



Let's Talk About SEX...

Spice Up Your Sex Life With
Essential Oils!



Latex Friendly Lube

Got Latex? This recipe is oil-free for condom fun.

prep: 2 minutes

INGREDIENTS

2 tsp. Aloe Vera

2 tsp Water

1/2 tsp. Glycerine

1/2 tsp. Vitamin E

Blend and enjoy!



'Oh My Word' Tingle Lube

prep: 3-5 minutes
(15 including cooling time)

INGREDIENTS

1 ounce coconut oil (or
other carrier oil of choice)

5 drops Peppermint EO

5 drops Sensation EO

5 drops Black Pepper EO

Note: This is not

In a double boiler, using medium heat up the coconut oil until it is liquid (best not to let this boil).

Remove from heat and let cool (you can refrigerate until it solidifies slightly).

Add your essential oils.

Mix/whip with a hand blender/mixer.

Scoop into a glass jar.

Apply when you are ready for some Bow Chicka Wow Wow.

Note: If you are using Fractionated Coconut Oil, or another liquid carrier oil, skip steps 1 & 2, and add to a pump bottle for easier use.



Alluring Perfume

Smells great AND has balancing and calming properties!

prep: 2 minutes

INGREDIENTS

10 drops Ylang Ylang EO

8 drops Bergamot EO

4 drops Lime EO

5 drops Vanilla extract

Vodka (or witch hazel)*

*You can also use a carrier oil if you are rolling it on vs spraying.

Combine all essential oils in a 10-15 mL glass bottle (or reuse an old EO bottle) - use a spray top or a roller top.

Add vanilla, and top off with vodka.



In The Sheets Spray

prep: 2 minutes

Combine all in a 2 oz glass spray bottle and spray ALL. THE. THINGS.

INGREDIENTS

1 ounce witch hazel

1 ounce water

15 drops Lime EO

8 drops Idaho Blue Spruce

8 drops Orange

5 drops Cypress

2 ounce spray bottle

*Sheets
*Pillows
*Blankets
*Hair
*Body
*Clothes

Mood Enhancing

DIFFUSER BLENDS



1.

I LOVE YOU

3 Drops Ylang Ylang
2 Drops Geranium
3 Drops Frankincense
2 Drops Coriander

2.

BOW CHIKA WOW WOW

3 Drops Sacred Sandalwood
3 Drops Jasmine
2 Drops Cypress
1 Drop Cinnamon

3.

Naughty & Nice

4 Drops Light the Fire
2 Drops Idaho Blue Spruce
2 Drops Orange

4.

Romantic Bliss

3 Drops Jasmine
2 Drops Orange
2 Drops Clary Sage
1 Drop Joy

5.

Oh Baby, I am Ready

3 Drops Joy
3 Drops Lemon Myrtle
2 Drops Nutmeg

6.

Confident Breeze

5 Drops Valor
3 Drops Hong Kuai

Inner Thigh

LOVE POTIONS



1.

Sweet Thing

20 Drops Ylang Ylang
20 Drops Cypress
5 Drops Lavender
50 Drops Carrier Oil

2.

Sensational

25 Drops Sensation
10 Drops Cypress
5 Drops Jasmine
50 Drops Carrier Oil

3.

Happy Ending

20 Drops Joy
15 Drops Lime
10 Drops Cypress
50 Drops Carrier Oil

4.

Tarzan Man (for him)

15 Drops Hon Kuai/Hinoki
10 Drops Goldenrod
10 Drops Idaho Blue Spruce
5 Drops Black Pepper
50 Drops Carrier Oil

5.

Wake Up Call (for him)

20 Drops Idaho Blue Spruce
10 Drops Cypress
5 Drops Rosemary
5 Drops Nutmeg
50 Drops Carrier Oil

6.

To the Point

Shutran (as many drops as you desire)