

XOXO



Essential Oils

Embrace Love Rollerball

Add 3-4 drops to a 10 ml roller bottle and top off with Fractionated Coconut Oil.

Frankincense

Geranium

Lavender

Ylang Ylang

Apply to the back of the neck and over your heart.

Roll on hands, cup and inhale.

Love Potion 10ml Rollerball

20 drops Ylang Ylang

10 drops Bergamot

10 drops Grapefruit

Fill the rest of the 10ml rollerball with Fractionated Coconut Oil. Apply along spine, lower abdomen.

Sensual Massage Blend

2 drops Ylang Ylang

1 drop Sandalwood

1 drop Ginger

1 drop Wild Orange

Add to 2 T. of lotion or massage oil.

Apply to neck, spine, arms, and legs.

Sweetheart Diffuser Blend

3 drops Wild Orange

2 drops Ylang Ylang

2 drops Lavender

Perfect Night Diffuser Blend

4 drops Passion

2 drops Lemon



Heart Shaped Bath Bomb

1 box of baking soda
1 C. of citric acid
1 C. of cornstarch
Sweet almond, jojoba or olive oil
Lavender Oil
Food coloring
Heart mold

In a big bowl combine baking soda, citric acid, and cornstarch. Mix until well incorporated. Add 3 T to 1/4 C. of oil and mix. Use a fork to help mix better. Continue adding oil about a tablespoon at a time until your mixture easily stays together when you squish it together in your hand. Add a few drops of food coloring and oil - mash together. The more you blend the more uniform color you will get. Pour some of your mixture into your mold. Mash really well. Allow to sit in the mold for around 10 minutes and then smack it upside down into something you don't mind getting greasy. The shape should easily pop out BUT it will be easy to crumble at this point. Don't touch it! The bombs will take 1-3 days to completely harden. (Source: <http://momspark.net/heart-shaped-bath-bomb-tutorial>)

Heavenly Bath

2 drops Ylang Ylang
2 drops Juniper Berry
3 drops Lavender
1 drop Clary Sage

Combine with 1/2 cup Epsom salt. Enjoy!

Aphrodisiac Diffuser Blend

1 drop Siberian Fir
1 drop Cinnamon
1 drop Patchouli
1 drop Rosemary
1 drop Sandalwood
1 drop Ylang Ylang

(Source: <http://radiantlivingonline.com/>)

Homemade Chocolate Haystacks

2 cups Organic sugar
1/2 cup Unsalted butter or coconut oil
1/2 cup Coconut milk (or almond)
1/3 cup Unsweetened cocoa powder
2 cups Organic sugar
3 1/2 cup Organic oats
1/3 cup Unsweetened shredded coconut
1/4 tsp Pink Himalayan salt
1/2 tsp Vanilla
1 drop dōTERRA Cinnamon (can also use 2 drops Citrus Bliss OR 2 drops Peppermint)

In a saucepan, combine sugar, butter, coconut milk, cocoa. Bring mixture to a hard boil. In the meantime, combine oats, shredded coconut, salt, vanilla, and essential oils in a medium mixing bowl. Once the sugar mixture is at a hard boil, remove it from heat and pour into medium mixing bowl with oats. Mix well. Drop mixture into cookie sheet by tablespoons. Let cool completely. Enjoy! (Source: [Http://rootedinhealth.ca/2012/12/gluten-free-chocolate-haystacks](http://rootedinhealth.ca/2012/12/gluten-free-chocolate-haystacks))

Honey Suckers

1 cup Sugar
1/3 cup Honey
2 tablespoons Water
5 drops dōTERRA Wild Orange essential oil
Hard candy sucker molds or silicone sheet
Sucker sticks
Candy thermometer

1. Place the sugar, honey, and water into a medium/large pan.
2. On medium heat, stir ingredients together with a wooden spoon until sugar has dissolved.
3. Once the sugar is dissolved, place the candy thermometer in your pan and allow it to come to a boil. Let it boil until it reaches 295 degrees Fahrenheit, or the hard crack stage.
4. While the candy is boiling, prepare your candy molds by spraying with non-stick spray and adding the sucker sticks. Add sprinkles to the mold if desired.
5. Immediately after the candy reaches the hard crack stage, pour into a heat-resistant measuring cup. Add essential oil and stir. Note: The mixture is VERY HOT. Be careful not to burn yourself.
6. Carefully pour the mixture into your candy molds.

Store in plastic wrap or in decorative bags.

(Source: dōTERRAblog.com/diy-honey-suckers/)

Chocolate Truffles

1 package of Oreo Cookies, divided
1 package of Cream Cheese (8 oz), softened
5-8 drops of Peppermint essential oil
1 package Chocolate melting wafers (16 oz.)

1. Place a long sheet of wax paper over a cookie sheet
2. Place all but 3 Oreos in a food processor (entire cookie; don't remove cream filling) and pulse until finely crushed.
3. Pour crushed Oreos into a mixing bowl along with cream cheese and peppermint essential oil. Combine and stir until well mixed. Scoop mixture out, and form into 1 inch balls.
4. Line truffle balls on the prepared cookie sheet. Place truffles in freezer for 10 minutes. Meanwhile, crush the remaining 3 Oreos.
5. Melt chocolate wafers according to the directions on the package. Remove the truffles from the freezer, and dip them into the melted chocolate. Evenly coat the truffles, and allow the excess chocolate to run off. Return truffles to the baking sheet, and immediately sprinkle the tops with the remaining crushed Oreos. Allow chocolate to set, store in refrigerator with lid.

IQ Mega French Toast

1 Egg
1/4 cup Almond milk
1 teaspoon IQ Mega
Sprinkle of Cinnamon
4 slices Whole wheat or gluten-free bread

Put ingredients, except bread, in shallow bowl and mix well. Dunk each slice of bread on both sides and then cook on skillet over medium heat.

Serve with favorite toppings.

(Source: dōTERRA Blog Book)

Strawberry Coconut Creams

1 pound Strawberries
1 (5.3 oz) Coconut Greek yogurt
1 drop Wild Orange essential oil

Add essential oil to yogurt and stir. Hull strawberries and fill with yogurt mixture. Desired toppings such as granola, sliced almonds, or chocolate sprinkles. It is fun to put all the strawberries on a wooden stick and serve like kabobs.

(Source: <http://dōTERRAblog.com/essential-recipe-strawberry-coconut-creams/>)