

Tips, Ideas & Recipes

Holiday Season

Vanilla Spice Diffuser Recipe

- 4 drops Vanilla
- 2 drops Cinnamon Bark
- 2 drops Clove
- 2 drops Tangerine

Add these drops to a water diffuser.

Enjoy



Candy Cane Lip Scrub

- 5 drops Peppermint
 - 5 drops Vanilla
 - 1/4 cup White Sugar
 - 1/4 cups Coconut Oil
- You can whip the coconut oil or just melt then add your sugar and essential oils, stir again. Store in a glass jar. Apply at night in a circular motion. Wipe off with a dry towel. Store in a glass jar.



Stress During the Holidays

Rest your mind and relax your body
Life doesn't make it easy to relax.
Between the demands of work and family and just life in general, we barely get time to breathe. Give yourself the gift of peace with these healthy items. A combination of this will help:

- ** Relaxation Massage Oil
- ** Stress Away Relaxing Bath Bombs
- ** Sacred Mountain essential oil
- ** Lavamint Softening Foot Scrub
- ** Stress Away Roll-On
- ** SleepEssence
- ** Release essential oil



Compliments of Oils First
www.shopoilsfirst.com

Winter Solstice Room Spray

- 10 drops each of
Thieves
Idaho Blue Spruce
Vanilla

Add essential oils to a 2 oz glass spray bottle, add a splash of witch hazel and top with water.

Spritz on all the things.



Holiday Spice Dryer Balls

Holiday Spice Wool Dryer Balls There's something about the smell of warm fresh laundry fresh from the dryer - especially when combining Thieves Laundry Soap and essential oil infused wool dryer balls!

- Organic wool dryer balls
- Essential oils of choice: Christmas Spirit, Peppermint + Vanilla, Cinnamon Bark + Orange, Stress Away + Peppermint, Cardamom & Orange
- Add 4-5 drops of essential oils to each dryer ball.

Let the dryer balls air dry for about an hour or to speed up the process you can dry them alone. This will allow the oil to absorb into the wool and not transfer to your clothes. When it's time to dry your clothes - toss the dryer balls into the dryer with your clothing. Refresh the oils every 4-5 loads or more often if you prefer a stronger scent.



Fitness Wellness

Movement is important any time but especially when we are sitting around more, eating more, our bodies were made to move. Let's move them often.

Walking is enough - 15 minutes is a great place to start. After 4 days, do it twice.

- ** Powergize increase stamina
- ** Deep-Relief eo blend is great for muscles & joints after.



Compliments of Oils First

Unburden your Home

Cleaning your home with chemical-free products does so much for each family member's health. Start with *Thieves Household Cleaner*. it can replace so many products. Thieves® essential oil blend is a powerful combination of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary essential oils that fills any space with a rich, spicy aroma.

Get Enough Sleep

Get a full night of sleep. Experts recommend about 9 hours for teens and 7-8 hours for adults.

Sleep Essence
Lavendar ess oil
RutaVala ess oil
Tranquil roll-on

