



# AROMATHERAPY

## *Lovely "foot tea" for a wonderful soak*

### Ingredients:

- ½ cup Baking Soda
- 1 Thinly sliced Lemon (keep a few extra out of the sachet)
- 1 Bunch of Fresh Mint

In 1 medium bowl mix the lemon and fresh chopped mint placing in a 12" cheese cloth or a coffee filter. Pull the corners together with a rubberband. Place the sachet in a bowl of hot water, let steep for 5 minutes. Make sure you squeeze the sachet after steeping to obtain all of the lemon mint benefits. You can store this mixture up to 24 hours before use.

When you're ready fill a foot bath with cool water and add the baking soda, tea mixture and extra slices of lemon. Soak for 10 minutes and your feet and legs will feel invigorated!



# AROMATHERAPY

## *Honey & Spice Bath Soak*

### Ingredients:

- ½ cup Baking Soda
- 2 Tbsp. Honey
- 6 drops of Cinnamon Essential Oil
- 4 drops Ginger Essential Oil
- 3 Drops Clove Essential Oil
- ½ cup Epsom Salt

Blend all ingredients together well and add to your nice warm bath. Relax in a nice "spicy" bath, the soak contains many antibacterial and antiseptic qualities. This is a wonderful soak to warm your body on a chilled day.



# AROMATHERAPY

## *Warm Healing Herbal Spa Soak*

### Ingredients:

- ½ cup Epsom Salt
- 2 drops of Peppermint Essential Oil
- 5 drops Tea Tree Essential Oil
- 5 Drops Sage Essential Oil

Blend all ingredients together well and add to your nice warm foot bath. You may also use this in a full body bath, simply double the recipe. Take 10 minutes for yourself to relax and refresh, this is a favorite to refresh your body. Plus, Peppermint Essential Oil helps with your digestive health even when you apply it topically as part of this soak. Tea Tree and Sage offer lovely anti-viral, anti-fungus, and anti-bacterial benefits to you well being.



# AROMATHERAPY

## *Brown Sugar Body Scrub*

### Ingredients:

- ½ cup Jojoba
- ½ cup Brown Sugar

Blend ingredients together and use as a wonderful Body Scrub. Massage over your body for 10 seconds then rinse off in the shower. After you dry off, apply Jojoba as you would a regular moisturizer this acts as a lovely natural moisturizer. Add a few drops of your favorite essential oil as a nice scent.





# AROMATHERAPY

## *Strawberry Salt Scrub*

### Ingredients:

- ½ cup Fresh Strawberries
- 1 Tbsp. Jojoba
- ½ Tsp. Salt

Begin by washing and removing the leaves from the strawberries. Then mash together the strawberries, jojoba, and salt. Apply to damp skin using a circular motion. Rinse and your skin will feel soft and smell lovely.



# AROMATHERAPY

## *Relaxing Lavender Bath*

*This bath is ideal before bedtime, as lavender promotes a restful sleep.*

### Ingredients

- 4 cups distilled water
- 3 Tbsp. jojoba
- 4 drops Lavender Essential Oil

Mix all of the ingredients thoroughly, then store in a sealed container until ready to use. Pour under hot running water, and enjoy this relaxing, indulgent soak.



# AROMATHERAPY

## *Breathe Easy*

*Help loosen congestion and breathe easier, with antibacterial and expectorant properties using Eucalyptus Essential Oil.*

**How to use:** Pour near-boiling water into a pot. Add a few drops of eucalyptus essential oil, turn off heat, and drape a towel over your head and the pot. Breathe for five minutes.

### *Additional helpful uses of Eucalyptus Oil*

- To remove sticker/decal residue from glass
- Add 1-2 teaspoonfuls to your laundry for a fresh scent along with the anti-microbial benefits
- Use it to help remove paint, grease and ink from clothes



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## *Peppermint Iced Tea*

- 4 decaffeinated green tea bags
- 1/4 c. Blue Agave (optional to add sweetness) or use a little Stevia
- 3 drops Peppermint essential oil
- 3 limes

In the bottom of a 64-ounce pitcher, pour agave and peppermint essential oil. Pour hot water over top and stir. Add tea bags and steep until it has a dark caramel color. Quarter limes. Fill serving glasses with ice and squeeze one lime slice in each glass. Pour tea over ice and garnish with a sprig of mint and serve.

