

NOVEMBER OILS OF THE MONTH "WELCOME HOME" Collection (#67955)

PERSONAL CARE RECIPES

Ginger Body Scrub

Ingredients:

- 1 cup Raw Honey
- 5 drops Ginger Essential Oil
- 1 cup Raw Sugar

Directions:

In a glass bowl, mix the ingredients in the order listed above. Then, pour into smaller jars, such as baby food jars, to store or give as gifts. Ginger oil can be warm; this is a body scrub not a face scrub.



*Ginger is one of the most highly valued spices in the world. Not only does it give food a unique spicy peppery flavor, but it's also renowned for its healing properties.**

Air Travel Tummy Spray

Ingredients:

- 5-8 drops Ginger Essential Oil
- 2 oz. Water

Directions:

In a 2 oz. misting bottle, add water first then add essential oil. Spray around your body with your eyes closed right before and after you fly. This recipe is also great for an icky morning stomach.

Spicy Air Freshener

Ingredients:

- 5 drops Cinnamon Essential Oil
- 5 drops Ginger Essential Oil
- 1 drop Clove Bud Essential Oil (optional)
- 5 drops Orange, Sweet Essential Oil (optional)
- 4 oz. Water

Directions:

In a 4 oz. misting bottle, add water first then add essential oils. Shake well and spray into the air avoiding furniture; just to be safe. The scent will make visitors feel right at home.



*Cinnamon is considered a warming remedy, traditionally used to support digestion, circulation and immunity function. It may also be helpful in addressing minor pain.**



Black Friday Ginger Bath Salts

Ingredients:

- 1/2 cup Dead Sea Bath Salts, Unscented
- 2-3 drops Ginger Essential Oil

Directions:

Mix oil and bath salts well, then add to your bath and mix in well before getting in. This bath is great for sore muscles, when you're feeling achy from a cold or flu, or even after shopping too much!

Winter Blues Diffuser Blend

Ingredients:

- 5 drops Cinnamon Essential Oil
- 5 drops Ginger Essential Oil

Directions:

Pre-mix oils in a separate bottle, or just pour the oils one after the other in your diffuser. Only diffuse for 5 minutes at a time and never directly near children or where it can get into your eyes. This blend will give your home a potpourri aroma and help ease winter blues.



FOOD RECIPES

Easy Eggnog

Ingredients:

- 1 cup Raw Cashews
- 1/4 cup Dates, pitted
- 1/2 tsp. Vanilla Extract
- 1 cup Water
- 1 touch Cinnamon Essential Oil

Directions:

Blend all ingredients, except essential oil, until smooth and creamy. Then, stir in 1 touch of Cinnamon Essential Oil with a toothpick, adding in a little at a time. Makes 2 servings and should be served immediately.



Green Smoothie

Ingredients:

- 2 Bananas, peeled
- 2 Oranges, peeled
- 1 Apple, cored and chopped
- 2 cups packed Spinach
- 1/2 cup Water
- 1 tbsp. Lemon Juice
- 1 to 2 touches of Cinnamon Essential Oil

Directions:

Blend all ingredients, except essential oil, in a high-powered blender until very smooth. Then, stir in 1 or 2 touches of Cinnamon Essential Oil with a toothpick. Serve immediately.

No Bake Gluten-Free Apple Crisp

Apple Filling Ingredients:

- 5 large Apples
- 2 tbsp. Lemon Juice
- 5 tbsp. Grade B Maple Syrup
- 1-2 touches of Cinnamon Essential Oil
- 2 tbsp. Raisins or Cranberries, dried

Topping Ingredients:

- 1 cup Walnuts or Pecans
- 1 cup Shredded Coconut, unsweetened
- 1/4 cup Dates, pitted
- 1/4 tsp. Salt

Directions:

In the maple syrup, using a toothpick, mix in essential oil. Then, pulse all of the filling ingredients in your food processor, making sure to chop up and coat the apples well. Put apple filling in a buttered square dish. Add all topping ingredients into processor and pulse until crumbly. Spread topping over apples and serve.

 **Youngevity**
ESSENTIAL OILS



Easy Ginger Tea

Ingredients:

- 1 tbsp. Raw Honey
- 1 drop or a few touches of Ginger Essential Oil
- 1 tbsp. Lemon Juice or Apple Cider Vinegar, raw
- 1 cup Hot Water

Directions:

In a mug, first add the lemon juice or apple cider vinegar. Then, in the tbsp. of honey, mix in essential oil and let your spoon sit in your mug while you pour your hot water in your mug; stirring with honey spoon until honey has melted into the water. Great first thing in the morning!

Fresh Cranberry Orange Chutney

Ingredients:

- 1/4 cup Dates, pitted
- 1 Orange, peeled
- 1 tsp. Honey
- 1-2 touches of Cinnamon Essential Oil
- 1-2 touches of Ginger Essential Oil
- 2 cups Fresh Cranberries
- 1/2 cup Walnuts or Pecans (optional)

Directions:

Pulse dates and orange in a food processor (using the S blade) until the dates are the size of raisins. Then, add honey and essential oils (using a toothpick to add in oils), and pulse for 5 seconds allowing honey and oil to mix well. Lastly, add in your cranberries and optional nuts and pulse slowly, only for a short period of time until cranberries are chopped up; be careful not to over process.