



Recipe Card: Bath Time and Bed Time

Bath Blends	Body Scrub
<p>Use essential oils in the bath for restoring your energy and bringing you to a state of relaxation before bed</p> <p>Restorative Bath: to cleanse your energy after a draining day</p> <ul style="list-style-type: none">• 1 tsp carrier oil such as almond or sunflower• 3 drops Bergamot essential oil• 3 drops Geranium essential oil• (Geranium can be substituted with pine if you prefer) <p>Relaxing Bath: to prepare your body and mind for sleep</p> <ul style="list-style-type: none">• 1 tsp carrier oil• 3 drops Ylang Ylang essential oil• 2 drops Vetiver essential oil• 1 drop Marjoram Sweet essential oil <p>Children's Bath: a relaxing bath for children aged 2-7 years</p> <ul style="list-style-type: none">• 1 tsp carrier oil• 2 drops Chamomile Roman essential oil• 2 drops Lavender essential oil <p>Instructions: Blend essential oils with carrier to ensure the oils have been quenched then add oil blend to running bath water to dissipate</p>	<p>Ingredients (Recommended amounts for adults)</p> <ul style="list-style-type: none">• 1 tbsp carrier oil such as almond or sunflower• 2 tsp soft brown sugar• 3 drops grapefruit essential oil• 3 drops Marjoram Sweet essential oil <p>Instructions:</p> <p>Blend essential oils with carrier oil first, then add enough sugar to create a scrub.</p> <p>Directions:</p> <p>Rub the body, legs feet before showering and rinse off in the bath or shower. The sugar will melt in the water.</p> <p>Safety:</p> <p>Avoid sensitive areas such as the face or any broken or irritated skin</p> <p>Experimenting:</p> <p>Other oils which make good body scrubs:</p> <p>Peppermint oil for feet Orange sweet or Mandarin for improving complexion of the skin Ginger for boosting circulation</p>
<p>Bed Time Diffuser Blend</p> <p>Diffuse into the room at bedtime. Reduce quantities to half for a small room or if children or pets will be sleeping. I like to prepare the room with the scent about 30 minutes before bedtime</p> <p>Diffuser blend (6 drops in total)</p> <ul style="list-style-type: none">• 2 -3 drops Ylang Ylang• 2-3 drops Cedarwood (avoid if pregnant)• 2-3 drops Valerian <p>(other oils you could use: Vetiver, Patchouli, Spikenard)</p>	<p>Sleepy Massage Oil for adults and children</p> <p>Ingredients: (adult blend)</p> <ul style="list-style-type: none">• 100ml spray bottle amber glass (do not use plastic)• 100ml carrier oil such as almond or sunflower• 10 drops Ylang Ylang essential oil• 5 drops Vetiver essential oil• 5 drops Lavender essential oil• 10 drops Marjoram essential oil <p>Ingredients (children's blend: age 2- 7 years)</p> <ul style="list-style-type: none">• 100ml spray bottle amber glass (do not use plastic)• 100ml sunflower carrier• 5 drops Chamomile Roman essential oil• 5 drops Lavender essential oil• 3 drops Ylang Ylang essential oil