DIY Lavender Bath Melts

Ingredients

- 1 cup shea butter or cocoa butter
- 1 tablespoon almond oil
- 20 drops YL Lavender essential oil
- Optional: lavender petals
- Silicone mold

Directions

- In a double boiler, melt shea butter (or cocoa butter) and almond oil on medium heat
- 2. Once everything is fully melted, remove from the heat and allow to cool for a few minutes before adding the essential oil.
- 3. When the mixture is no longer piping hot, add up to 20 drops of YL Lavender essential oil and mix well (add lavender petals at this point if using).
- 4. You can now pour the mixture into your silicone mold tray and allow to cool and solidify.

cool Lavender to cool and

DIY Throat Spray

Ingredients

- · 2 oz. distilled water
- 1 oz. Thieves Mouthwash (optional; if using mouthwash reduce water to 1 oz.)
- 1 teaspoon honey (optional)
- 5-10 drops YL Thieves Vitality essential oil
- 5-10 drops YL Lemon Vitality essential oil

Directions

- 1. Add water and mouthwash (if using) to a 2 oz. glass spray bottle.
- 2. If desired, add 1 tsp honey and shake well.
- 3. Add 5-10 drops each YL Thieves and Lemon Vitality essential oils.
- 4. Use 1-2 sprays as needed inside the throat. Shake well before each use.



DIY Whipped Body Butter

Ingredients

- 1/2 cup coconut oil
- 1/2 cup shea butter
- 1/2 cup cocoa butter
- 1 teaspoon vitamin E oil
- 20 drops YL Lavender essential oil or any combo of oils of your choice

Directions

- 1. In a glass measuring cup add shea butter, cocoa butter, coconut oil, and vitamin E oil.
- Place glass measuring cup in saucepan, add water to the bottom. Heat on low until mixture is melted.
 *It's important not to place the oil over direct heat and allow it to melt slowly. It should only take a few minutes. Stir well to combine.
- 3. Once melted, remove from heat and allow to cool to room temperature for about 10 minutes. Add essential oil(s); stir to combine.
- 4. Place container in freezer for about 10 minutes until mixture is firm. The outer edges should appear lighter in color and be slightly soft to the touch in the center.
- 5. Remove from the freezer and whip for 3-5 minutes. You may need to pause and scrape down the edges. If your mixture seems too soft, return to the freezer for a few minutes and whip again. PRO TIP: Place your whisk in the freezer before mixing!
- 6. Store in a glass jar or air-tight container.

Oil-Infused Honey

Ingredients

- 1/4 cup honey
- 5-8 drops YL Cinnamon Bark Vitality, Lemon Vitality, or Thieves Vitality essential oil

Directions

- 1. Place honey into an air-tight 2 oz. glass jar.
- 2. Add oil of choice and stir well.
- 3. Enjoy in hot tea, warm water, or by itself.







DIY Beard Oil

Ingredients

- 2 oz. glass dropper bottle
- Carrier oils of your choice (V-6, jojoba, sweet almond, coconut, etc.)
- 20-40 drops of essential oil (see suggestions below)



Directions

- 1. Add essential oils such as Shutran, Cedarwood, Northern Lights Black Spruce, Eucalyptus, Lavender, Peppermint, Pine, Rosemary, Sage, or any others you prefer to bottle.
- 2. Fill to just below neck of bottle with carrier oil. Use a funnel if necessary. You can use just one carrier oil or a combo of oils.
- 3. Mix together and seal tightly; store in a cool, dry place.

Usage

Put 2-3 drops in your palm and rub through your beard to smooth flyaways and add shine. Remember to avoid your mouth and nostrils—unless you want them to shine too.

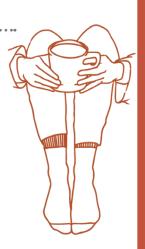
Holiday Hot Cocoa

Ingredients

- 4 cups unsweetened almond milk (or other milk of your choice)
- 8 tablespoons unsweetened cocoa
- 1 teaspoon vanilla extract
- 4 teaspoons honey, or more to taste
- 4 drops YL Lavender, Peppermint, Orange or Cinnamon Bark Vitality essential oil

Directions

- 1. Heat 4 cups of milk in a saucepan on medium-high heat.
- 2. Add 8 tablespoons unsweetened raw cocoa, 1 teaspoon vanilla extract, and 4 teaspoons honey; whisk until smooth.
- When warm, remove from heat and stir in 4 drops Vitality essential oil of choice.
- 4. Serve and enjoy!



Overnight Face Serum

Ingredients

- 2 oz. glass dropper bottle
- Carrier oils of your choice (V-6, jojoba, sweet almond, coconut, etc.)
- 20 drops YL Frankincense essential oil
- 10 drops YL Lavender essential oil
- 10 drops YL Lemon essential oil

Directions

- 1. Add essential oils to bottle.
- Fill to just below neck of bottle with carrier oil. Use a funnel if necessary. You can use just one carrier oil or a combo of oils.
- 3. Mix together and seal tightly; store in a cool, dry place.

Usage

Shake bottle gently to mix. Put a dime-size amount in the palm of your hand and apply to face and neck before bed.

Sweet Potato Puppy Muffins

Ingredients

- · Coconut oil, to grease muffin tin
- 1/2 cup sweet potatoes (peeled, cooked, and mashed)
- 1/2 cup peeled and finely grated carrot, lightly packed
- 1 egg
- 1/4 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon

Directions

- 1. Preheat oven to 350°F and grease a mini muffin tin with coconut oil. Set aside.
- 2. Place all ingredients in a mixing bowl. Using a spoon, thoroughly combine.
- 3. Spoon the mixture into the muffin tin, filling all the way up. They will not rise.
- 4. Bake for 30 minutes.
- Let muffins cool for about 5 minutes and then carefully transfer to a wire rack to finish cooling.
- 6. Store in the refrigerator in an airtight container for up to 3 days.



Winter Smooth Hand Scrub

Ingredients

- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 teaspoon V-6 Vegetable Oil Complex (from YL)
- 1/3 cup olive oil
- 10 drops YL Lavender essential oil or other essential oil(s) of your choice

Directions

- 1. Place all ingredients into a plastic bag and seal.
- 2. Knead bag to mix ingredients.
- 3. Empty contents into an 8 oz. Mason jar.

