



DIY Wellness

<p>More Mojo Massage Oil</p> <ul style="list-style-type: none"> • 2 oz. dropper bottle • 2 oz. liquid carrier oil (sesame, avocado, etc.) • 10 drops Peppermint • 10 drops Sacred Mountain or Valor 	<p>Funky Foot Detox Soak</p> <ul style="list-style-type: none"> • 1 cup epsom salts • 10 drops Peppermint • 10 drops Rosemary <p>Mix well and add to warm water. Soak for 15-20 minutes. Can be made ahead and stored in a glass jar.</p>
<p>Whipped Dream Cream</p> <ul style="list-style-type: none"> • ½ cup coconut oil • 2 T liquid oil (sesame, avocado, etc.) • 18 drops Melrose • 18 drops Lavender <p>Use mixer to whip coconut oil and liquid oil. Gently stir in essential oil until well mixed. Store in glass jar. Substitute other oils to suit your mood. (Try Frankincense and Lavender!)</p>	<p>Moxie Mama Bath Wash</p> <ul style="list-style-type: none"> • ½ cup liquid castile soap • ¼ cup olive oil • ¼ cup distilled water • 10 drops of essential oil <p>Pour all ingredients into a glass jar for storage. Shake to mix well before each use.</p> <p>Use your favorite scent or combination, here are a few ideas:</p> <p>Joy & Lemon – Uplifting Orange & Peppermint – Energizing Thieves – Detoxifying Citrus Fresh - Refreshing</p>
<p>Angel Face Astringent</p> <ul style="list-style-type: none"> • 1 cup distilled water • ¼ cup apple cider vinegar • 10 drops essential oil (like Lemon, Lavender or Melaleuca) <p>Mix well in small glass jar, use a cotton ball to apply. May also be used weekly on hair to remove product build-up.</p>	<p>Catch Some ZZZs Bedtime Rub</p> <ul style="list-style-type: none"> • ½ cup coconut oil • 12 drops Lavender • 12 drops Cedarwood • 12 drops Peace & Calming <p>Whip ingredients well and store in a glass jar.</p>





DIY Wellness

<p>Ouch Away Healing Salve</p> <ul style="list-style-type: none"> • 4 – 4 oz. glass mason jars • 1 cup coconut oil • 1 cup olive oil • 4 TBSP beeswax pastilles <p>Use a double boiler to melt the coconut oil, olive oil and beeswax in a warm bath, stirring with a knife ever few minutes until melted. This will take about 15 min, you want to heat these ingredients slowly.</p> <p>Add the following to each jar:</p> <ul style="list-style-type: none"> • 10 drops Lavender • 8 drops Lemon • 6 drops Melaleuca <p>Cool slightly then pour the melted mixture into 4 oz. jars and stir gently to distribute the oil. Cover the tops of the jars with paper towels until completely cooled.</p> <p>This salve can be used to soothe welts, burns, bug bites, chapped lips, diaper rash, cuts/ scrapes and is a great all around moisturizer.</p>	<p>Living the Life Lotion Bars</p> <ul style="list-style-type: none"> • 1 cup coconut oil • 1 cup shea butter • 1 cup beeswax • 4 capsules vitamin e (optional) • 20-30 drops of essential oil (add more or less if you desire lighter or stronger scent). <p>Place all ingredients except essential oils into double boiler on the stove. Heat over medium heat and stir until melted. Remove from heat and allow to cool slightly. Stir in essential oils, mix well. Pour the mixture into forms (silicone molds work really well and come in a variety of fun shapes, but muffin cups work well too). Cool until the bars harden (it's okay to use a refrigerator to speed the process along) then transfer to a zip top bag or other sealed container.</p> <p>Here are a few of our favorites: Frankincense - elevates mood, calming Orange - uplifting, refreshing Peppermint - energizing Lavender – soothing</p>
<p>Cough & Crud Vapor Rub</p> <ul style="list-style-type: none"> • 2 TBSP coconut oil • 6 drops Lemon • 6 drops Peppermint • 10 drops R.C. • 3 drops Raven • 2 drops Thieves <p>Mix well and transfer to a small glass jar for storage. Keep in a cool place. Apply as needed to chest, back and feet.</p>	<p>Sore No More Muscle Rub</p> <ul style="list-style-type: none"> • 1 cup coconut oil • 10 drops PanAway • 10 drops Valor • 10 drops Peppermint • 10 drops Frankincense <p>Add essential oils to coconut and mix well. Transfer to a glass jar for storage. (Hint: Mixers are handy for whipping the coconut oil)</p>

