

Winter Shower Trio

For this trio of recipes, you will need a three-pack of 32-ounce pump containers. You could either reuse old empties or purchase this set on Amazon: <https://amzn.to/3lgC35b>

The mixing direction for each bottle are the same, and follow the recipe set.

A Winter's Tale Copaiba-Vanilla Conditioner

1 (295mL) bottle Young Living Copaiba Vanilla Conditioner
7 drops Vanilla Oleoresin
10 drops KidsScents KidPower
Distilled water
32-ounce empty pump container
Funnel

A Winter's Eve Lavender-Peppermint Shampoo

2 (295mL) bottles Young Living Lavender Mint Daily Shampoo
15 drops Lavender Essential Oil
20 drops Winter Nights Essential Oil Blend
10 drops KidScents KidPower Blend or Vanilla Oleoresin
Distilled water
32-ounce empty pump container
Funnel

Winter Nights Body Wash

2 8-ounce Young Living Bath & Shower Gel Base bottles
15 drops Wintergreen Essential Oil
15 drops KidScents KidPower Essential Oil blend or Vanilla Oleoresin
15 – 20 drops Winter Nights Essential Oil Blend
Distilled water
32-ounce empty pump container
Funnel

1. Heat some of the distilled water on the stove so it is warm, but not boiling hot.
2. Squirt as much of the shampoo, conditioner or gel base as possible into the desired container. Pour some warmed distilled water into the original soap container and re-cap it, shaking gently to dislodge as much soap as possible. Remove cap (to avoid foaming) and squirt this into the large container, repeating as needed until original soap container is empty.
3. While soap container is still warm, this will be easier – starting at one corner, carefully peel back and remove the label (sometimes it is easy, sometimes it is difficult!), going slowly to keep as much glue as possible intact, and re-place it onto your new large soap container.
4. Add essential oils as desired to the new soap container, and add enough additional warm water to fill almost to the top, leaving room for the pump.
5. Replace pump, and tilt to combine.
6. Conditioner will NOT separate, shampoo and gel base will, and may need to be gently shook before each use.

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Frosty Morning Toothpaste

1 4-oz Thieves Whitening or Thieves AromaBright Toothpaste

10 drops Spearmint or Peppermint Essential Oil

10 drops Orange Essential Oil

Ginger-Lemon-Turmeric Tea

A few knobs of organic ginger (unpeeled)

A few knobs of organic turmeric (unpeeled)

Peeled whole lemon or organic lemon juice, not from concentrate

Filtered water

Optional: Raw honey

1. Spritz knobs with Thieves Fruit and Veggie Wash, let sit a few minutes, and wash clean. Prepare a half-gallon mason jar or another large jar with a nut-milk bag placed over the top and rubber-banded into place, so you can easily pour the blended mixture through it.
2. Pour a few cups of filtered water into a Vitamix or high-powered blender. Add the knobs of ginger and turmeric and the lemon or lemon juice, and raw honey if using. Replace lid, and blend on high for a full minute.
3. Pour through prepared nut-milk bag into jar, removing bag and squeezing with your hands to extract every drop of juice.
4. Pour into a warm jar or pitcher and add hot water; drink piping hot!
5. For a summer variation, make the extract and add a to ice-cold sparkling water.

Maca Mocha with Peppermint Boost by Hannah Woltersdorf

Makes three large mugs or tumblers of maca mocha

2 tablespoons chaga powder

¼ cup raw maca powder

1 cup raw cacao or carob powder

6 – 7 drops Peppermint Vitality or Thieves Vitality oil, or 5 drops each

1 cup raw milk

Boiling water

In a small bowl, whisk together chaga, maca and cacao. Stir in Peppermint and Thieves. Whisk in enough raw milk to make a thick batter or paste; divide the paste between three tumblers or mugs.

Whisk more raw milk into each mug to make a thinned out paste, and then whisk in boiling water, stirring briskly to create a foamy top, to fill.

Serve immediately and drink piping hot!

Optional: Stir in a little honey with the boiling water if you like a touch of sweet!

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Creamy Maple Eggnog

A variation based on the recipe from www.forageddish.com

3 cups whole raw milk
1 cup raw heavy cream
2 drops Clove Vitality Oil (or to taste)
1 drops Cinnamon Bark Vitality Oil (or to taste)
1 drop Nutmeg Vitality Oil (or to taste)
1 drop Ginger Vitality Oil (or to taste)
¼ teaspoon cinnamon powder
¼ teaspoon ground nutmeg
1/2 teaspoon vanilla extract or vanilla powder
6 pastured, organic egg yolks
1/2 - 3/4 cup organic maple syrup
Pinch of salt

1. Combine milk, cream, cinnamon, nutmeg, and pinch of salt in a sauce pan and heat until almost simmering. Stir almost constantly to avoid scalding.
2. While the milk heats, whisk together the egg yolks and 1/2 cup maple syrup until frothy and golden.
3. Ladle 1 scoop of the hot milk into the egg mixture, while whisking it quickly to avoid curdling. Do this two more times to temper the eggs and then pour the egg mixture into sauce pan with milk, whisking while you pour. Cook for 3-5 minutes while whisking constantly. Do not allow mixture simmer (or boil), as this will cause the eggs to curdle.
4. Once eggnog begins to thicken, remove from heat. Whisk in vanilla and essential oils. At this point, you may add extra maple syrup if you would like, just taste it and adjust, stirring between each addition.
5. Pour the eggnog through a fine mesh sieve to ensure a silky smoothy eggnog.
6. Pour in an air-tight container and chill in the fridge. Serve topped with freshly ground nutmeg. (I'm often impatient and drink it while it's still warm -- yummy that way, too!)

Coconut Cream Tea Bombs

½ cup raw honey
½ cup coconut oil, melted to liquefy
Vitality oils of choice (combos below)

Combine honey and coconut oil in a jar and stir briskly to combine. Drip in oils of choice, tasting frequently to get it as strong as you like!

Optional: Scoop into mini molds and freeze into little tiny bombs that can be dropped in tea!

Hot Cinnamon Bears – 20 drops Cinnamon Bark Vitality

Winter Wonderland – 10 drops Thieves Vitality, 10 drops Peppermint Vitality, 10 drops Copaiba Vitality

Making Spirits Bright – 15 drops Spearmint Vitality, 10 drops Cinnamon Bark Vitality

Santa's Sleigh – 20 drops Digize, 10 drops Peppermint

To use: just pop a spoonful in your mouth, or drop a spoon in a mug of hot tea!

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Vanilla-Lavender Laundry Booster or Scouring Powder

A variation of one of my favorite recipes, provided by Paisley Stevens!

1-1/2 cups Epsom salt

½ cup baking soda

15 - 20 drops Lavender Essential Oil (or as desired)

15 - 20 drops Vanilla Oleoresin (or as desired)

Combine all ingredients in a Mason jar and shake to combine.

To use as a laundry booster: Add ¼ cup per load, sprinkling in the washer just before closing the door.

To use as a scouring powder: Store in a Mason jar (my preferred is 1-1/2 pint as it is easiest to hold!), and top with a mesh sprouting screen and a ring. Wipe down counter or table, sprinkle with scouring powder and scrub vigorously! Wipe off with a hot rag, accept compliments on how lovely it smells.

Beeswax Candle: These instructions come from Betsy at <https://www.diynatural.com/how-to-make-beeswax-candles-natural>

I do not add essential oils to my candles – if I want the aroma AND the health benefits of oils, I can get both in much stronger proportion by dropping them in my diffuser! As far as I am concerned, since I have diffusers in my home, putting oils in the candles would just be a waste since they can hardly be smelled unless I add a TON, and many beneficial properties are lost via heating.

So why include candles in a class about essential oils? Because we are all of us avoiding the ghastly chemical stew, the lung-caking brain-frying concoctions of poison that scented candles are, and the toxicity of soy and metal ingredients in candles; but we may love and miss the gently flickering flame of a candle! We have our diffusers for the aromatics, so a simple, homemade, unscented candle is all we need!

Beeswax candles are a natural air purifier by producing negative ions when burned. Negative ions attach to positively charged ions in the air such as bacteria, viruses, and allergens – these heavier particles then fall to the floor where they can be swept or vacuumed (DIY Natural).

Soy candles cannot replicate this, most soy in the US is GMO, and soy must be mixed with paraffin to burn so all benefits of a candle are lost with this cheap substitute.

Important tips for making candles include wick size and melting point. A wick too large or too small will cause either burn too quickly for the substance around it, or tunnel and extinguish itself. We will use #6 cotton square braid for wide-mouth mason jar sized candles, and #4 for the narrow mouth jars, as advised by DIY Natural. The wicks we use have no metal in them and are not coated with soy, as is common for purchased wicks.

#6 wicks: <https://amzn.to/2Jj21la>

#4 wicks: <https://amzn.to/2V7ns1r>

As for melting point, “Beeswax is a very hard wax with a high melt point,” Betsy tells us. This can cause a weak flame or a drowned flame, and cooling too quickly will cause unsightly cracks in the wax. Blending

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beeswax 50/50 with palm oil eliminates these problems. Of course, you want to ensure it is an ethical, sustainable palm oil such as one from Azure Standard or Healthy Traditions.

The following recipe, as noted previously, comes from DIYNatural.com. If you check out her blog post, you can also see her process photos.

12 ounces beeswax, chopped (we buy local; in a pinch I've used this: <https://amzn.to/3fOXUj1>)

12 ounces organic palm oil/shortening

mason jars (this recipe fills 4 half-pint jars)

square braided cotton wick (#4 for regular mouth, #6 for wide mouth)

kitchen scale for weighing ingredients (<https://amzn.to/2V7M1v2>)

wooden skewers or pencils to keep wicks in place

newspaper to cover work area

glass cup for measuring

1. Using a kitchen scale, measure 12 oz. of beeswax in your large glass measuring cup. Place this measuring cup into a pan filled with a few inches of water. Melt beeswax over medium heat. (Do not heat your beeswax over high heat or it could ignite.)
2. Cut wicks that will be at least a few inches taller than the jars you're using while your beeswax melts. Once the beeswax begins melting you can carefully dip one cut wick in the wax. After dipping, carefully lay the wick on a sheet of newspaper, holding one end with your fingers, and straightening it out by holding the other end down with a skewer and gently pulling it. Repeat with all the wicks. Allow wicks to dry.
3. Using your kitchen scale, weigh palm oil and set aside. Add palm oil to mostly melted beeswax and stir while it finishes melting.
4. When beeswax/palm oil mixture melts, stir carefully with a skewer. Pour about ½ inch of hot wax into the bottom of one jar, then immediately place a wick into the center of the jar so it just touches the bottom. Hold wick in place gently until wax hardens enough for the wick to stand on its own. Set aside to harden completely. Repeat this step with all your jars.
5. Rest a skewer on top of each jar, gently wrap the wick around the skewer, and make sure it's positioned straight. With wicks secured, finish pouring hot wax into each jar; and leave headspace at the top. Set aside to cool and harden completely (12 – 24 hours).
6. Cut wicks, leaving them ¼ – ½ inch long.
7. Light and enjoy your beautiful new candles! (You may have to hold a flame over the wick a little longer to light a beeswax candle. This is normal.)

Tips: These handmade candles make the perfect gift. Screw lids on the jars, tie ribbons around them, and share with friends and family!

When working with beeswax, keep in mind that it will harden when cooled. I use tools like wooden skewers so I can throw them away when done. Consider using tools that can get beeswax on them without causing a problem (like disposable chopsticks or old pencils). When your candles are poured and your glass measuring cup is still warm, it's best to wipe it out with a paper towel or an old piece of fabric that can be thrown out. Get as much beeswax off as you can before washing it in hot soapy water.

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Bayberry Alternative

Bayberry wax has been a part of candle-making tradition in the US back to when colonial settlers arrived here from England and Holland. Bayberry has a lower melt point than beeswax as well, so can be an excellent alternative to palm shortening.

It has a strong aroma which can be overpowering alone, but is delicious when combined with beeswax; and imbues a lovely dark olive-green color to the candles.

Bayberry can be foraged and made at home (instructions here: <https://joybileefarm.com/diy-bayberry-candles/>), or purchased in blocks here: <https://www.betterbee.com/candle-wax/baywax1-1-lb-bayberry-wax.asp>