

## Roody Spray Recipes

### Obliviate Spray

Dispel odors from your home with this house-elf approved spray! Gather these two oils for your brew:

- 10-15 drops Purification
- 5 drops Lemon

#### Directions

1. Combine essential oils with ¼ cup witch hazel in an 4-ounce glass bottle.
2. Top off with distilled water.
3. Shake well before each use. Spritz this brew on curtains, carpets, and anything else that could use some freshening up or whenever you need a little magic around!



### Accio Fall Spray

Summon this sweet aroma to get in the spirit of the fall season! For this brew you will gather the following:

- 6 drops Cinnamon Bark
- 5 drops Nutmeg
- 10 drops Tangerine or Orange

#### Directions

1. Combine essential oils with ¼ cup witch hazel in an 4-ounce glass bottle.
2. Top off with distilled water.
3. Shake well before each use. Spritz around to attract the season of candy and cauldrons!



## Roller Recipes

### Reparo Roller

Sour tummy got you staying home from your visit to Hogsmeade? Use this magic roller recipe for quick relief!

- 10-15 drops Digize
- 5 drops Peppermint

#### Directions

1. Combine essential oils with your favorite liquid carrier oil (i.e. V-6 complex, jojoba, fractionated coconut oil, almond, avocado, etc.) in a 10 ml glass roller bottle.
2. Leave a little space to apply the roller bottle without spillage.
3. Rub directly onto your stomach as needed.



### "Nearly Headless Nick" Roller

Ever felt like your head was going to explode? Maybe you've wished it was no longer attached? Try this hocus pocus magic combo!

- 15 drops Panaway
- 8 drops Peppermint

#### Directions

1. Combine essential oils with your favorite liquid carrier oil (i.e. V-6 complex, jojoba, fractionated coconut oil, almond, avocado, etc.) in a 10 ml glass roller bottle.
2. Leave a little space to apply the roller bottle without spillage.
3. Apply this blend to your forehead, temples and back of neck and INHALE! Use as needed.



### Dragon Tamer Roller

'Monthly Dragon' got a hold of you? It's hard to stay calm, manage the roller coaster of emotions, and keep it together during that time of the month. But not with this blend!

- 15 drops Dragon Time
- 5 drops Lavender

#### Directions

1. Combine essential oils with your favorite liquid carrier oil (i.e. V-6 complex, jojoba, fractionated coconut oil, almond, avocado, etc.) in a 10 ml glass roller bottle.
2. Leave a little space to apply the roller bottle without spillage.
3. Roll onto lower abdomen as needed.



### Rox The Nasties

If only there was a spell that could save you from those sniffles during the change of seasons or help you extinguish that nagging tickle in your throat. There might not be an incantation to chant but this diffuser combo is pretty darn close!

- 4 drops Thieves
- 2 drops Lemon

This killer combo will have you back to your normal self in no time!



### Brave at Heart

Who doesn't need some courage before facing uneasy situations like saving the wizard world... or getting on stage with the sorting hat? This diffuser combo will be your secret weapon.

- 4 drops Valor
- 2 drops Copaiba

Set yourself up for a successful day. May bravery be on your side!



### Quidditch World Cup

'Tis the season for cheering on your favorite team. Enjoy this sweet and earthy aroma while you relax on the couch with your favorite snacks and sports team. Simply combine the following and diffuse away:

- 2 drops Lemongrass
- 2 drops Lavender
- 2 drops Geranium
- 2 drops Spearmint
- 2 drops Tangerine



## Diffuser Recipes .....

### Pumpkin Pasties

Power on your diffuser with this seasonal blend, blast the fireplace, and invite your friends over for a glass of Pumpkin Cider or some Butterbeer!

- 2 drops Cinnamon Bark
- 2 drops Cardamom
- 1 drop Ginger
- 3 drops Thieves



## Potions .....

### Episkey Rub

Need a bit of sore muscle support after a long day of fighting evil and waving your wands? Try this! What you'll need:

- Glass container
- 1 cup coconut oil
- 5-10 drops Panaway
- 2 drops Peppermint
- 3 drops Frankincense

#### Directions

1. Whip the coconut oil with an electric mixer and scoop into the glass container.
2. Stir in essential oils and rub onto sore muscles as needed.



## Potions .....

### Furnunculus Potion

Does your skin need extra TLC? Are you cursed with Furnunculus (the Pimple Jinx)? Let's get your skin all mended with the following mixture. What you'll need:

- Alcohol-free witch hazel
- Glass container
- 5-10 drops Purification
- 5-10 drops Frankincense
- 5-10 drops Lavender

#### Directions

1. Pour the witch hazel into your glass container and add a total of 15-30 drops (about 5-10 of each oil).
2. Shake before each use; then apply to a cotton round or ball to use on your face both morning and night.
3. Follow up with your favorite moisturizer.



### Sloo Powder

On days where you may have a little 'wizard cap hair' try this easy DIY dry shampoo to help tame the beast. What you'll need:

- Small glass container
- Old makeup brush
- ¼ cup arrowroot powder\*
- ½ cup cocoa powder (to add a bit of color)\*
- 5 drops Lavender or Rosemary

*\*Use 2 tablespoons of both arrowroot powder and cocoa powder for darker color.*

#### Directions

1. In the glass container add the arrowroot powder and essential oil of choice; mix well.
2. Add cocoa powder slowly to desired root color.
3. Using an old makeup brush apply directly to roots at night and rub in.
4. Brush out any remaining powder the next morning and style as usual.



## Food Recipes .....

### Healthy Butterbeer Smoothie Recipe

Make a homemade Butterbeer Smoothie and feel the magic! This easy smoothie recipe tastes like the Butterbeer sold at Hogsmeade but it's sugar-free and vegan!

#### STEP 1: Vegan Caramel Sauce

##### Ingredients

- 1 cup dates
- ¼ cup cashews (roasted or raw)
- 1 cup almond milk
- 1 ½ tsp vanilla extract
- ¼ tsp sea salt

#### Directions

1. Place dates and cashews in a bowl or large Mason jar. Cover with 1 cup of hot (nearly boiling) water and allow to sit for 1 hour or overnight to soften.
2. Drain dates and cashews well.
3. Blend together dates, cashews, almond milk, vanilla, and salt until smooth and creamy.
4. Refrigerate caramel sauce until you are ready to make smoothies.

#### STEP 2: Butterbeer Smoothie

##### Ingredients

- ½ cup almond milk
- ½ cup frozen banana (about ½ large banana)
- ¾ tsp vanilla
- 1 drop Cinnamon Bark Vitality
- 1 drop Nutmeg Vitality
- 2 Tbsp vegan caramel sauce
- 2 ice cubes (optional: make frozen almond milk cubes and use those)

#### Directions

1. Combine all ingredients in a blender and process until smooth.
2. Pour 2 Tbsp caramel sauce down the sides of a glass and top with smoothie mixture.
3. Enjoy!



### Hocus Pocus Pumpkin Cider

#### Ingredients

- 1 ½ cups apple juice or apple cider
- 3 Tbsp canned pumpkin puree
- 1 Tbsp maple syrup
- ½ tsp pumpkin pie spice
- 1 drop Cinnamon Bark Vitality

#### Directions

1. Combine pumpkin puree and pumpkin pie spice in a small sauce pan; heat and stir until warm and fragrant.
2. Slowly stir in apple juice or cider until well combined.
3. Heat and stir until warm but not boiling. Remove from heat.
4. Let it cool a bit and add one drop of Cinnamon Bark Vitality.
5. Pour into mugs and garnish with apple slices.
6. To serve the pumpkin cider cold: cool to room temperature then chill in the refrigerator until ice-cold. Shake well to combine before serving.



Mischief Managed!!