



# Spa Refresh Recipes

My favorite spa themed recipes using lemon, peppermint and lavender essential oils.

## Spa Calm Sugar Scrub

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- ¼ cup white sugar
- ¼ cup brown sugar
- ½ tsp carrier oil – optional
- 2 TB olive oil
- 5 drops lavender essential oil

Combine in small jar, stir

To use scrub hands and add water a little at a time, rinse and follow with moisturizer

## Spa Calm Bath and Foot Soak Salts

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- ½ cup Epsom salts
- 2 TB kosher or sea salt or regular salt
- 2 TB baking soda
- 2 TB carrier oil (olive, almond, avocado)  
OR 2 TB Castile soap or YL unscented bath and shower gel
- 5-8 drops total:
  - ✓ lavender / peppermint essential oil for foot soak  
OR
  - ✓ lavender / lemon essential oil for bath salts

Mix salts and remaining ingredients in order making sure essential oils mix with carrier oil or soap.

To use add ¼ cup to warm bath or 1TB to 8 cups foot bath or use as shower scrub.

Note: heat increases absorption of essential oils

## Lavender Foot Soak

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- 1 cup Epsom salts
- ¼ tsp salt
- 7 drops peppermint essential oil
- 5 drops lavender essential oil

Mix together Epsom salts and regular salt. Add essential oils and mix together. Store in glass container. To make a foot soak add one tablespoon in 8 cups of water.

## Spa Freshening Spray

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Fill 2 oz bottle with water to ½ inch of top

Add 5 lemon essential oil and 5 peppermint essential oil

Top off with alcohol - optional

Shake before spraying to freshen linen and carpets, body (Note lemon causes photosensitivity so use only on covered areas of body. Do not spray on face or near eyes.)

## Spa Calm Moisturizer

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Unscented moisturizer, carrier oil or coconut oil 1 oz or 2 TB

Lavender or other essential oil of choice 10-12 drops in oil or 5-6 drops in lotion.

## Peppermint Foot Scrub

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- 1/3 cup sugar
- 1/4 cup coconut oil
- 4-5 drops peppermint essential oil
- ½ tsp dried herbs such as mint, lavender, chamomile

Combine in small jar, stir. To use scrub feet adding water a little at a time, rinse and follow with moisturizer or body butter.

## Bedtime Rub

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- 1/3 cup coconut oil
- 10 drops lavender essential oil
- 10 drops cedarwood essential oil
- 10 drops Peace and Calming blend essential oil

Mix and rub into feet before bed.

## So where are you after this class?

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- ✓ I'd like to get started with oils and natural products! Great visit Young Living and use my referral code
- ✓ I'd like to know more first, let's chat! Great reach out and let me know
- ✓ This was good info, thanks so much! Great hope to see you at another workshop or class

## Ways to connect:

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- Want to get started reducing toxins and reduce stress on your body? Let's talk one on one! Email or text me, check my website if you don't know already how to contact me
- Email [dee@deecastelli.com](mailto:dee@deecastelli.com) – drop me a note if you want me to add you to my class schedule notification
- Visit my website for free live and recorded workshops and classes [www.deecastelli.com](http://www.deecastelli.com)

## Resources:

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- [www.YoungLiving.com](http://www.YoungLiving.com) for essential oils – get wholesale discount using my referral #14174941