



JUST Add Oils!™

 AROMATOOLS®

Gift Guide

★ *Breathe Easy*
Diffuser Blend

3 drops eucalyptus
3 drops peppermint



HOW THIS *Gift Guide* WORKS:

We have featured products and recipes for you to make for your family and friends, as well as class ideas of how to help your class make their own gifts for others (or even themselves).

In our printed Gift Guide, we have included labels for the recipes you see. These labels are designed specifically for the products needed to store your creations. You will see the products featured with the labels attached throughout the catalog. [Click here](#) to request a printed Gift Guide.

We also feature gift tags that can be downloaded by [clicking here](#) and printed on the paper of your choice. These are customized for you to show your love of oils to others! Attach them to your gifts for others year round.

We're so excited for you to be viewing our online version of this catalog! We've included tons of great resources to help you fulfill all of your gift-giving needs this year.

We hope you enjoy this year's Gift Guide, and we hope you find great ideas and recipes for your use for months to come!

Simple DIY GIFTS



Our carrier oils are a great addition to your own recipes and creations! [Click here to get a full list of oils, butters, and waxes!](#)

You can easily customize your own gifts and even host a class so your guests can create their own. Below is a recipe to put in our roller bottles.

★ SKIN CLARITY ROLL-ON RECIPE

INGREDIENTS & SUPPLIES:

- 10 drops melaleuca essential oil
- 8 drops lavender essential oil
- 8 drops juniper berry essential oil
- 1 tsp. (5 ml) Jojoba Oil, Fractionated Coconut Oil, or Sweet Almond Oil
- 1/6 oz. (5 ml) Roll-on Bottle

INSTRUCTIONS:

1. Add all ingredients in the order listed to your roll-on bottle.
2. To use, roll onto blemish areas of your skin once a day as needed.

Need more ideas? Scroll down for more recipes!

Having a hard time coming up with the perfect gift? These suggestions are great for creating personal DIY gifts.



Item #9506BLKSet1
AromaTools® Just-Roll-with-It Kit
Includes "Intro to Modern Essentials" booklet, three 1/3 oz. roll-on bottles, and carrying case for the roll-on bottles

Gift Idea: Include already-made blends and recipes in the roll-on bottles.

Roll-ons



Item #9145
1 ml Clear Glass Sample Vials

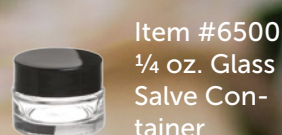


A | Item #9158
1/3 oz. Clear Glass Roll-on
[Click here for recipe.](#)

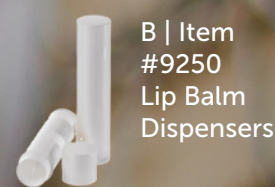


Item #9163
1/3 oz. Frosted Glass Roll-on
Purple shown; [click here for other colors.](#)

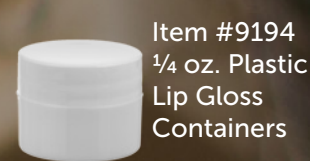
Lip Balm Containers



Item #6500
1/4 oz. Glass Salve Container



B | Item #9250
Lip Balm Dispensers



Item #9194
1/4 oz. Plastic Lip Gloss Containers

Make & Take Kits: The perfect way to use our roll-ons!



Item #1700
Rollerball™ Wellness Make & Take Workshop Kit

Check out our large selection of make-and-take kits available here. Hold your next class using these kits. Subjects include babies, pets, perfumes, and more!



[Click here for printable gift tags.](#)
Recipe labels attached in printed Gift Guide.

Fun Tip: "I like adding about 2–4 drops of peppermint oil into my lip gloss depending on the size of the tube. It adds a fun tingling sensation to my lips."

★ KOOL-AID® LIP BALM (shown on previous page)

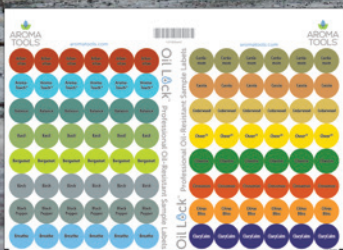
INGREDIENTS & SUPPLIES:

- 6 g (approx 4 tsp.) Beeswax
- 10 g (approx 4 Tbsp.) Cocoa Butter (3–3 ½ wafers)
- 3 Tbsp. Jojoba Oil
- 1 tsp. (5 ml) honey
- 10–20 drops peppermint essential oil (optional)
- ½–¾ tsp. flavored drink mix, such as Kool-Aid® (strawberry and cherry flavors work well with the peppermint essential oil, and they give a great red color)
- Hot water (just enough to make a thick paste with the drink mix)

INSTRUCTIONS:

1. Using a kitchen scale, measure out the beeswax and cocoa butter, and place in a double boiler. (Note: you can create a double boiler by placing ingredients in a heat-proof glass dish and placing the dish in a water-filled pan.) Heat over low heat until melted.
2. Meanwhile, place drink mix in a glass dish, and add just enough hot water to make a paste.
3. Once the beeswax and cocoa butter are melted, add jojoba oil and honey, and keep warming until everything is melted. Let cool slightly, and stir in essential oil if desired.
4. Add oil mixture to drink mix, and stir/mash with the back of a spoon until it is thoroughly combined.
5. Place lip balm in a zip-top bag, and snip off a small hole in a corner with scissors. Squeeze the lip balm into the containers by twisting the bag and squeezing down. Tap the container against a hard surface to help it move to the bottom of the container. Continue until the containers are full.
6. Place containers in fridge until the lip balm has fully cooled.

Note: If you want to make multiple flavors, just prep your drink mix in separate bowls, and only use ⅛–¼ tsp. per dish. Then stir in ½–1 Tbsp. (7.5–15 ml) of the oil mixture. This should fill 1 Lip Gloss Container or 2 Lip Balm Dispensers.



Need a way to tell your roll-ons apart from each other? Use our Oil Lock labels for common oils and blends.

Item #1474Set
Over 700 labels included in this set!

★ FUN & FRUITY PERFUME ROLL-ON BLEND

INGREDIENTS & SUPPLIES:

- 1 drop cedarwood essential oil
- 1 drop bergamot essential oil
- 2 drops grapefruit essential oil
- 2 drops orange essential oil
- 2 drops tangerine essential oil
- 2 tsp. (10 ml) carrier oil (such as Fractionated Coconut Oil, Sweet Almond Oil, or Jojoba Oil)
- ⅓ oz. (10 ml) roll-on bottle

INSTRUCTIONS:

1. Add essential oils in order to the roll-on bottle, and fill the rest of the bottle with carrier oil.
2. Shake gently to combine.
3. Allow to sit for 24 hours, if possible, for oils to mix before using.
4. To use, apply to wrists and behind ears.

★ EYEBROW AND EYELASH GROWTH OIL

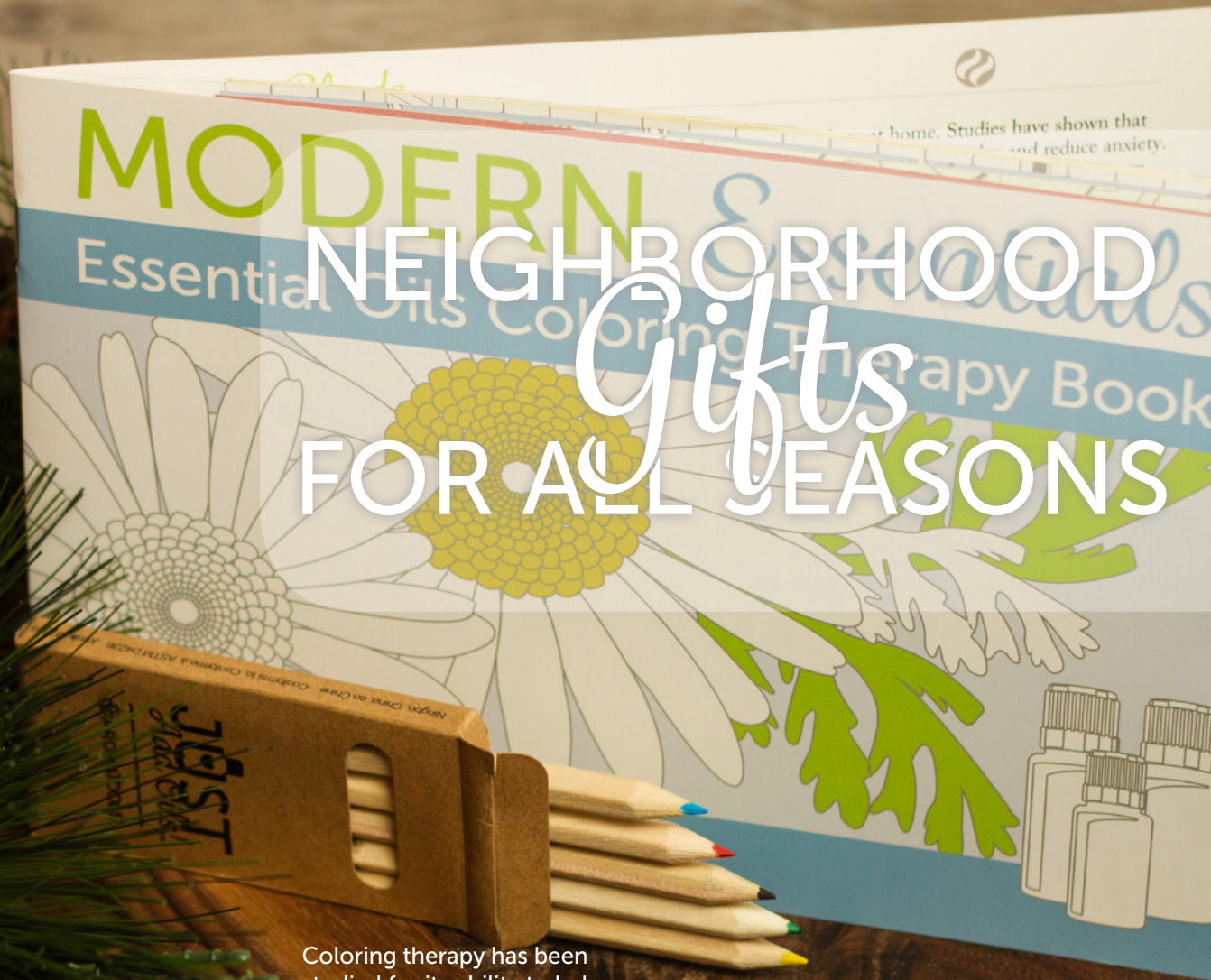
INGREDIENTS & SUPPLIES:

- 1 Tbsp. (12 g) Coconut Oil, melted
- 1 Tbsp. (15 ml) Sweet Almond Oil
- 1 Tbsp. (15 ml) castor oil
- 8–10 drops Vitamin E Oil
- 2 drops lavender essential oil (optional)*
- 2 drops rosemary essential oil (optional)*
- 2 oz. glass bottle
- ⅓ oz. (10 ml) roll-on bottle (Item #9158) for easy application

INSTRUCTIONS:

1. Mix together all ingredients in a 2 oz. glass bottle.
2. To use, apply every night with a clean mascara brush or cotton swab. Or transfer mixture to a roll-on bottle, and apply by rolling on to eyebrows and lashline.

*Note: Do not include essential oils if using this mixture on your eyelashes.



NEIGHBORHOOD *Gifts* FOR ALL SEASONS

Coloring therapy has been studied for its ability to help relax the mind and relieve stress. This booklet contains essential oil-inspired illustrations for adults and teens to color.

[Click here for more information about our Modern Essentials essential oil coloring book.](#)

Also available: mini wooden colored pencils you can add essential oils to!

FEATURED PRODUCTS



A | Item #6502K
2 oz. Glass Salve Jar
See recipe on next page.
Label included in printed
Gift Guide.



B | Item #9504
Key Chain Case with 8
Sample Vials Included
[Click here for more
colors.](#)



C | Item #9289BK
2 oz. Green Plastic
Bottle with Black
Misting Spray Top
[Click here for more colors
and options.](#)



D | Item #8710
Perfuser™ Aroma
Necklace with Oil
Vial and Charm
[Click here for more options.](#)



★ Item #9576
1/2" Hole Punch
[See an idea on the next page](#)

+



E | Item #9109E.12
or 9100BLK
Sample Vials
[Click here for more sample
vial options](#)



★ *Fun Tip:* Use our
printable gift tags,
our 1/2" hole punch
(item #9576), and
our sample vials to
create a great gift
for your neighbors
with a sample of oil.

C | These spray
bottles are perfect
little giveaways and
gifts when filled
with room spray.
[Click here for a
room spray recipe
from our blog!](#)

A

[Click here for printable gift tags.](#)
[Recipe labels attached in printed Gift Guide.](#)

Roll-on Carrying Case



Item #9506
Key Chain Case
Blue Flowers shown; click here for more colors.



Item #9504
Key Chain Case
Comes with 8 sample vials. Sample roll-ons also fit in this key chain case. Click here to check out sample roll-on bottles too!

Other Sample Cases



Item #9507
Roll-On Clutch
Holds 10 vials. Best for the perfume sprays, and lip balms
Color options: black and purple.



Item #9549
Hard Shell Sample Case
Holds 49 sample vials.

FEATURED PRODUCTS (click here for more new products)

New! Sample Case for Misting Sprays

4 ml Clear Glass Misting Spray Vials



Item #9521
Mini Clasp Travel Case for 4 ml Sprays
Holds 12 vials.



Item #9112
4 ml Clear Glass Misting Spray Vials (pack of 6)

Need other sizes of carrying cases? We have a variety of cases for sample vials as well as smaller carrying cases and key chain cases. Click here for a complete list of available cases.



BROWN SUGAR LIP SCRUB (shown on previous page)

Time: 3 minutes Difficulty: Easy

INGREDIENTS:

- 3 Tbsp. (38 g) brown sugar
- 1 Tbsp. (12 g) Coconut Oil
- 1–2 drops peppermint essential oil or other desired essential oil
- 2 oz. Glass Salve Jar

INSTRUCTIONS:

1. Mix together all ingredients, and transfer to a 2 oz. Glass Salve Jar.
2. To use, place a small amount on the lips, and rub lips together for a couple minutes. Finish by rinsing lips with water.

RECOMMENDED PRODUCTS TO ADD WHEN USING OUR HOLE PUNCH!



Item #DT16
Modern Essentials Reference Card



Item #4323SetK
Assorted Mini Essential Oil Reference Guides
Full of information about primary uses, application methods, and more!

Click here for more of our pass-along and sample cards!

JUST ADD OILS!

Our hole punch is the perfect size for our sample vials (both 5/8 dram and 1/4 dram) to fit through. When sharing essential oils, it's easy to lose those tiny vials of oils. If you attach them to a card full of information, your recipients can keep track of both the helpful information and the oils.

A white, rectangular misting diffuser bottle with a clear cap is positioned on a dark, marbled surface. To its left, a green pine branch and a stack of three small, wrapped gifts tied with twine are visible. A wooden tag with the text "a little gift FOR YOU" is attached to the gifts. The background shows a light-colored tiled wall.

DIFFUSE ESSENTIAL OILS
in Your Home

[Click here for information on our Whisper Premium Silent Misting Diffuser \(Item #9377\)](#)

Make your own diffusing potpourri, or gift a diffuser. This essential oil–infused potpourri makes a fantastic and simple gift for neighbors, friends, and coworkers this holiday season! Diffusing essential oils is a great way to benefit from the aromatherapy and create warm, inviting aromas in any space.

ESSENTIAL OIL–INFUSED POTPOURRI

Time: 5 minutes

Difficulty: Easy

INGREDIENTS & SUPPLIES:

- Potpourri ingredients (such as cinnamon sticks, vanilla beans, dried apple slices, dried orange peels, bay leaves, candied ginger, whole nutmeg, whole cloves, whole allspice, cardamom seeds, and star anise)
- Essential oils (such as cinnamon, orange, ginger, vetiver, clove, cardamom, or holiday-scented blend)
- Containers such as glass salve jars, mason jars, or PET jars

INSTRUCTIONS:

1. Cut up bigger items such as cinnamon sticks, vanilla beans, dried apple slices, bay leaves, candied ginger, etc. as needed to fit in your containers.
2. Add 3–5 drops of desired essential oil(s) on top of the potpourri.
3. To use, simply leave the lid off of the container to enjoy the delightful aromas! Add a few drops of essential oil every couple weeks or as needed. You can also put the ingredients in a pot full of simmering water to spread the smell throughout the house.

Note: To gift, make sure contents fit inside the container. Screw the lid on, and decorate with ribbon, twine, or a gift tag. You can even include a small sample bottle filled with essential oil so your gift recipients can recharge their potpourri.

Examples of potpourri containers:



Item #6503K
4 oz. Glass Salve
Container (pictured)



Item #9243K
16 oz. Clear PET Plastic Jar
with White Ribbed Lid



Item #9843
16 oz. Mason Jar Mug



[Click here for printable gift tags.](#)
Recipe labels attached in printed Gift Guide.

DIFFUSING Options

Diffusing oils with an aromatherapy diffuser is one of the easiest ways to get the benefits of your oils in the air. Getting the right diffuser for your needs can help you get the benefits you need and the way you need them.

Click here for a blog post about deciding which diffuser is best for your needs!



We have come up with a few recipes for oils that include some of the most common oils people have on hand. Click here for the entire blog post!

★ *Lift Me Up:*
4 drops lavender
2 drops rosemary

★ *Citrus Bomb:*
2 drops orange
1 drop lemon
1 drop lime
1 drop grapefruit

★ *Fresh Air:*
2 drops melaleuca
2 drops lemon
2 drops lime

Gift Idea: Gift a diffuser, and attach one of our printable gift tags. Add a sample vial of a diffusing blend for a little something extra!

Click here for printable gift tags.

FOR THE Home



Item #9377
Whisper Premium
Silent Misting Diffuser
Blue Floral shown; click here
for more colors.



Item #9321
Airmid™ Ultrasonic
Diffuser



Item #9385
Handcrafted Avante
Ultrasonic Diffuser
Click here for more options.

FOR THE Office



Item #9381
Ultra Mini USB Diffuser
Click here for more options.



Item #9397
USB Diffuser
Click here for more options.



Item #9384
Portable Fan Diffuser

FOR THE On-the-Go



Item #9383
Ultrasonic Personal
Diffuser



Item #9394
Car Diffuser with 5
Scent Pads



Item #8720TCP
Terra-Cotta Pendant
Diffusers
Don't forget our jewelry
options to diffuse oils in style!
Click here for more jewelry
options.



All Natural
GIFTS FOR THE HOME

All-natural cleaners with essential oils can keep your home clean without harsh chemicals. Make these little helpers for yourself, or give them to a new neighbor or old friends.



FEATURED PRODUCTS

A | Item #9249
8 oz. Clear Plastic
Oval Bottle with
White Foamer Pump
See next page for the recipe.



B | Item #9120
2 oz. Amber Glass Bottle
with Misting Spray Top
Item #9120F
Small Black Trigger
Spray top



C | Item #9137SprayK
8 oz. Amber Glass
Bottle with Black
Trigger Spray Top
Recipe to the right.



★ STREAK-FREE MIRROR/ GLASS CLEANER

Yield: 8 oz. (240 ml)
Time: 3 minutes
Difficulty: Easy

INGREDIENTS:

- 2 Tbsp. (30 ml) white vinegar
- 2 Tbsp. (30 ml) rubbing alcohol
- 1½ tsp. (4 g) cornstarch (This is what makes it streak-free!)
- 8–10 drops citrus essential oil (lemon, lime, grapefruit, etc.)
- ¾ cup (180 ml) water
- 8 oz. Glass Spray Bottle

INSTRUCTIONS:

1. Mix together all ingredients except water in the spray bottle.
2. Screw on the spray top, and shake to combine.
3. Unscrew the spray top, and fill the rest of the bottle with water.
4. Screw on the spray top, and shake to combine.

[Click here for printable gift tags.](#)
Recipe labels attached in printed Gift Guide.

Class Idea: Have a make-and-take class where the guests make their own creations. Teach the class the science, effectiveness, and tips for cleaning their household with essential oils. You can find this information in books like *Modern Essentials*.



Looking for a great way to make sprays?
Look at our website for various spray tops that fit the bottle and your needs.

Try one of these recipes from our blog to fill your bottles:
Room Freshener
Diffuser Cleaner

Look on our blog for even more recipes to fill your glass bottles!



Try out our make-and-take kits for the home! Click [here](#) to check out our large selection of make-and-take kits!

Item #1705
12 Sprays of Christmas Make & Take Workshop Kit



HOMEMADE FOAMING HAND SOAP WITH ESSENTIAL OILS (shown on previous page)

Yield: 8 oz. (240 ml)

Time: 2 minutes

Difficulty: Easy

INGREDIENTS:

- ¼–⅓ cup (60–80 ml) Castile Soap
- ⅔ cup (160 ml) water (distilled or boiled is best, but tap water will also work)
- 10–12 drops essential oil of choice
- 8 oz. Bottle with Foamer Pump

INSTRUCTIONS:

1. Simply mix the castile soap and essential oil in the foamer bottle.
2. Fill the remainder of the bottle with water (only fill to about 1½" [4 cm] from the top to save room for the foamer pump), and screw the lid on.
3. Feel free to wash your hands immediately and enjoy your homemade foaming soap!

EXTRA IDEAS

- Turn this into a face wash by using only ¼ cup (60 ml) castile soap, adding 5 drops melaleuca essential oil, and filling the rest up with water.
- Add some decorations such as ribbons or snowflakes to make a fun gift.

Hand Soap On-the-Go

For a great hand soap you can take with on-the-go, try our small 50 ml foamer pumps. These small pumps fit easily in any purse or bag, to make convenient samples or gifts to give away!



Item #9247
50 ml Clear Plastic Bottle with White Foamer Pump (included clear lid to prevent accidental spilling)



Sweets & Treats

WITH ESSENTIAL OILS

Treat yourself and others with these great ideas and recipes. You're sure to be a hit when sharing these simple delights with an added twist of essential oils in every bite!



FEATURED PRODUCTS



A | Item #6503K
4 oz. Glass Salve Container
Recipes include Hot Fudge Sauce and Caramel Sauce. (recipe on the next page)



B | Item #7004
75 ml Clear Plastic Tube with Silver Lid
Perfect for adding hot chocolate mix-ins and a sample vial of oil.



C | Item #9243K
16 oz. Clear PET Plastic Jar with White Ribbed Lid
Perfect for holding your giveaway treats! See fudge recipe on the next page.



D | Item #9843
Mason Jar Mug
Perfect your sweet treat by filling a Mason Jar Mug.

+

Include a companion glass straw (item #9820 and #9824) or stainless steel straw (item #9815).

HOT FUDGE SAUCE

Ingredients:

- 4½ Tbsp. (27 g) cocoa powder
- 10 Tbsp. (142 g) butter, melted
- 1½ cups (300 g) sugar
- ¾ cup (180 ml) evaporated milk
- 1–4 drops essential oil

Instructions:

1. Combine cocoa powder and melted butter in a saucepan.
2. Mix in sugar, and add evaporated milk slowly into mixture until the sugar has dissolved.
3. Boil for 2–3 minutes while continuously stirring. Add essential oil, if desired. Store leftovers in the freezer.

Essential oil recommendations:
peppermint, orange, Protective Blend

[Click here for printable gift tags.](#)
Recipe labels attached in printed Gift Guide.

HOMEMADE CARAMEL SAUCE

Ingredients:

- ½ cup (120 ml) light corn syrup
- ½ cup (100 g) sugar
- 3 Tbsp. (43 g) butter
- ½ cup (120 ml) heavy cream
- 1 toothpick cinnamon essential oil

Instructions:

1. In a medium pan, heat corn syrup over medium heat.
2. Once corn syrup is heated through (bubbling), add sugar, and stir until well mixed.
3. Let syrup cook without stirring until it is a golden color.
4. Remove syrup from heat, and add butter. Stir until well mixed.
5. Slowly add cream while continuously stirring to blend. Stir in essential oil.

3-MINUTE FUDGE

Ingredients:

- 1 can (14 oz./396 g) sweetened condensed milk
- 2 cups (12 oz./340 g) semisweet chocolate chips
- 1 tsp. (5 ml) vanilla extract
- 5 drops essential oil of choice

Instructions:

1. Butter a square pan, and line with parchment paper. Set aside.
2. In a microwave-safe bowl, heat chocolate chips and sweetened condensed milk for 1 minute on high.
3. Remove from microwave, and let sit 1 minute.
4. Stir to combine until the chocolate chips are completely melted and the mixture is smooth. Stir in vanilla extract.
5. Pour fudge into prepared pan. Let cool all the way through before cutting (to speed up this process, you can place fudge in the refrigerator for 1 hour). Enjoy!

Essential oil recommendations: peppermint, orange

Note: Store leftovers in an airtight container. This fudge does not need to be refrigerated.

Easy Gift Idea: Our Essential ChocOILates are perfect little gifts for the holiday season!



Item #0205
Essential
ChocOILates
Infused with essential
oils, these come in 8
different flavors.
Click here for our
current flavors!

The essential chocOILates are a great addition to one of our water bottles or mason jars as pictured below!



Item #9840
Glasstic Water
Bottle (16 oz.)
Features an inner glass
container protected by
an outer plastic shell.
Click here for more options

Also available: mason
jars with 4 lid colors
to choose from (item
#9843).

Click here for other sweet treat options!

Click here for printable gift tags.
Recipe labels attached in printed Gift Guide.

BATH BOMBS

EASY
WAYS TO
Pamper
YOURSELF



Exfoliating

All-Na
MOISTURIZ
LOTION



BUBBLY BATH SALTS

Servings: 4-6 Time: 10 minutes active; 24 hours inactive Difficulty: Easy

INGREDIENTS & SUPPLIES:

- 1 cup (240 g) Epsom Salt
- 2 Tbsp. (30 ml) unscented body wash or bubble bath
- ½ tsp. (2.5 ml) Jojoba Oil
- 5 drops essential oil
- Food coloring (optional)
- 16 oz. PET Jar

INSTRUCTIONS:

1. Mix all ingredients in a glass bowl.
2. Cover a cookie sheet with parchment paper.
3. Spread the mixture out on the cookie sheet, and let dry for 24 hours. Stir every few hours or so to make sure the mixture dries evenly and doesn't stick together.
4. Once fully dry, break up any large chunks, and pour into the 16 oz. PET jar.
5. To use, place ¼ cup (~60 g) of bath salts in the bathtub as it is filling with water.

FEATURED PRODUCTS:



A | Item #9242K
12 oz. Clear PET
Plastic Jar
Recipe on next page



C | Item #6503K
4 oz. Glass Salve
Container
Recipe on next page



B | Item #9243K
16 oz. Clear PET
Plastic Jar
Recipe above.



D | Item #9207
50 ml Acrylic
Lotion Pump
Bottle
[Click here for recipe.](#)



E | Item #9216
Small Organza
Gift Bags



[Click here for printable gift tags.](#)
Recipe labels attached in printed Gift Guide.

LUXURY BATH BOMBS

Yield: 6–9 bath bombs Time: 20 minutes active; 12 hours inactive

Difficulty: Easy

INGREDIENTS & SUPPLIES:

- $\frac{2}{3}$ cup (147 g) baking soda
- $\frac{1}{2}$ cup (56 g) cornstarch
- $\frac{1}{3}$ cup (80 g) Epsom Salt
- $\frac{1}{3}$ cup (133 g) citric acid
- 2 tsp. (10 ml) water
- 2 tsp. (8 g) Coconut Oil
- 10–20 drops essential oil
- Spray bottle with water

INSTRUCTIONS:

1. Combine dry ingredients in a medium bowl and the wet ingredients in a small bowl.
2. Add the wet ingredients to the dry ingredients, and mix well with a whisk. The mixture will bubble just a bit and begin to clump together. After mixing a little with the whisk, work the mixture with your fingers. Mix and blend the mixture until it is well combined and has the texture of mildly wet sand. (It should clump together when you squeeze it with your fingers.) If it is too dry, moisten it with the water in the spray bottle, one spritz at a time. You do not want the mixture too wet, or it will not set up properly.
3. Press the mixture firmly into silicone soap molds or muffin tins lined with paper cups or plastic wrap (for easy removal). Let sit for 1–2 hours.
4. After the bath bombs are dry enough that they stick together, remove from the molds or muffin tins (and paper cups), and let bath bombs sit on a fluffy towel overnight before using. If you live in a humid area, you may need to dry the bath bombs for 2 nights before they'll be set enough to use or give away.

EXTRA IDEAS:

- Try using food coloring and dry herbs to decorate the bath bombs a little more.
- Try dividing the batch after mixing the dry ingredients to make bath bombs with different scents or colors. Work with one scent at a time. Mix in the appropriate amount of the wet ingredients, moisten with the spray bottle if necessary, and press firmly into the molds before starting the process over again with another scent.
- Try different essential oils for different purposes. For example, try making some relaxing bath bombs with soothing essential oils (e.g., lavender, ylang ylang, or Roman chamomile) or energizing bath bombs with invigorating essential oils (e.g., citrus oils, peppermint, eucalyptus, or rosemary).

EXFOLIATING FOOT OR BODY SCRUB

Yield: 4 oz.

Time: 5 minutes

Difficulty: Easy

INGREDIENTS & SUPPLIES:

- $\frac{1}{4}$ cup Epsom Salt or other exfoliating agent (You could also use coarse sea salt, fine sea salt, raw sugar, brown sugar, table salt, or white sugar. The coarser the salt or sugar is, the more exfoliating it will be.)
- $\frac{1}{4}$ cup (60 ml) Sweet Almond Oil
- 2 capsules or 6–8 drops Vitamin E Oil (optional)
- 10–20 drops essential oil
- 4 oz. Glass Salve Jar

INSTRUCTIONS:

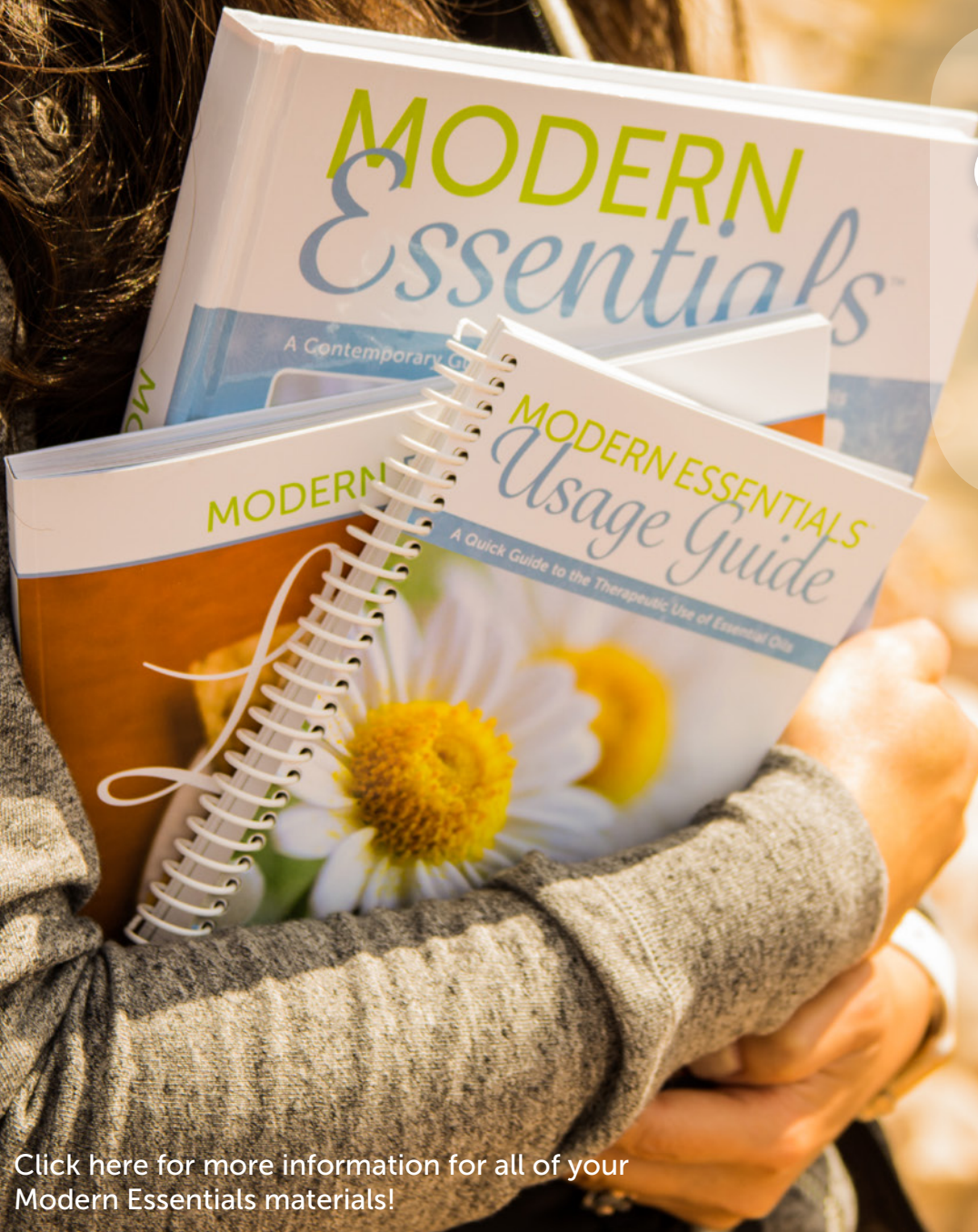
1. Pour all ingredients into a bowl, and mix together.
2. Pour the mixture into a 4 oz. salve jar or small widemouthed jar.
3. To use the scrub, place a small amount in your palm, and scrub over moistened skin. Rinse off in a shower or tub.

Notes:

- Be sure to use this scrub only on unbroken skin, and warn your recipients to do the same.
- The oils in this scrub can make the floor of the bathtub or shower slippery, so use extreme caution while rinsing off so you don't fall.

EXTRA IDEAS:

- Use ultramarine powders or other natural powders and oil-soluble colorants to color your scrubs.
- Try using different coarsenesses of salt or sugar to create progressively smoother scrubs (i.e., a coarse "buffing" scrub, followed by a fine "polishing" scrub) with different relaxing essential oils in each scrub.
- Try combining two or more exfoliating agents to get a different feel for your scrub.



Inspire Others THROUGH BOOKS AND MEDIA

[Click here for more information for all of your Modern Essentials materials!](#)

Give the gift of essential oil education to your family and friends. We are continually increasing and updating our selection of books and media to benefit new and seasoned essential oil users alike.



MODERN Essentials 8th Edition

Includes new design with updated information about new oils.

Click here to view our entire Modern Essentials Family!
Modern Essentials products are also available in other languages. Find a complete list of languages here.

Gift Idea: Add one of our printable gift tags and a sample vial of oil for your friends and family to try out the recipes and ideas found in *Modern Essentials*.

NEW MEMBERS OF THE MODERN *Essentials* FAMILY!



A | Item #1155PB
Modern Essentials™ Living
Now in paperback!

B | Item #1151M
Modern Essentials Magnet: “Cooking with Essential Oils”
Use as a fridge magnet! Gives you easy access to all the basic information when cooking with essential oils.

C | Item #1157
“Modern Essentials™: Simple Solutions” Booklet (Pack of 10)
Packed with easy solutions for everyday conditions.

OTHER NEW BOOKS:



Incorporate essential oils in your everyday life by using these booklets. Each booklet focuses on different recipes specific for women and families. They also include labels that go along with the recipes.

D | Item #8832 “The Essential Woman” Booklet

E | Item #8833 “The Essential Family” Booklet

*Labels included in booklet. Containers sold separately.

A young boy with dark hair and a wide smile is leaning over a kitchen sink. He is wearing a dark blue polo shirt and is actively washing his hands with a blue bar of soap. Water is running from a modern, chrome faucet into the sink. The background is a bright, clean kitchen with white cabinets and a potted plant.

GIFTS FOR
Your Family

[Click here for a recipe for Bath Pals Soap for Kids from our blog!](#)



MEN'S EO BODY WASH
 Yield: 1¼ cups (300 ml)
 Time: 5 minutes
 Difficulty: Easy

INGREDIENTS & SUPPLIES:

- ¼ cup (60 ml) distilled water
- ½ cup (120 ml) Castile Soap
- ½ cup (120 ml) Fractionated Coconut Oil or Sweet Almond Oil
- 1 tsp. (5 g) Epsom Salt
- 10 drops lemongrass essential oil
- 10 drops cedarwood essential oil
- 8 oz. Bottle with Snap-top Lid

INSTRUCTIONS:

1. Measure all ingredients, stir them together, and pour the mixture into the bottle. (Note: There will be a little too much to fit in one 8 oz. bottle. You can either use the extra right away or pour it into another bottle.)
2. Shake up the bottle to ensure ingredients are mixed thoroughly before each use.
3. Use in the shower with a wash cloth or loofah.

We liked this essential oil blend, but have fun experimenting with other ones as well!

GIFTS FOR MEN



Item #9397SLV
 USB Diffuser
 Perfect for the office!



Item #DT61BLK
 Men's Branded
 Leather Wallet with
 Magnetic Clip



Item #3766
 "Do It Yourself Health: A
 Man's Guide to Essential
 Oils" Tear Pad



Modern Essentials App
 Available from the Apple App
 Store and Google Play
 Perfect reference tool for on-
 the-go!



Men's Apparel
 Socks, hats, and t-shirts
 available.
 Click here to see more
 options!



Item #9186CK
 8 oz. White
 Plastic Bottle
 with Snap-top
 Cap
 See body wash
 recipe above.

It's cold outside, and kids can only play out in the snow for so long; so it's time to find some inside activities to keep them entertained.

★ ESSENTIAL OIL-SCENTED FINGER PAINTS

Yield: 2 cups (480 ml)

Time: 15–20 minutes

Difficulty: Easy

INGREDIENTS & SUPPLIES:

- 2 cups (480 ml) cold water
- 1 heaping Tbsp. (~10 g) cornstarch
- Plastic bottles
- Food coloring
- Essential oils

INSTRUCTIONS:

1. In a medium-sized pot, whisk together cold water and cornstarch. Heat over medium heat, stirring often, until mixture thickens.
2. Remove from heat, and let cool.
3. Pour the mixture into plastic bottles, and add a different color of food coloring to each bottle. Stir with a bamboo skewer (adding more if needed) until you achieve your desired color.
4. Add a drop of essential oil to each bottle of paint, and stir in the essential oil with the bamboo skewer. Be sure to choose essential oils that are safe for children.
5. Twist the lids onto your bottles, and your paint is ready to enjoy!

NOTE:

It's fun to choose oil scents that go along with each color, and this also makes for a fun sensory experience. For example, mix a drop of lemon oil with the yellow paint, a drop of peppermint oil with the green paint, etc.



Item #1702
Rollerball™ Kids Make &
Take Workshop Kit



Item #4239
"Essential Match Up:
Single Oils" Card Game



Item #8714
Aroma-Ball Bracelet
with Refills
Check out our selection of
jewelry here!

Kid Tip: When using essential oils on kids, they should be diluted. Roll-ons are a great way to use oils on-the-go for your kids. You can dilute your blends at home, and they can be easily accessible and used when you're away from the house.





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We are active on social media! Follow us for tips and ideas
to incorporate essential oils into your everyday life!
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