



Study Time PLAY DOUGH

WHAT YOU'LL NEED

- 1 Tbsp Avocado Carrier Oil
- 25 drops Study Time*
- 1 cup water
- 5 drops natural food color (optional)
- 2 cups flour
- 1/2 cup Pink Himalayan Salt**

WHAT YOU WILL DO

1. Mix Avocado Carrier Oil with Study Time.
2. Add water and food coloring.
3. Mix flour and salt together in a separate bowl.
4. Combine all ingredients together. Add more flour, as needed, until you get the right consistency with no stickiness.

* This recipe can also be used with Calming The Child, Nighty Night, Sweet Dreams Sweet Slumber.

**Table salt can be substituted but will have a slightly different consistency.

BETTER THAN Kisses OUCH SPRAY

WHAT YOU'LL NEED

- Jojoba Carrier Oil
- 72 drops Better Than Kisses*
- 2 oz spray bottle

WHAT YOU WILL DO

1. Fill the spray bottle with your carrier almost to the top.
2. Add Better Than Kisses and shake well.

Spray directly on the area of concern as often as needed.

*This recipe can also be used with Shield Me for a great outdoor spray.

CALMING THE Child BATH BOMBS

WHAT YOU'LL NEED

- 1/2 cup baking soda
- 1/4 cup Epsom salt
- 1/4 cup cornstarch
- 1/4 cup citric acid
- 4 tsp. Fractionated Coconut Oil
- 1 teaspoon water
- Silicone molds
- Soap coloring (optional)
- 10-12 drops Calming the Child*

WHAT YOU WILL DO

1. Whisk baking soda, Epsom salt, cornstarch, and citric acid thoroughly.
2. In a separate bowl, mix coconut oil, water, essential oils, and soap coloring (if desired).
3. Slowly add the liquid ingredients to the dry ingredients and whisk together. Add only a small amount of liquid at a time, whisking thoroughly each time.
4. Push firmly into silicone molds and allow to dry overnight.

*This recipe can also be used with Grow Ease, Immune Boom, Nighty Night, Silky Soft, Sniffle Stopper, Sweet Dreams, or Sore No More.

GERM destroyer soap JELLIES

WHAT YOU'LL NEED

- 6 oz clear melt and pour soap
- Soap coloring
- 54 drops of Germ Destroyer*

WHAT YOU WILL DO

1. Melt soap base over a double boiler.
2. Remove from heat and add soap coloring if desired.
3. Add essential oils, stir well, pour into silicone molds, and allow to cool.

*You can substitute Study Time, Calming The Child, Immune Boom, Nighty Night, Silky Soft, or Sweet Dreams.



GET 'EM GONE HAIR GEL

WHAT YOU'LL NEED

- 4 oz Aloe Jelly
- 4 tsp of Organic Virgin Coconut Oil
- 60 drops of Get 'Em Gone

WHAT YOU WILL DO

1. Blend all ingredients.
2. Store in squeeze bottle or other airtight container.

GROW ease LOTION BARS

WHAT YOU'LL NEED

- 2.5 oz Beeswax Pearls
- 2.5 oz Shea Butter
- 2 oz Mango Butter
- 0.5 oz Almond Oil
- 4 drops Vitamin E (optional)
- 100 drops Grow Ease
- Silicone molds

WHAT YOU WILL DO

1. Place all ingredients into a glass bowl.
2. Use a double boiler to melt all ingredients completely.
3. Remove from heat and stir Grow Ease*
4. Pour into silicone molds.
5. Cool, pop out of molds and store in an airtight container.

*This recipe can also be used with Study Time, Calming The Child, Immune Boom, Nighty Night, Shield Me, Silky Soft, Sweet Dreams, or Sweet Slumber.

Odor ZAPPER SHOE POWDER

WHAT YOU'LL NEED

- 1/2 cup of cornstarch
- 1/2 cup of baking powder
- 5 drops of Odor Zapper
- Container or Jar

WHAT YOU WILL DO

1. Mix together all ingredients.
2. Store in an airtight container or jar.

*Can Substitute Deodorizing

SHIELD me OUTDOOR WIPES

WHAT YOU'LL NEED

- 2.5 quart airtight container
- paper towel roll
- 3 ounces Organic Fractionated Coconut Oil
- 54 drops KidSafe Shield Me
- 10 drops Vitamin E oil (optional)

WHAT YOU WILL DO

1. Cut a roll of paper towels in half using an electric knife or serrated bread knife.
2. Place paper towels into the container. If you have to "smash" it a bit to fit, that is ok, once wet we are taking out the core!
3. In a separate bowl, add the carrier oils, vitamin E, and KidSafe Shield Me
4. Mix well and immediately pour mixture over paper towels.
5. Seal with lid and shake container well to disperse oils.
6. Once soaked, you can easily remove the core.
7. Use as you would any other wipes.

SILKY SOFT body wash

WHAT YOU'LL NEED

- 2 oz unscented body wash
- 18 drops Silky Soft

WHAT YOU WILL DO

1. Add all your ingredients to a PET plastic squeeze bottle.
2. Shake well to mix.

*This recipe can also be used with Study Time, Calming The Child, Grow Ease, Nighty Night, Sweet Dreams, or Sweet Slumber.

SKIN SOOTHER SALVE

WHAT YOU'LL NEED

- 1/2 cup Almond or Apricot Carrier Oil
- 4 tablespoons Beeswax Pearls
- 72 drops Skin Soother

WHAT YOU WILL DO

1. Measure your oil and beeswax into a half pint jar.
2. Place the metal band from the jar in the bottom of a pan of water. Then place your half pint jar on it.
3. Melt the oil with the beeswax, stirring occasionally.
4. Once the oils and wax are melted, carefully remove from heat.
5. Stir in Skin Soother
6. Allow the salve to cool. (Leaving the salve set until fully cooled will ensure a smooth final finish on top).

*This recipe can also be used with Better Than Kisses.



SNEEZY STOP TISSUES

WHAT YOU'LL NEED

box of tissues
glue stick
2-3 drops of Sneezy Stop

WHAT YOU WILL DO

1. Gently open the flaps on each side of your tissue box
2. Drop 2-3 drops Sneezy Stop on each side
3. Using glue stick, reseal the sides.

Now you have lightly scented tissues that can help promote your sense of well being when your nose is giving you trouble!

**This recipe can also be used with Germ Destroyer or Sniffle Stopper.*

SNIFFLE STOPPER SHOWER DISCS

WHAT YOU'LL NEED

2 cups flour
3 tablespoons Cornstarch
3 tablespoons water
Silicone mold
Sniffle Stopper

WHAT YOU WILL DO

1. Mix all ingredients except essential oils in a bowl.
2. Place into mold and cook on 300 for 20 minutes.
3. Remove from mold and drop 5 drops of your master blend onto each disc.
4. Store in jar or other airtight container.

**This recipe can also be used with Immune Boom or Sneezy Stop.*

★ Sweet dreams LINEN SPRAY

WHAT YOU'LL NEED

3 oz water
1 oz Everclear
4 ounce spray bottle
72 drops Sweet Slumber

WHAT YOU WILL DO

1. Add one ounce Everclear to bottle.
2. Add Sweet Slumber. (Since we are spritzing linens, no need to be overly concerned about dilution rates here. But a rule of thumb is about 18 drops per ounce of spray you are making.)
3. Allow your oils to meld with the Everclear for about an hour (at least). You can let it sit longer.
4. Fill the rest of the bottle with water.
5. Shake well and spray down linens to create a relaxing atmosphere.

SORE no more BODY BUTTER

WHAT YOU'LL NEED

1/2 cup Shea Butter Refined
1/4 cup Mango Butter
1/4 cup carrier oil of choice
72 drops of Sore No More

WHAT YOU WILL DO

1. Warm a pan of water on the stove.
2. Add butters and carrier oil to medium glass bowl.
3. Place over simmering water and heat until melted.
4. Remove from heat and place in refrigerator for about 30 minutes until it begins to firm up around the edges.
5. Whip with hand mixer until frothy.
6. Return to refrigerator for about 30 minutes or until solid.
7. Whip again, adding Sore No More.
8. Scoop into container of your choice.

**This recipe can also be used with Calming The Child, Grow Ease, Nighty Night, Shield Me, Silky Soft, Sweet Dreams, or Tummy All Better.*

TENSION TAMER

WHAT YOU'LL NEED

2 oz Beeswax Pearls
1 oz Cocoa Butter
2 oz Jojoba Carrier Oil
90 drops Tension Tamer

WHAT YOU WILL DO

1. Melt Beeswax & Cocoa Butter in a double boiler.
2. Add Jojoba Carrier Oil and mix well.
3. Remove from heat and add Tension Tamer.
4. Pour into Lip Balm tubes.
5. Allow to harden.

**This recipe can also be used with Better Than Kisses.*