

Essential Oils

Romance

Diffuser Recipes

Lady's Choice



- 2 drops Geranium
- 2 drops Ylang ylang
- 4 drops White Angelica

Set The Mood

- 3 drops Orange
- 3 drops Geranium or Sensation

Post-Love Fest - Sleep So Well

- 3 drops Cedarwood
- 3 drops Lavender



Essential oil diffusers break down oils and water into millions of microparticles and release the oils' unique constituents into the air.

Diffusing is great for emotional support. If you need a confidence boost or help getting in the mood, use your diffuser! Diffuse while you are getting ready for date night or as needed to set the mood.

Roll On Recipe

Put in a 10 ml bottle and fill with carrier oil.

The Energy Bunny

- 8 drops Grapefruit
- 4 drops Lemon
- 4 drops Lavender
- 2 drops Basil



Your skin is your body's largest organ and amazing at absorption. Applying essential oils topically is a great way for your body to absorb all of the benefits.

NOTE: Citrus oils can cause photosensitivity. Avoid direct sunlight to area of application for 12 hours.

Sensational Skin For Her & Him

- 25 drops Lavender
- 25 drops Frankincense
- Apply to areas of concern 2x daily for 1-2 months

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Personal Massage Oils

Tingle Massage Oil

- 1 oz. carrier oil of choice
- 5 drops Peppermint
- 5 drops Black Pepper
- 5 drops Sensation

You can also replace Sensation oil and carrier oil with Sensation massage oil.

So many people report back...

“He LOVED this tingle massage oil!”

When enhancing your experience with oils like Peppermint and Black Pepper, test an area before you get deep into the act. Dilute further if needed to reduce the hot and tingly sensation.

Latex-Friendly Lubrication Oil

- 2 tsp. aloe vera
- 2 tsp. water
- 1/2 tsp. glycerin
- 1/2 tsp. Vitamin E

Blend ingredients together and enjoy.

Essential oils are VERY powerful and should be avoided when using latex barriers between the sheets.

Fresh & Clean

Lubrication oil that keeps you fresh and clean long after the act.

- 2-10 drops Ylang Ylang
- 2 drops Geranium
- 1-2 drops Orange
- 5 drops Lavender
- 3 drops Peppermint
- 3 drops Clove
- 3 drops Cypress
- 2 drops Tea Tree
- 4 oz. fractionated coconut oil or grapeseed oil

Blend ingredients together and enjoy.

General Rule of Thumb:

If it isn't clean enough to go **IN** your body, don't put it **ON** your body... anywhere.

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Thigh High Love Potions

Apply these potions to the mid to upper inner thigh.

Sweet & Spicy For Her

- 20 drops Ylang Ylang
- 20 drops Cypress
- 5 drops Lavender
- 5 drops Clove (optional - add the spicy)
- 1 Tbs of carrier oil

Macho Man

- 20 drops Hong Kuai
- 10 drops Goldenrod
- 10 drops Idaho Blue Spruce
- 5 drops Black Pepper
- 25 drops carrier (Add more if it's too hot on your skin)



For women...

sex starts before they even get into the bedroom. Start the romance early. Putting on sexy lingerie or sending a flirty text can be just what you need to turn up the heat later.

Edible Body Butter

Pro Tip...

before you lather up with a rejuvenating body butter ...

get fresh, clean, and smooth with
Mirah Shave Oil.

It reduces razor drag, bumps, and nicks. It's also a great aftershave.



- 3 Tbs solid coconut oil
- 1/2 tsp beeswax
- 1 tsp grapeseed oil
- 1/2 tsp coconut cream
- 1/2 tsp Agave
- 20 drops Grapefruit Vitality
- 10 drops Lime Vitality

Melt the beeswax and solid coconut oil. Put in the fridge to cool for 10 minutes. Add coconut cream, agave, grapeseed oil, essential oils, and whip together.

Feel free to swap out citrus oils for your taste preference.