



Winter Wellness Class Recipes

Theme oils: Eucalyptus, Ravintsara, Tea Tree

Inhaler

- ✓ One inhaler
- ✓ 8 - 12 drops total essential oils of choice from the theme oils

Drop essential oils on cotton pad and assemble inhaler. If you don't have an inhaler just use a cotton round in a plastic baggie for portability or a small glass jar for home use.

Soothing Chest Rub

- ✓ 1 oz or 2TB Coconut Oil
- ✓ 10 drops essential oil for adults 5 drops for children under 10 years old

Mix until well blended, rub on chest as needed. Optionally chill and pop out of the mold.

Avoid touching eyes and using on the face and near eyes.

Bath Salts

- ✓ ½ cup Epsom salts
- ✓ 2 TB kosher or sea salt or regular salt
- ✓ 2 TB baking soda
- ✓ 1 TB carrier either oily oil or castile soap
- ✓ 5 drops total lavender (deeply relaxing)

Add as desired to hot bath (¼ to ½ cup) or to foot bath (1 TB to 8 cups of warm water) or use as shower scrub. Epsom salt isn't salt at all but is magnesium sulfate – great for drawing out toxins, minor aches and pains, reduces swelling and soothes tired muscles. Super charge that with some lavender essential oil.

You can add up to 2 cups of Epsom salts to your bath so you can multiply this recipe accordingly.

Bedtime Rub

- ✓ 1 oz or 2Tb coconut oil
- ✓ 10-12 drops lavender essential oil

Mix in a small cup, the warmth of your hands melts the coconut oils just enough. Rub into feet and back of neck before bed.

Saline Nasal Washing / Neti Pot

My favorite nasal washing recipe

- ✓ ¼ cup good quality sea salt
- ✓ 1 drop Tea Tree
- ✓ 1 drop Lavender

Mix in a small jar and use ¼ tsp in 6-8 ounces of warm water. Make sure all salt is dissolved and well incorporated before nasal rinse.

Key Properties for Winter Wellness

For those who love a little bit of a geeky deep dive and learning more, here's some naturally occurring properties in some essential oils for you to look into further:

- ✓ Limonene found in all citrus oils
- ✓ Linalol / Linalool found in Lavender
- ✓ Terpinen-4-ol found in Tea Tree
- ✓ Menthol and Menthone found in Peppermint
- ✓ Eugenol (aka 1,8 Cineole) found in Eucalyptus and Ravintsara

Resources:

www.YoungLiving.com for essential oils – get your wholesale membership using my member ID #14174941 and receive a custom welcome gift from me

www.oil-testimonials.com Search and read real life experiences of others using essential oils for wellness and support

What's Next?

So where are you after this class?

- I'd like to get started with oils!
- I'd like to know more first, let's chat!
- This was great, thanks so much!

Ways to connect:

- ✓ 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 – 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