



PLANT THERAPY®
100% PURE ESSENTIAL OILS

DIY
HOLIDAY
Recipe
COLLECTION
2017

PLANT THERAPY®
PURE CARRIER OIL

organic
Hemp Seed Oil
Cannabis sativa

Net 4 fl. oz. (118 mL)

Organic Pure
Carrier Oil - Pure Carrier Oil - Pure

Season's Greetings...

and warm wishes for a happy
new year from Plant Therapy!

One of the real joys during the
holiday season for us is the
opportunity to say thank you and
wish you, our Plant Therapy
customer, the joy of family, the gift
of friends, and the very best for the
new year. We appreciate our
customers. We are grateful for the
recipes, knowledge, and insights
you share with us and our
Plant Therapy customer family.



PLANT THERAPY®
100% PURE ESSENTIAL OILS



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CRAFT
corner



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DIFFUSER blends



The holidays are a time to warm our hearts in the presence of family and friends while celebrating traditions, gathering around the table overflowing with our favorite foods, and relishing the sweetness of laughter among friends. Bright and uplifting aromas of Grapefruit Pink and Orange Sweet mingle with Chamomile Roman complete our **Christmas Morning Mimosa**; the perfect mix to capture the refreshing, relaxing, and uplifting experience inspired by a traditional brunch favorite—the mimosa!

WHAT YOU WILL NEED

- ☐ 5 drops **Grapefruit Pink**
- ☐ 1 drop **Chamomile Roman**
- ☐ 2 drops **Orange Sweet**

WHAT YOU WILL DO

1. Add essential oils to diffuser.
2. Diffuse 30-60 minutes.



MORE RECIPES

INSTRUCTIONS:

Add essential oils to diffuser and diffuse 30-60 minutes.

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WINTER SLEIGH RIDE

What you will need

- 3 drops **Fir Needle**
- 3 drops **Cedarwood Texas**
- 3 drops **Cypress**

KidSafe®

MERRY & BRIGHT

What you will need

- 3 drops **Pine Scots**
- 2 drops **Fragonia**
- 1 drop **Orange Blood**

KidSafe®

CHRISTMAS SPIRIT

What you will need

- 4 drops **Orange Blood**
- 3 drops **Juniper Berry**
- 3 drops **Balsam Fir**

KidSafe®

BEAT THE WINTER BLUES

What you will need

- 5 drops **Bergamot**
- 2 drops **Black Pepper**
- 2 drops **Peru Balsam**

MAGICAL CHRISTMAS

What you will need

- 3 drops **Cinnamon Bark**
- 3 drops **Peppermint**
- 2 drops **Nutmeg**
- 2 drops **Orange Sweet**

TOAST TO THE HOLIDAYS

What you will need

- 7 drops **Mandarin**
- 3 drops **Clove Bud**
- 2 drops **Black Pepper**
- 2 drops **Chamomile Roman**

KidSafe®

SUNNY HOLIDAY

What you will need

- 3 drops **Cedarwood Himalayan**
- 3 drops **Lime Steam Distilled**
- 2 drops **Fragonia**
- 1 drop **Cardamom**
- 1 drop **Coriander Seed**

WINTER HARVEST

What you will need

- 4 drops **Cardamom**
- 3 drops **Orange Blood**
- 1 drop **Cinnamon Bark**
- 1 drop **Clove Bud**



INHALER BLENDS



With the hustle and bustle of the holiday season, it's easy to become a bit frigid and frazzled! Our **Cup o' Chillax** blend was crafted to create a winter wonderland oasis in the midst of holiday chaos — whether you are at home, work, or on the go. The rich aroma of Davana mingled with the warm scent of Cinnamon Leaf, robust Coffee, and the sweetness of Vanilla Oleoresin will have you chillin' in no time.

WHAT YOU WILL NEED



- | | |
|---|---|
| <input type="checkbox"/> 4 drops Davana | <input type="checkbox"/> 2 drops Coffee |
| <input type="checkbox"/> 4 drops Cinnamon Leaf | <input type="checkbox"/> 2 drops Vanilla Oleoresin |

WHAT YOU WILL DO

1. Place essential oils into a small bowl.
2. Add a clean inhaler **wick**.
3. Once the wick is saturated, place into the **aromatherapy inhaler** and cap tightly.



MORE RECIPES

INSTRUCTIONS:

Place essential oil mix into a small bowl. Add a clean inhaler **wick**. Once the wick is saturated, place into the **aromatherapy inhaler** and cap tightly.

STRESS FREE HOLIDAYS

What you will need

- 4 drops **Palo Santo**
- 2 drops **Love Vanilla Synergy**
- 2 drops **Grapefruit Pink**
- 1 drop **Cardamom**

CHRISTMAS BREAK

What you will need

- 6 drops **Orange Sweet**
- 4 drops **Cedarwood Atlas**
- 3 drops **Ginger Root CO2**
- 2 drops **Cinnamon Cassia**

KidSafe®

HOLLY MINT

What you will need

- 2 drops **Grapefruit Pink**
- 2 drops **Lemon**
- 2 drops **Lime**
- 2 drops **Mandarin**
- 2 drops **Orange Sweet**
- 1 drop **Spearmint**

KidSafe®

PEACE ON EARTH

What you will need

- 6 drops **Frankincense Carteri**
- 2 drops **Patchouli**
- 1 drop **Vetiver**
- 1 drop **Yuzu**

CHILL OUT

What you will need

- 5 drops **Orange Sweet**
- 4 drops **Bergamot**
- 3 drops **Cedarwood Virginia**
- 2 drops **Clary Sage**
- 1 drop **Palo Santo**

JOY TO THE WORLD

What you will need

- 3 drops **Allspice**
- 3 drops **Orange Blood**
- 3 drops **Vanilla Oleoresin**
- 2 drops **Chamomile Roman**
- 1 drop **Lemon**

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WISH UPON A STAR

What you will need

- 5 drops **Pine Scots**
- 3 drops **Palmarosa**
- 2 drops **Spearmint**
- 1 drop **Coriander Seed**

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TREES OF CHRISTMAS

What you will need

- 3 drops **Balsam Fir**
- 3 drops **Bergamot**
- 3 drops **Blue Cypress**



PERSONAL CARE PRODUCTS



Dry, rough, winter-worn skin can be revitalized and left feeling silky soft with our **Nourishing Winter Lotion**. Soothing Grapeseed and moisturizing Meadowfoam carrier oils are enriched with essential oils of Orange Sweet, energizing Peppermint, and restoring Vetiver to quench the thirst of winter skin while providing a calm and uplifting experience.

WHAT YOU WILL NEED



- | | |
|--|---|
| <input type="checkbox"/> ¼ cup emulsifying wax (white, waxy flakes) | <input type="checkbox"/> 54 drops Orange Sweet |
| <input type="checkbox"/> ½ cup Grapeseed Carrier Oil | <input type="checkbox"/> 27 drops Peppermint |
| <input type="checkbox"/> ¼ cup Meadowfoam Carrier Oil | <input type="checkbox"/> 18 drops Vetiver |
| <input type="checkbox"/> 2 cups distilled water (warmed to approximately 85° F) | <input type="checkbox"/> Glass jar or container |
| <input type="checkbox"/> 7 mL Optiphen Plus (approximately 1%)
Optiphen is recommended at 0.75-1.5% | |

WHAT YOU WILL DO

1. Fill half of pot with water and heat on low to medium; do not boil. Place glass container into pot.
2. Add emulsifying wax, melt slowly.
3. Add carrier oils, mix well, then remove glass container from pot.
4. Slowly add warmed water (85°F) while continually mixing. Continue mixing until mixture begins to emulsify and turn creamy (5-10 minutes).
5. After lotion has cooled, add essential oils and Optiphen Plus; mix again until blended.
6. Transfer final product to container(s).



REWIND TIME

WHAT YOU WILL NEED

- 2 ounces [Rosehip Carrier Oil](#)
- 5 drops [Geranium Bourbon](#)
- 5 drops [Sandalwood Australian](#)
- 5 drops [Frankincense Carteri](#)
- 3 drops [Carrot Seed](#)
- 2 ounce PET bottle or jar

WHAT YOU WILL DO

1. Add ingredients to the bottle and shake gently to blend.
2. Apply daily to face or affected area, gently massaging until absorbed.

Rewind Time helps reduce the appearance of fine lines and wrinkles. Avoid eye area.

WINTER BERRY MUSCLE & CHEST RUB

WHAT YOU WILL NEED

- 1 ounce [Healing Balm Organic](#)
- 8 drops [Juniper Berry](#)
- 4 drops [Balsam Fir](#)
- 4 drops [Peppermint](#)
- 4 drops [Spruce](#)

WHAT YOU WILL DO

1. Scoop 1 ounce of Healing Balm into a PET plastic container or glass jar.
2. Add essential oils and blend well.
3. Cap tightly to store.

Winter Berry Muscle and Chest Rub is an effective double-duty rub: therapeutic for “naughty” joints and muscles; “nice” when rubbed onto the chest for easy breathing.

EXTRA MARVELOUS MASSAGE OIL

WHAT YOU WILL NEED

- 1 ounce [Marvelous Massage Carrier Oil Blend](#)
- 4 drops [Frankincense Carteri CO2](#)
- 4 drops [Ginger Root CO2](#)
- 4 drops [Lavender Fine](#)
- 30 mL [bottle](#) or small container

WHAT YOU WILL DO

1. Pour all ingredients into the bottle.
2. Shake to blend thoroughly.
3. Massage over entire body or specific areas of concern.



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EXFOLIATING LOOFAH SOAP

WHAT YOU WILL NEED

- 6 inch loofah
- 6 - cavity round silicone or soap mold
- Rubbing alcohol (90%)
- 1 pound Melt and Pour Soap Base
- 20 drops [Bergamot](#)
- 10 drops [Patchouli](#)
- Dried flower pieces such as Calendula or Chamomile

WHAT YOU WILL DO

1. Cut loofah into one inch slices and place one slice in each cavity mold.
2. Spritz loofah with rubbing alcohol to help prevent air bubbles.
3. Melt soap base in double boiler or microwave, stirring often.
4. Stir in essential oils.
5. Gently fold in dried flowers.
6. Carefully pour into mold, completely covering loofah slice.
7. Allow to set until firm before removing from mold.

CLEANSING FOOT SOAK

WHAT YOU WILL NEED

- 1 cup Epsom salt
- 1 tablespoon [Almond Carrier Oil](#) (or carrier of choice)
- 2 drops [Chamomile Roman](#)
- 2 drops [Eucalyptus Globulus](#)
- 2 drops [Tea Tree](#)
- Glass jar with lid

WHAT YOU WILL DO

1. Blend ingredients together in glass jar.
2. Pour warm water (comfortable temperature for your feet) into foot bath or large bowl.
3. Stir in 1 tablespoon of Cleansing Foot Soak mixture.
4. Soak feet up to 15 minutes.



HOLIDAY GLOW FACIAL CREAM

WHAT YOU WILL NEED

- 2 ounces [Shea Butter](#)
- 1 ounce [Younger Glo](#)
- 10 drops [Bergamot](#)
- 8 drops [Sandalwood Australian](#)
- 4 drops [Fir Needle](#)

WHAT YOU WILL DO

1. With room-temperature Shea Butter, mix Shea Butter and Younger Glow together.
2. Add essential oils and blend well.
3. Store in an airtight container.

Use this moisturizing facial cream to repair dry, chapped, and weathered winter skin.

COLD WEATHER HAIR CARE

WHAT YOU WILL NEED

- 35 drops [Cedarwood Atlas](#)
- 19 drops [Rosemary 1,8 Cineole](#)
- 2 ounces [Argan Carrier Oil](#)
- 4 ounces [Hemp Seed Carrier Oil](#)
- 8 ounces bottle or airtight container

WHAT YOU WILL DO

1. Blend ingredients together.
2. Gently massage 1 - 2 teaspoons into hair and scalp, saturating ends.
3. Leave on 20-30 minutes.
4. Shampoo and rinse.

Cold Weather Hair Care can be used once or twice per week. A few drops may be applied to the ends of hair daily.



HANDMADE HOLIDAY gifts

festive FIRE starter

Get your “festive” on with this fun, easy project! Use the **Festive Fire Starters** in your fireplace or fire pit and enjoy the moment as the scent of Spiced Apple Cider wafts through the air. For a thoughtful homemade gift, place Starters in a cellophane bag tied with a decorative ribbon.

WHAT YOU WILL NEED

- ☐ 6 ounces **Beeswax Pearls**
- ☐ 20 drops **Spiced Apple Cider Holiday Blend***
- ☐ Cinnamon sticks, pine cones, pine needles, leaves, dry twigs, shavings
- ☐ 6 holiday cupcake liners
- ☐ Wax wick cut into 6 - 3 inch lengths



WHAT YOU WILL DO

1. Place cupcake liners into a muffin tin.
2. Place cinnamon sticks, pine cones, twigs, etc. into cupcake liners.
3. Put one wick in each liner and allow the excess wick to hang over cupcake liner edge.
4. Melt beeswax using a double boiler.
5. Remove from heat, add Spiced Apple Cider Holiday Blend.
6. Carefully pour mixture into liners, coating all contents in cupcake liner.
7. Allow to cool completely before removing from muffin tin.

*May substitute any of Plant Therapy's Holiday Blends.



CHRISTMAS CANDLE MELTS

WHAT YOU WILL NEED

- 3 ounces [Beeswax Pearls](#)
- 4 teaspoons [Jojoba Carrier Oil](#)
- 2 teaspoons [Shea Butter](#)
- 8 drops [Vanilla Oleoresin](#)
- 8 drops [Cinnamon Bark](#)
- 7 drops [Spearmint](#) or [Peppermint](#)
- Silicone mold(s)

WHAT YOU WILL DO

1. Melt beeswax and Shea Butter using a double boiler.
2. Add Jojoba Carrier Oil, mix well.
3. Remove from heat, stir in essential oils.
4. Carefully pour into mold(s).
5. Allow to set completely before removing from molds.
6. Store in an airtight container until ready to use.

TINGLY FOOT STICK

WHAT YOU WILL NEED

- ¼ ounce [Beeswax Pearls](#)
- 1 ounce [Shea Butter](#)
- ¾ ounce [Avocado Carrier Oil](#)
- ¼ ounce [Tamanu Carrier Oil](#)
- 10 drops [Tingly Mint Synergy](#)
- 10 drops [Lavender](#)
- 5 drops [Frankincense Carteri](#)
- One - 2 ounce twist tube

WHAT YOU WILL DO

1. Melt beeswax in a double boiler.
2. Add Shea Butter, Avocado Carrier Oil, and Tamanu Carrier Oil, stir until dissolved.
3. Remove from heat, mix in essential oils.
4. Carefully pour into twist tube and allow to harden.
5. Store in a cool place (can melt if exposed to heat).

Tingly Foot Stick is perfect for tired and aching feet with dry or rough skin. Soothing to irritated areas, simply rub on your feet, kick back, and relax.



BON BON BODY BUTTER

WHAT YOU WILL NEED

- 3 ounces [Cocoa Butter](#)
- 3 ounces [Shea Butter](#)
- $\frac{3}{4}$ cup carrier oil ([Fractionated Coconut](#), [Almond](#), [Jojoba](#), or [Evening Primrose](#))
- 5 drops [Candy Cane Holiday Blend](#)
- Six -1 ounce jars

WHAT YOU WILL DO

1. Using a double boiler on low heat, melt Cocoa Butter. When halfway melted, add carrier oils. Stir often until completely melted.
2. Add Shea Butter, turn heat off (mixture will continue to melt).
3. Stir often until Shea Butter is completely melted.
4. Remove from heat and allow to set 5-10 minutes.
5. Place in fridge until mixture develops a firm ring around edges (20-30 minutes).
6. Add essential oils, beat with hand mixer until mixture resembles the texture of frosting.
7. Spoon into a zip top bag, seal shut, and snip off one corner of bag.
8. Squeeze bag to “pipe” mixture into jars. Mixture will become firm as it cools.

AFTER THE SHAVE

WHAT YOU WILL NEED

- $\frac{1}{2}$ cup [Grapeseed Carrier Oil](#)
- 2 tablespoons [Meadowfoam Carrier Oil*](#)
- 1 tablespoon glycerin (optional) -for extremely dry skin)
- 15 drops [Lime Steam Distilled](#)
- 8 drops [Cedarwood Texas](#)
- 7 drops [Patchouli](#)

WHAT YOU WILL DO

1. Mix all ingredients well.
2. Rub a dime size amount between your palms and apply to the face after shaving.
3. Store unused portion in glass container in a cool, dry place. Refrigeration is ideal.
4. Meadowfoam Carrier Oil is not greasy, though it is thick.
Protective and rejuvenating to the skin, it has a stable shelf life.



EXOTIC ESCAPE BATH SALTS

WHAT YOU WILL NEED

- 2 tablespoons unscented, natural body wash
- 2 drops [Cardamom](#)
- ½ cup Epsom salts
- 1 drop [Orange Sweet](#)
- 2 drops [Ginger Root CO2](#)

WHAT YOU WILL DO

1. Add essential oils to natural body wash in a glass bowl, mix thoroughly.
2. Add Epsom salts, blend well.
3. Add mixture to bath under warm running water.
4. Soak, breathe deeply, and enjoy this restorative escape.

SCENT TO REMEMBER (SOLID PERFUME)

WHAT YOU WILL NEED

- 4 teaspoons [Beeswax Pearls](#)
- 48 drops [Sensual Synergy](#)
- 4 teaspoons [Almond Carrier Oil](#)

WHAT YOU WILL DO

1. Melt Beeswax Pearls in a double boiler.
2. Add Almond Carrier Oil and mix thoroughly.
3. Remove from heat and stir in Sensual Synergy.
4. Carefully pour into tin and cool until completely set.

MINT CHOCOLATE CHIP LIP SCRUB

WHAT YOU WILL NEED

- 1 teaspoon [Beeswax Pearls](#)
- 3 teaspoons sugar
- 1 ½ teaspoons [Cocoa Butter](#)
- 2 drops [Peppermint](#)
- 1 teaspoon [Jojoba Carrier Oil](#)
- 4 [lip balm tubes](#)

WHAT YOU WILL DO

1. Melt beeswax, butter, and Jojoba Carrier Oil in a double boiler.
2. Remove from heat, add sugar and Peppermint Essential Oil.
3. Pour into lip balm tubes, cool completely.



Grace
books
dollhouse
dress
roller skates
earrings
art set



KidSafe® CRAFTcorner



Santa's WISH LIST ornaments

Making crafts during the holidays is a long-time tradition in many families, involving kids in the decorating process while crafting handmade gifts to give. Besides being a fun, festive project, kids will love seeing their wish list for Santa adorning the tree.



WHAT YOU WILL NEED

- ☐ Small wooden spools (the kind thread comes on)
- ☐ Red craft paint
- ☐ Sponge brush
- ☐ White cardstock or construction paper
- ☐ Glue (craft glue or hot glue)
- ☐ Twine or ribbon
- ☐ Your favorite Plant Therapy KidSafe® Holiday Blend



WHAT YOU WILL DO

1. Completely cover wooden spools with red paint and allow to dry.
2. Cut cardstock the width of the spool and 5-6 inches in length.
3. Glue cardstock around spool, leaving a "tail" on one end. (Cardstock will be longer than the spool.)
4. On the tail, write child's name and their list for Santa.
5. Thread twine or ribbon through the spool and tie the ends.
6. Add a few drops of your favorite Holiday Blend to the inside of the spool and proudly display as an ornament on your tree.



SILENT NIGHT~LIGHT

WHAT YOU WILL NEED

- Large jar or vase
- Pine cones
- Your favorite Plant Therapy **KidSafe® Holiday Blend**
- Small string of lights
- Lace or doily
- Decorative ribbon

WHAT YOU WILL DO

1. Place 10-12 drops of KidSafe® Holiday Blend on pine cones.
2. Fill jar or vase with pine cones, weaving string of light in amongst the pine cones.
3. Drape excess cord from lights over the top of the jar or vase.
4. Place lace or doily over the top of the jar or vase and secure with a decorative ribbon. (Ribbon will hold the excess cord in place.)

SCENTED STOCKINGS

WHAT YOU WILL NEED

- Small Christmas stocking
- Glue (craft glue or hot glue)
- Glitter, sequins, ribbon, etc.
- Cotton pad or felt piece
- 3-4 drops of your favorite Plant Therapy **KidSafe® Holiday Blend**

WHAT YOU WILL DO

1. Glue glitter, sequins, ribbon, etc. to stocking as desired, allow to dry completely.
2. Place 5-6 drops of the Holiday Blend on cotton pad and insert into the stocking.

WINTER WONDERLAND SNOW SCENE

WHAT YOU WILL NEED

- Mason jar(s) any size or similar glass jars
- Your favorite Plant Therapy **KidSafe® Holiday Blend**
- Small artificial trees, reindeer, snowmen, or figurines
- Epsom salt
- Decorative ribbon

WHAT YOU WILL DO

1. In mixing bowl, stir 6-8 drops KidSafe® Holiday Blend into one cup Epsom salt.
2. Fill ¼ of jar with Epsom salt (this is the snow).
3. Add trees, reindeer, figurines, etc.
4. Tie decorative ribbon around neck of the jar and enjoy your Winter Wonderland Snow Scene.



ENCHANTED TREES

WHAT YOU WILL NEED

- Cone shaped Styrofoam or cardboard (Optional: make your own by cutting a triangle from a cereal box)
- Glue (craft glue or hot glue)
- Green moss or green felt
- Beads, sequins, ribbon, or other decorations/accents
- Your favorite Plant Therapy **KidSafe® Holiday Blend**

WHAT YOU WILL DO

1. Glue moss or felt to cone and allow to dry.
2. Glue the beads, sequins, and/or other accents to adorn your tree.
3. Place 5-6 drops of KidSafe® Holiday Blend on moss or felt.
4. When needed, refresh your tree with additional drops of KidSafe® Holiday Blend.

KRIS KRINGLE CLAY ORNAMENTS

WHAT YOU WILL NEED

- 2 cups flour
- $\frac{3}{4}$ cup salt
- Fine glitter (optional)
- $\frac{1}{2}$ cup water
- 1-2 tablespoons **Almond Carrier Oil**, or carrier oil of choice
- Drinking straw and rolling pin
- Cookie cutters and parchment lined cookie sheet
- Your favorite Plant Therapy **KidSafe® Holiday Blend**
- Mixing bowl

WHAT YOU WILL DO

1. Mix flour, salt, and glitter in mixing bowl.
2. Stir in just enough water until dry mixture is combined.
3. Add 1 tablespoon of Almond Carrier Oil. (If dough is still crumbly, add second tablespoon.)
4. Knead dough until soft and pliable.
5. Roll dough to $\frac{1}{4}$ inch thickness, use cookie cutters to cut out shapes.
6. Place on parchment lined cookie sheet.
7. Use straw to make a hole in each ornament for hanging.
8. Allow to dry completely. (This can take 24 hours or more.)
9. Thread twine or ribbon through ornament hole and tie ends into a bow.
10. Place 2 drops of KidSafe® Holiday Blend on the back of each ornament.
11. Decorate tree with your Kris Kringle Clay Ornaments.



SACHETS FOR THE SEASON

WHAT YOU WILL NEED

- 6 muslin or organza bags
- 1/4 cup Epsom salt
- 1/2 cup plain white rice, dry
- 18-20 drops of your favorite Plant Therapy [KidSafe® Holiday Blend](#)
- Decorative accents (optional)

WHAT YOU WILL DO

1. Place Epsom salt and rice into glass dish.
2. Add KidSafe® Holiday Blend and stir to combine.
3. Scoop equal amounts of filler into each bag and tie shut.
4. Add decorative accents if desired.

Great as a teacher gift, or complement to a gift basket, Sachets for the Season are the perfect addition for gift giving.

FROSTY'S VOTIVE HOLDER

WHAT YOU WILL NEED

- Small jar
- White glue
- Sponge brush
- Epsom salt
- Decorative ribbon
- Pine or spruce tree sprigs (or other small festive accents)
- Your favorite Plant Therapy [KidSafe® Holiday Blend](#)
- Votive Candle

WHAT YOU WILL DO

1. Using sponge brush, coat outside of the jar with glue.
2. Sprinkle Epsom salt onto glue, cover completely.
3. Let dry.
4. Tie decorative ribbon around neck of jar and glue or tie on tree sprigs.
5. Place 4-5 drops of KidSafe® Holiday Blend onto tree sprigs.
6. Place votive candle inside the jar.
7. Refresh by adding 2-3 drops of KidSafe® Holiday Blend as needed.



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