: $9.00 (For when you just want to fly away and be magical!)**

10 Grapefruit

5 Bergamot

10 Joy

5 SARA

4 Release

**Unwind and Breath Roller ball blend: $5.00 (10ml roller ball)**

10 drops of Lavender EO

10 drops of Stress Away EO

10 drops of Cedarwood EO

**Wellness Roller Recipe #1:**

10 drops Frankincense

15 drops Oregano

15 drops Peppermint

15 drops Thieves

30 drops Lemon

**Wellness Roller Recipe #2:**

7 drops Lavender

7 drops Lemon

7 drops Peppermint

10 drops Thieves

7 drops Raven

15 drops Frankincense

7 drops Tea Tree

7 drops Oregano

(This can also be used as a rub: Combine all oils in a 4oz jar of coconut oil).

**Zit Zapper $5.50**

10 drops Purification

10 drops Tea Tree (Melaleuca A.)

10 drops Lemon

**ROOM SPRAYS:**

**DIY ROOM SPRAY** 4 oz water 1 tsp witch hazel or Epsom salts 15 drops of your favorite oil. We use Purification, Lavender or Thieves. (or your favorite diffusing blend!)

## SCRUBS:

## LUXURIOUS EXFOLIATION BODY SCRUB

Did you know that our skin is our largest organ? We want to be sure we’re scrubbing off dead skin cells daily to assist in overall health. Skin brushing is a great way to do this as well as doing a weekly exfoliating skin scrub.

* 8 ounce glass pot with a lid
* 1/2 cup raw olive oil
* 1 cup sea salt
* 5 drops each of Lavender, Frankincense and Ylang Ylang

Measure your salt and pour into a large glass bowl. Add your olive oil and mix well with a metal spoon. Add your essential oils and continue to stir your mixture. Slowly scoop into your glass pot. Close tightly with white lid and label. Store in a cool, dark place. Scoop out a silver dollar size of scrub and apply to body. Repeat weekly.

**COFFEE CELLULITE SCRUB**

Coffee is a known stimulant and can actually assist the body in breaking up fat deposits close the skin’s surface. Grapefruit and Cypress oils are also excellent supporters of the lymph system. When combined, this can be a wonderful fat busting scrub!

* 8 ounce glass pot
* 10 drops of Grapefruit essential oil
* 5 drops of Cypress essential oil
* 1 cup organic ground coffee
* 1/2 cup of olive oil

**Directions**

Measure your coffee and pour into a large glass bowl. Add your olive oil and mix well with a metal spoon. Add your essential oils and continue to stir your mixture. Slowly scoop into your glass pot. Close tightly with white lid and label. Store in a cool, dark place. Scoop out silver dollar size of scrub and apply to areas of cellulite.

**POLISHING SKIN SCRUB**

Sugar or Brown Sugar

Body Wash

Essential oils (suggestions: Joy, Lavender, Lemon, Peppermint, Stress Away)  
it’s ***up*** to you the scent you wish…   
Just mix up these ingredients to the consistency **YOU LIKE**

**DREAMSICLE SUGAR SCRUB**

**8 oz. recipe** 4 **oz. recipe**

1/4 cup Coconut Oil 1/8 cup Coconut Oil

1 tsp. vanilla 1/2 tsp vanilla

3/4 cup white sugar 3/8 cup sugar

10 drops YL Orange essential Oil 5 drops YL Orange essential Oil

Take coconut oil & mix with the sugar & vanilla. Add Essential Oil & mix well. Put in jar and put on lid.

**LEMON SUGAR SCRUB**

2 1/2 cups of Sugar 1 cup of Extra Virgin Olive Oil.

4 drops of Lemon Essential Oils (may add more). 12oz. Mason Jar {you'll have just enough left over to clean your hands afterwards too}  
  
 Mix the sugar & the olive oil together. Add in the Lemon Essential Oil. Mix really well until a gritty paste forms and spoon into a glass container. Make sure your container has a lid that seals good. I have to say I love this mix and use it all the time. After sitting for awhile you may need to mix prior to using as the sugar may settle. A tiny bit is all you need and it leaves your skin extra soft and smooth.

**PEPPERMINT SUGAR SCRUB**

3 parts white sugar & 1 part olive oil or sweet almond oil (look for the same consistency & add where necessary)

5 drops peppermint essential oil

Mix well. Spoon them into a container, dress them up with a ribbon and a sweet note.

**SUGAR & OLIVE OIL SCRUB**

The best thing you can do to keep your skin healthy and fresh till spring is to *exfoliate and moisturize*, and this scrub does both!

* 3 Tablespoons Extra Virgin Olive Oil
* 2 Tablespoons Honey (regular honey is fine too)
* ½ Cup Sugar (regular sugar is fine too,)
* Measuring utensils
* 1 Chopstick or stirring stick
* 1 Clean container

Add the extra virgin olive oil to your container. Next, add the honey. This order will help get all the honey out. Add the sugar to the mixture & stir well.

**Tips:** These amounts don't need to be exact, and you can adjust the proportions as needed.

**Do not** store in the fridge – this will harden the mixture. Don't be afraid of the oil! It won't clog your pores!

**To Apply:** Wash your face & make sure your makeup is completely removed before applying the scrub 1. Use a tiny spatula to scoop 1 little scoopful, and apply all over your face 2. Scrub in a broad, circular motion (avoid your eye area!) 3. After about 60 seconds, rinse off the mixture & pat dry your face. My skin feels thoroughly moisturized, and I only apply my eye cream and acne solution after drying. But if you feel your skin still needs it, you can also apply moisturizer at this step.

Use only at nighttime, but not recommended for nightly use. If you have sensitive skin, try using it once a week. If you have oily skin, use it once a week or every 3-4 days. It should last you up to 30 days. It works great on any type of skin, too; I've used it every winter, and I've never had a problem with it. Apply it to your heels and feet for an at-home pedi treatment!

**SUGAR SCRUB RECIPE**

1 cup white sugar

2- 3 TB almond oil 1/ 3 cup sea salt

1 TB vitamin e 1/2 cup coconut oil Lavender essential oil

Mix in a bowl to desired consistency, then put in a fancy jar or two.

**WARM VANILLA SUGAR SCRUB**

2 drops Cinnamon Bark oil

1 teaspoon vanilla extract

¼ cup brown sugar

¼ cup coconut oil

4 oz. jar

Mix all ingredients and scoop into a jar to store!

**SKIN CARE:**

**CHARCOAL MASQUE**

1 capsule activated charcoal

1 TBSP clear aloe vera gel

5 drops Tea Tree oil

Open charcoal capsule and combine with aloe and essential oil in a glass bowl and mix until smooth.

Apply face masque and leave on for 15-20 minutes.

Rinse with lukewarm water and pat dry.

**WHIPPED CHOCOLATE BODY BUTTER**

Base:

1/4 cup Coconut Oil

1/4 cup Sweet Almond Oil

1/4 cup Cocoa Butter

1/4 cup Shea Butter

Melt JUST until melted. Don't let this get too hot. The cocoa butter will continue to melt even after you take off of the stove. Once it's liquid, allow to rest a while until solid, or refrigerate until solid.

Place 1/2 cup of the base in the mixer

Add 1 tsp arrowroot if desired (can make it a little silkier)

Mix for 2 -3 minutes until fluffy and smooth*. Add 8 drops of Grapefruit essential oil (or any oil you like)*, mix again just until mixed. Spoon butter into your jar. Wipe down and label.

**MINT BODY BUTTER**

2 T. almond oil

1/3 cup coconut oil

1/3 cup shea butter

Melt almond oil and coconut oil liquefied. Remove from heat and mix in shea butter. See above if you shea is too stiff. Place in refrigerator and set until solid throughout. For an 8 ounce jar, use 1/2 cup mix of base and whip 2-3 minutes until double in volume. Add 8 or more drops of any oil you like.

**EYE CREAM - $5.00**

2 TBSP Sweet Almond Oil 1 tsp Vitamin E Oil

3 TBSP Shea butter 2 TBSP Coconut Oil 1 tsp Arrowroot powder

Whip to the consistency of a thick frosting – SEVERAL MINUTES!! then add: 2 drops Peppermint and 3 drops of Lavender OR 2 Patchouli and 3 Lavender

**EYELASH/EYEBROW SERUM $4.00**

Using a funnel, “eyeball” this to add the following (don’t worry if it’s not “exact):

1/3 Avocado Oil

1/3 Castor Oil

1/3 fractionated coconut oil

Make sure you have left a little room at the top. If it’s too full, pour a little out into the dump jar.

Add: 3 drops Rosemary, 3 drops Cedarwood, 3 drops Lavender

Place rubber cap on and then the top. Use twice a day on eye lashes and eyebrows.

**FACE & BODY MOISTURIZER**

1/2 cup organic unrefined coconut oil

10 drops Frankincense

10 drops Lavender

Mix well with a fork. Use as a moisturizer for face and body. You'll only need a fingertip amount for your face. Can add more or less drops as desired.

Tip: Keep near AC vent in bathroom when temps are above 75 degrees or it will liquefy

**FACE WASH - $5.00**

To a 50 ml (1.75oz) deluxe foaming soaper add:

1.5 TBSP Castile soap

1.5 TBSP water (just make sure it does not get too full – you can add a little less water. Need room for cap)

It's basically 1/2 castille and 1/2 water, then oils.

1 drop of Carrot Seed EO

3 drops of Lavender EO

5 drops of Frankincense EO

Shake it up!

\*\*for Dryer skin types, add a little grape-seed oil in and a little less water

**ORANGE BLOSSOM FACE WASH - $4.00**

Use 50 ml (1.75 oz) soap foaming soaper:

1 tsp of Young Living Orange Face Wash

½ tsp glycerin

\*OPTIONAL add 1 tsp Apricot oil if you have dry skin

1 drop of Orange EO

Fill ¾ of the way up with water, apply top and shake

**FACIAL SERUM**

7 drops of each: Frankincense, Geranium, Lavender, & Myrrh 4 TB Almond or Jojoba oil

Put this in a dropper bottle & shake. It’s ready to use.

**FOOT SOAK**

1/2 cup Epsom salt

1 TBSP baking soda

2 TBSP lemon juice

9 drops essential oil

We recommend:

3 drops Lavender

3 drops Lemon

3 drops Peppermint

Place ingredients in a large basin and fill with warm water.

Soak feet until water is cool, then rinse off.

**FOOT SCRUB**

1/8 cup Almond oil

1 drop Cedarwood essential oil

1 drop Lavender essential oil

1 cup table salt

Combine the Almond oil and the essential oils in a small bowl. Add salt and stir to combine. Adjust ingredients until desired texture and color is reached. Store in small glass jar and use 2-3 times a week when showing.

**LOTION BARS**

1/2 cup extra virgin coconut oil

1/2 cup beeswax

1/4 cup shea butter

1/4 cup cocoa butter

10 drops essential oil

We recommend:

5 drops Lavender

5 drops Lemon

Silicone shape molds

3 sprigs dried lavender (optional)

Add all ingredients except essential oils and lavender sprigs to a small saucepan or glass measuring cup.

Place small pot or glass cup into a larger pot filled halfway with boiling water to act as a double boiler.

Stir the ingredients until they are fully melted and blended.

Take out the small pot or cup and immediately add in the lavender sprigs and essential oils to mix in.

Pour the melted mix into fun molds and let cool overnight.

Remove from molds and enjoy. Glide bars over skin and rough patches for intensive moisture.

**LOTION BARS**

**Ingredients**--makes 6 medium bars

* 1/2 a cup of olive oil
* 1/4 cup of beeswax
* 1/4 cup of coconut oil
* Add 2 drops of Lavender essential oil (or Joy, Orange, Stress Away, or Tangerine)

1) Add the ingredients into a pint-size mason jar and put the lid on. 2) Place in about 2” of water in a pan on the stove top and turn on medium heat. 3) Boil the water and as it gets hotter the ingredients will melt together. 4) Using a hot pad lift the jar and shake it part way through to help the ingredients melt.

5) Once it is all in liquid form, pour into silicone molds. 6) Wait for about an hour for it to cool before popping them out. As the bar reaches your warm hand it will melt into your palm.

**LAVENDER HONEY LOTION BAR**

• 2 tablespoons beeswax  
• 4 tablespoons coconut oil  
• 1 tablespoon olive oil  
• 1 tsp honey  
• 2-4 drops Lavender essential oil

In a double boiler, melt together beeswax and coconut oil until combined. Remove from heat and add in olive oil, honey, and essential oils and mix to combine. Pour mixture into a silicone mold or lined muffin tins. Put in fridge and let harden for 1+ hours. Remove bars from mold and enjoy! [‪](https://www.facebook.com/hashtag/diywithyl?source=feed_text)

**SUN CARE:**

**AFTER BEACH CARE**

8 drops Lavender 8 drops Peppermint 1 ounce Raspberry Seed Oil (may use Sweet Almond Oil, too)

Apply to skin that has been burned by the sun. If skin blisters, seek immediate medical attention, drink water to keep the body hydrated

## WELLNESS AND PAIN RELIEF:

## ALL PURPOSE SALVE

## 3 TB Coconut Oil 4 drops of each: Lavender, Lemon, & Tea Tree Glass jar with lid

## Mix coconut oil with the Essential oils & put onto a glass jar. This is a great all purpose salve to use on cuts, irritations, rashes, or other skin issues. Lemon and Tea Tree are wonderful for their cleansing properties & Lavender is a soothing oil that is known for its skin benefits.  It can even be used as a hand lotion in the winter

**“BREATHE JAR”**

[](http://www.onegoodthingbyjillee.com/wp-content/uploads/2014/01/sinus-relief-5.jpg)

Place 1 to 3 cotton balls in a small jar (you’ll want to use a container that will fit over your nose.)

Next, add the following essential oils, dripping them directly onto the cotton balls.

* 3 drops [Oregano](http://www.sparknaturals.com/shop/oregano-essential-oil-5ml/?affiliates=5)
* 3 drops [Tea](http://www.sparknaturals.com/shop/melaleuca-essential-oil-5ml/?affiliates=5) Tree
* 3 drops [Peppermint](http://www.sparknaturals.com/shop/peppermint-essential-oil-5ml/?affiliates=5)
* 3 drops [Lemon](http://www.sparknaturals.com/shop/lemon-essential-oil-5ml/?affiliates=5)

**Cover with tight-fitting lid.**

[](http://www.onegoodthingbyjillee.com/wp-content/uploads/2014/01/sinus-relief-4.jpg) When sinus pain or congestion hits, open the cup, place it over your nose and inhale S L O W and D E E P. If your jar is big enough you can also place it over your nose AND mouth, and the heat from your breath will [help](http://www.onegoodthingbyjillee.com/2014/01/make-your-own-breathe-jar-to-relieve-sinus-congestion.html) produce vapors from the oils and heighten the decongestant effects. Replace lid securely. Repeat as needed. Because essential oils do not stay in your system for long periods, you can use your BREATHE JAR as often as necessary to help keep your congestion under control. Some people have even said it helps with a cough too. Keep in a cool dry place. When the scent starts to fade, just add the oils again.

**CHEST RUB - $7.00**

Melt 1/4 cup coconut oil with 1 TBSP beeswax. Add:

15 drops Eucalyptus Globulus

8 Peppermint

8 Lavender

5 Tea Tree

3 Wintergreen

Pour into glass jar and allow to harden.

**EUCALYPTUS BATH OIL OR CHEST SPRAY - 7.50**

To a 4 ounce flip top or spray bottle, add:

15 drops of Eucalyptus Globulus

10 drops orange

10 drops Peppermint

5 drops Rosemary

5 drops Tea Tree

Add 4 ounces of carrier oil (this may not fill it to the top but don’t over-dilute). Use a Tablespoon in a hot bath or apply as chest or muscle massage oil

**NEUROPATHY OIL RECIPE**

* Organic coconut oil or good quality extra virgin olive oil
* 30 drops of Cypress Oil
* 30 drops of Frankincense Oil

1. In a small glass jar, place about 3 ounces of organic coconut oil and mix in **cypress** and **frankincense** oils.
2. Stir well with a tongue depressor or wooden skewer to combine well.  If you use olive oil as the base, the measures are the same but use a small glass bottle with a dropper and shake the bottle well before each use.
3. Apply to the affected area once in the morning and once at night.  **For best results, apply at night before bedtime and let it soak in before you get in bed.**

If your feet or legs are the problem area, resist the temptation to wear socks to bed.  Socks compromise the blood flow and will defeat the whole purpose of the oils.

Other alternative therapies are acupuncture, chiropractic treatment, naturopathic medicine or detoxification therapy.

**PAIN CREAM**

To 4 ounces Virgin unrefined coconut oil or a body butter base add:

15 drops Panaway

15 drops Valor OR Copaiba

15 drops Peppermint

Whip it up and store. You can also include both Copaiba and Valor for an extra strong blend

**PAIN CREAM PLUS**

To 4 ounces of Virgin unrefined coconut oil or a body butter base, add:

10 drops Panaway

10 drops Lemongrass

10 drops Copaiba

10 drops Peppermint

10 drops Frankincense

5 drops Valor

Whip in mixer and store.

**THIEVES COUGH DROPS**

**Ingredients**

* 1 cup of honey or agave
* 1 teaspoon unrefined coconut oil
* 6 drops of Young Living Thieves Oil
* 3 drops of Young Living Lemon Oil

**Directions**

1. Add the honey or agave and coconut oil into a pan and bring it a boil gently.
2. Turn down your heat to medium high and keep boiling until it reaches 300 degrees with a candy thermometer. I added the coconut oil to help it not boil over. DO NOT BURN!
3. Once cooked bring off the stove and let cool for a few minutes.
4. Add in the essential oils.
5. Drop in cough drop circles onto parchment paper.
6. Let it cool and harden.
7. Either wrap in parchment paper or store in a jar to keep.

**THIEVES THROAT SPRAY OR PEPPERMINT BREATH SPRAY**

Fill your Sprayer with distilled water

Add *1 drop* of Peppermint EO or Thieves EO

Shake and use as desired. Decorate with a fun label or washi tape at home if you have it? Refillable!

**CHRISTMAS BLEND**

30 drops Christmas Spirit 5 drops Pine

3 drops Nutmeg 5 drops Cypress

5 drops Juniper or Northern Lights Black Spruce

If you don't have all of these, be sure to use Christmas Spirit, Nutmeg and pine and adjust to your liking. Use for room sprays, soaps, smelly jellies or your diffuser!!