

## Essential Oil–Scented Finger Paints

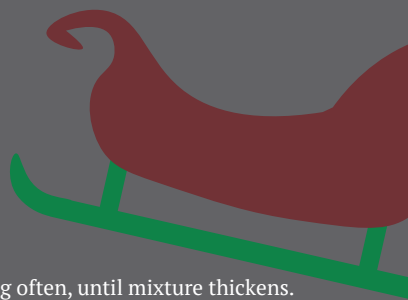
### Materials Needed:

2 cups cold water  
1 heaping Tbsp. cornstarch  
1 tsp. salt  
Plastic bottles  
Food coloring  
Essential oils

### Instructions:

1. In a medium-size pot, whisk together cold water, cornstarch, and salt. 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, stirring in with a bamboo skewer, 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. It's fun to choose oil scents that go along with each color. For example, mix a drop of lemon essential oil in yellow paint, a drop of peppermint essential oil in with green paint, etc.
5. Twist the lids onto your bottles, and your paint is ready to enjoy!

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**Servings:** Yield = 2 cups paint

**Time:** 15–20 minutes active

**Difficulty:** Easy

## Spiced Apple Cider with Essential Oil

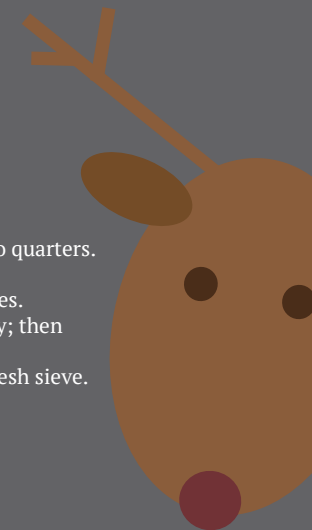
### Ingredients:

5 red apples  
1/2 cup white sugar  
1/2 Tbsp. ground allspice  
2 drops cinnamon essential oil

### Instructions:

1. Wash apples thoroughly, remove the cores, and cut them into quarters.
2. Place apples in a large stock pot, and add sugar and allspice.
3. Add enough water to the pot to cover the apples by 3–4 inches.
4. Boil the apples, uncovered, for one hour, stirring occasionally; then reduce heat, and simmer for two hours.
5. Strain out the cider by pouring the mixture through a fine mesh sieve.
6. Stir in cinnamon essential oil.
7. Serve cider warm, or refrigerate and serve chilled.

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**Servings:** 6 servings; makes 1/2 gallon  
**Difficulty:** Easy

**Time:** 15 minutes active; 3 hours inactive

## Candy Cane Bath Salts

### Materials Needed:

Two 8 oz. packages of Epsom salts  
Red natural food dye  
4 drops peppermint essential oil  
1 Tbsp. baking soda  
Six 74 ml clear plastic tubes with silver lids  
Blank white circle labels

### Instructions:

1. Pour each bag of Epsom salts into its own mixing container, and color one bag red with the natural food dye.
2. Add 2 drops peppermint essential oil and 1/2 Tbsp. baking soda to each mixing container, and stir.
3. Layer the different colors of bath salt alternately in the tube to create a candy cane look. Do not shake.
4. Use the blank white circle labels to create a fun label, and place it on the side of the tube.

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**Time:** 15 minutes active

**Difficulty:** Easy

## Fun Scented Play Clay

### Materials

<b>Needed:</b>	2 Tbsp. cream of tarter	Food coloring
	1 cup flour	Essential oils
	1/4 cup salt	4 oz. salve jars
	1 Tbsp. oil	
	1 cup water	

### Instructions:

1. Mix flour, salt, cream of tarter, oil, and water in a medium-size pot until well blended.
2. While stirring continuously, cook the mixture in the pot over medium-low heat until it forms a thick dough that is no longer sticky (approximately 5 minutes).
3. Remove the dough from the pan, and place it on waxed paper. Allow to cool for about 5 minutes.
4. Divide the dough into four equal pieces.
5. For each of the four pieces of dough, add approximately 10 drops of different colored food coloring, and knead until the color is well blended.
6. Add approximately 8–10 drops of different essential oils or blends (choose oils that are safe for children) to each of the four pieces of dough, and knead for 60 seconds.
7. Store each piece of dough in a 4 oz. salve container, sealable bag, or other airtight container.

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**Servings:** Yield = 4 play dough balls

**Time:** 15 minutes active

**Difficulty:** Easy

## Essential Oil–Scented Paper Snowflakes

### Materials Needed:

5–10 sheets of paper  
Large sealable plastic bag  
Tissue  
Essential oil of choice

### Instructions:

1. Take 5–10 sheets of paper, and place them inside a large sealable plastic storage bag.
2. Drop 10–15 drops of your desired essential oil or oil blend on a tissue folded in eighths. Place the tissue between the sheets of paper inside the plastic bag.
3. Seal the plastic bag, and allow it to sit for 1–2 days so that the aroma can permeate through the paper.
4. Fold the scented paper, and cut it into snowflake shapes.



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**Time:** 2 minutes active; 1–2 days inactive

**Difficulty:** Easy

## Lemon Pineapple Cheeseball

### Ingredients:

Two 8 oz. packages cream cheese (room temperature)  
1 1/2 cups grated cheddar cheese  
1 package ranch dressing mix  
2 drops lemon essential oil  
1 cup pineapple, finely chopped  
2 cups pecans, chopped

### Instructions:

1. Combine cream cheese, grated cheese, ranch dressing mix, and lemon essential oil in a large bowl. Stir until well incorporated.
2. Stir in chopped pineapple.
3. Form the mixture into a ball.
4. Roll the ball in chopped pecans.
5. Wrap the cheeseball in plastic wrap, and refrigerate for 2 hours or overnight.
6. Serve cheeseball with your choice of crackers.



**Servings:** 10

**Time:** 10 minutes active; 2 hours inactive

**Difficulty:** Easy

## Winter Wonderland Blend

### Ingredients:

1 drop frankincense essential oil  
2 drops orange essential oil  
1 drop peppermint essential oil

### Instructions:

Add the essential oils listed above to your diffuser, and enjoy a great scent for the holiday season.



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**Time:** 2 minutes active

**Difficulty:** Easy

## Holiday Spice Popcorn

### Ingredients:

1/2 cup of unpopped popcorn (12–16 cups popped popcorn)  
1/8–1/4 cup unrefined coconut oil  
2 Tbsp. maple syrup  
2 drops clove essential oil  
2 drops orange essential oil  
2 drops cinnamon essential oil  
1 toothpick nutmeg essential oil (dip toothpick in the oil bottle, and then stir the toothpick into the coconut and maple syrup mixture)  
Salt to taste  
Cinnamon powder (optional)

### Instructions:

1. Pop popcorn kernels, and then place popped popcorn in a large bowl or brown paper bag.
2. Heat coconut oil and maple syrup over low heat until liquefied. Remove from heat, and let cool for a couple minutes. Stir in essential oils.
3. Pour coconut oil mixture over popcorn, and stir or shake to combine.
4. Add salt and cinnamon powder to taste.



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**Servings:** 4–5

**Time:** 5–10 minutes active

**Difficulty:** Easy

## Essential Oil Cleaners

### All-Purpose Cleaner (with Castile soap)

#### Ingredients:

2 tsp. unscented Castile soap  
15–20 drops disinfecting essential oil(s)  
1 cup water  
8 oz. glass spray bottle

#### Instructions:

Pour Castile soap and essential oils into the glass bottle. Swish mixture to combine. Fill the rest of the bottle with water. Screw on the spray top, and shake to combine. Shake before using. Use to clean; then spray on a vinegar-water solution to clean away any soap scum.

### All-Purpose Cleaner (with vinegar)

#### Ingredients:

15–20 drops disinfecting essential oil(s)  
1/2 cup white vinegar  
1/2 cup water  
8 oz. glass spray bottle

#### Instructions:

Drop essential oils into the glass bottle. Add vinegar, and then fill the rest of the bottle with water. Screw on the top, and shake to combine. Shake before using.

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**Servings:** Yield = 8 oz.    **Time:** 3 minutes active    **Difficulty:** Easy

## Holiday Glow Blend

#### Ingredients:

3 drops cinnamon essential oil  
7 drops fir essential oil  
5 drops orange essential oil

#### Instructions:

Add essential oils listed above to your diffuser, and enjoy a great scent for the holiday season.



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**Time:** 2 minutes active    **Difficulty:** Easy

## Grasshopper Pie with Peppermint Essential Oil

#### Ingredients:

42 chocolate sandwich cookies, crushed  
1/4 cup butter, melted  
2 packages cream cheese, softened  
1 can sweetened condensed milk  
2 cups whipped topping  
4 drops peppermint essential oil

#### Instructions:

1. Combine crushed chocolate sandwich cookie and melted butter in a medium-size bowl. Stir until well incorporated.
2. Press cookie mixture into the bottom and sides of a pie pan to form a crust. Chill crust in the refrigerator for one hour.
3. In a large mixing bowl, combine cream cheese and sweetened condensed milk. Beat with an electric mixture for 5 minutes, ensuring that the mixture is light and fluffy.
4. Stir in whipped topping and peppermint essential oil.
5. Let pie chill for 1 hour before serving.
6. Enjoy!



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**Servings:** 8    **Time:** 25 minutes active; 2 hours inactive    **Difficulty:** Easy

## Peppermint Hot Chocolate

#### Ingredients:

2 1/2 Tbsp. unsweetened cocoa powder  
1 1/2 Tbsp. sugar or other sweetener  
Pinch of salt  
3/4 cup canned coconut milk (shake before opening)  
1 1/2 cups milk (almond or rice milk work too)  
1–2 drops peppermint essential oil

#### Instructions:

1. In a saucepan, mix together the cocoa powder, salt, and sugar.
2. Add coconut milk, and heat until combined.
3. Slowly add milk while continuing to stir. Keep stirring until little bubbles start to form on the surface.
4. Remove from heat. Allow to cool slightly. Stir in a drop or two of peppermint essential oil.
5. Pour into mugs, and serve. Warning: it will be hot, so allow the hot chocolate to cool to a reasonable temperature before drinking.
6. Top with whipped cream, marshmallows, chocolate chips, or ground peppermint candy.



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**Servings:** 2    **Time:** 10 minutes active    **Difficulty:** Easy

## Scented Salt Dough Ornaments

### Ingredients:

1 1/2 cups flour (or  
1 cup flour if adding  
the cinnamon)  
1/2 cup salt  
1/2 cup ground

cinnamon (optional:  
this gives thorna-  
ments a great scent  
but will make them  
a brown color)  
3/4 cup warm water

Essential oils (some  
great oils to use are  
cinnamon, clove,  
orange, fir,  
peppermint,  
frankincense,  
myrrh, or other  
holiday scents or  
blends)



### Instructions:

1. Combine dry ingredients in a bowl, and mix well. Add water, and continue mixing. Add more flour or water as needed.
2. Roll out the dough to be about 1/4" thick onto parchment paper or a floured surface.
3. Cut out shapes with cookie cutters.
4. Punch out a hole in the top of each ornament for string or ribbon with a straw, chopstick, or toothpick.
5. Bake in the oven at 300 degrees F for 30 minutes or until dry. If you would rather not bake them, you can let the ornaments air dry instead.
6. To make the ornaments into little diffusers, add 1-3 drops of essential oil to each ornament, and allow time for the oil to soak in.
7. Tie the ornaments to gifts, the tree, or areas around the house.

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**Time:** 10 minutes active; 30 minutes inactive

**Difficulty:** Easy

## Inside Out Peppermint Patties

### Ingredients:

1 pound powdered sugar  
4 oz. cream cheese, softened  
7-14 drops peppermint essential oil  
6 oz. semi-sweet chocolate chips

### Instructions:

1. Using a mixer, gradually add the powdered sugar to the cream cheese. Beat well until incorporated.
2. Add peppermint essential oil, and combine well.
3. Roll dough into teaspoon-size balls, and place on baking sheet(s) lined with wax paper or parchment. Create a small "bowl" or indentation in each ball using a 1/4 teaspoon or your finger. Cover with plastic wrap, and let firm up in refrigerator for a few hours.
4. When peppermints have firmed, melt chocolate according to package directions. Fill a piping bag or freezer bag with the corner snipped with the melted chocolate. Fill each mini peppermint bowl/indention with chocolate, and let cool.
5. Refrigerate in an airtight container until ready to serve.

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**Servings:** Yield = 4 dozen

**Time:** 20 minutes active; 2-4 hours inactive

**Difficulty:** Easy