

Gift Giving For Her

Diffuser Jewelry

List one person you know who would love new, beautiful diffuser jewelry and an oil to pair with it.

Name: _____ Oil: _____

DIY Perfume

List three women you know who would be perfect for these scents.

① Bon Vivant - "Somebody who loves life." _____

② Rilassante - "Relaxing" _____

③ Amor - "Love" _____

Which recipe would YOU try? 

Favorite Oils for Her

- ① Clary Sage: creates a calm and relaxing environment
- ② Dragon Time: can help promote feelings of stability and calm during cycles of moodiness
Amor - "Love"
- ③ Lavender: has a scent that's a wonderful blend of fresh, floral, clean, and calm; perfect for a calming scent in the diffuser or in your daily moisturizer.

My Wish List

Bath Soak

- 2 bags Chamomile tea
- 1 c powdered milk
- 1/4 c cornstarch
- 1/4 c baking soda
- 10+ drops of your favorite essential oil (or to preference)

Directions

- Mix dry ingredients & whisk in essential oil until smooth.
- Add mixture to jar & allow to "marinate" for 24 hours.



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Energizing Body Scrub

- 1 cup granulated sugar
- 1-2 bags worth of peppermint tea
- 1/4-1/2 cup Jojoba Oil Pure
- 15 drops Orange Essential Oil
- 3 drops Cypress (optional)
- 1/4-1 teaspoon Beet Juice (for pink coloring - optional)

Directions

Mix into jar and use as needed.



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