

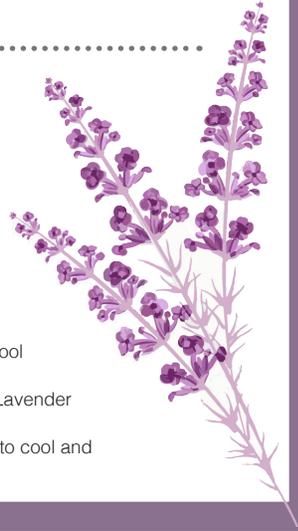
## DIY Lavender Bath Melts

### Ingredients

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

### Directions

1. 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.



## 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.
2. 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.



## 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.



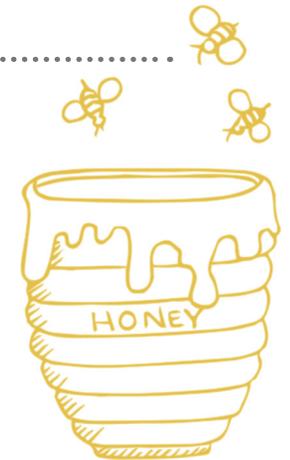
## Oil-Infused Honey

### 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.





## Winter Smooth Hand Scrub

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### 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.

