

5 DAYS OF *Healthy DIY* CHRISTMAS GIFTS

KATHERINE KYLE & BROOKE MURRAY



5 DAYS OF CHRISTMAS GIFTS WITH ESSENTIAL OILS

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If you find an error or have a suggestion for improvement or if you have a question about a recipe, please contact Katherine at greenthickies@gmail.com

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INTRODUCTION

Brooke Murray and I are sharing a total of 5 recipes for gifts made with essential oils with you, one recipe a day to help your loved ones get the toxic chemicals out of their lives and start using some more natural DIY recipes using essential oils. What could be better than a handmade, healthy Christmas gift from you this year?

Katherine Kyle

Katherine blogs at GreenThickies.com and EverythingOily.com about her two passions, green smoothies, and essential oils. She has two young kids and lives in the beautiful Scottish Highlands.

Katherine was always trying various ways to improve her health. After trying many products with little or no results, she got herself a premium starter kit by Young Living that had a great range of oils in it. Within a week of using them she had noticed a massive difference and within a month was feeling better than she'd ever felt in her

life. She was full of energy, happy, positive, confident, sleeping really well every night and so much more. Katherine feels alive again. Every day she just feel better and better, and she has dedicated her life to helping others in the same way. Find out more at support@greenthickies.com

Get FREE Essential Oils Uses download, 14 Day essential oils 101 e-course and online essential oils class <http://www.greenthickies.com/free>

Get started with Young Living essential oils here: <http://www.greenthickies.com/oils>

Brooke murray

Brooke Murray is an Ecological nutrition counselor who specializes in Whole foods and natural living education. She believes that food is medicine but that it also brings pleasure and celebration to our lives. Our health and the planets health are interconnected. Brooke teaches that when we continue to use harmful chemicals in our homes and on our bodies the Earth is negatively affected as well as our personal health. Along with teaching clients how to live with fewer toxins for better health she is also a Certified Hatha Yoga teacher a Reiki practitioner and a certified green living consultant and Certified urban farm planner. You can reach Brooke Murray at <http://www.naturalhealthhowto.com/> or join her FB group at <https://www.facebook.com/groups/naturalhealthwithEO/>

WHAT ARE ESSENTIAL OILS?

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They contain phytochemicals made up of volatile aromatic compounds. Although they are fat soluble, they do not include fatty lipids or acids found in vegetable and animal oils. They are the pure extract of the plant and are easily absorbed into the skin.

High quality oils range from clear to dark blue.

Essential oils have been used for thousands of years for their health, cosmetic, and emotionally uplifting properties.

They are extracted through careful steam distillation and cold pressing. The purest essential oils are far more powerful and effective than dry herbs, delivering quick and effective results.

Using the pure essence of health-promoting botanicals that can be diffused, inhaled, applied topically, incorporated into massage, or taken internally can help you heal. Only pure therapeutic grade essential oils such as Young Living oils should be used for ingestion.

Essential oils have a very high vibration and can help you to raise your own vibration. For overcoming chronic illness or for first aid, essential oils are an important part of a healthy lifestyle.

Essential oils are essential for your family medicine chest and can be used for all of your first aid needs.

Many oils can be used on children but caution is advised and dilution of many of the oils is important with children or people with skin sensitivities.

It's important to find the highest quality therapeutic grade oils you can such as Young Living oils. Other oils are often mixed with chemicals or are not as effective. Some oils can be used with animals such as dogs and horses with great results.

Extreme caution should be used when using oils around cats as many oils are toxic to cats. The advice and supervision of a trained veterinarian or certified pet aromatherapist is advised before using oils on cats.

HOW TO USE ESSENTIAL OILS

Essential Oils can be used in several different ways for optimal healing affect. The application methods below are the most popular and safest way to use essential oils. Depending on the type of oil and the desired outcome you can use one or more of these methods.

Diffuse

Use a diffuser by adding a few drops twice a day to absorb oils through the respiratory system. This route is fast and effective and is great for almost all the oils especially the oils that are anti-viral, anti –bacterial, calming and relaxing. You can also diffuse oils by putting two drops directly on a hot light bulb or by adding to a bowl of steaming hot water and inhaling.

Direct applicatoin

Using a few drops of oil on the wrists, neck, bottoms of feet, ankles, spine and the chakra points can be a good method to absorb the oils quickly through the skin and into the blood stream. Adding oils to a rag in the shower and rubbing on skin is another direct application and you can also inhale the oils with this method. Some oils require dilution with a carrier oil such as coconut, olive, sesame or jojoba oil. Dilution is important for oils that cause skin irritation and a skin patch test is recommended especially for those that have sensitive skin. Check the label on the bottle to see if your oil of choice needs dilution.

Bath

Adding a few drops to your bath can be a calming and soothing way to enjoy your oils while benefiting from their healing properties. Add 2-5 drops or more to a bath with Epsom salts. Caution should be used and oils should always be tested on skin prior to using in the bath.

In recipes

Oils can be a great addition to your recipes. Add a few drops of lemon oil to water and make lemonade! Only high quality therapeutic grade oils such as those sold by Young Living should be ingested and only oils that are marked as a dietary supplement on the bottle should be used. Oils are very potent so use caution and only use a drop or two to taste in recipes so you don't over -do it.

It's important to find the highest quality therapeutic grade oils you can such as Young Living oils. Other oils are often mixed with chemicals or and are not as affective.

RECIPES

Day 1: Powdered peppermint hot chocolate mix

Woo hoo, it's time to start thinking about sharing the Young Living love at Christmas. Brooke Murray and I are sharing a total of 30 Christmas gift ideas all made with essential oils with you this month, one gift a day to help you choose some gifts to make for others this Christmas. What could be better than a handmade, healthy Christmas gift from you this year?

Ingredients

- 1 Cup of Coconut Sugar or other sugar
- 1/2 Cup of Cocoa/ Carob or Cacao powder
- 4 drops of Peppermint essential oil

Instructions

Add the 3 ingredients to a jar and mix well. Divide into cellophane bags and tie with pretty string.

This quantity made me 3 bags worth but it depends how much you put in each bag.

To serve

Add 2 Tablespoons of hot chocolate powder to a pan with 6 oz (177ml) of any type of milk. (I like coconut milk)

Heat until warm but not boiling. Pour into a mug and enjoy.



Day 2: festive perfume bar

Ingredients

2 tablespoons of beeswax pellets
2 tablespoons of almond butter
25 drops orange essential oil
6 drops clove essential oil

Instructions

Add the beeswax to a glass jar or jug and place in a pan of boiling water. Bring the pan to a low heat until the beeswax is melted and then add the almond oil until warm.

While you are waiting for the beeswax to melt, measure out the essential oils in a different jar, and get your empty containers ready. You can use lip balm containers or other types of small containers, or silicon molds. (If you want to get the perfume bar out whole use a mold, if you want to keep it in the container use something more solid.

When the oil is melted and heated through, take it off the heat and very quickly add the essential oil mixture to the oil mixture and stir, then pour into the containers. This sets extremely fast so you don't want to delay for a second after taking this off the heat.

They will be set very quickly, within about an hour.

This is a festive scent, but feel free to experiment with other essential oils that you like. I adore anything with Ylang Ylang in!



Day 3: homemade reed diffuser

Ingredients

8-10 Reed Diffusing sticks

1 Jar

1/2 Cup Almond Oil

30 drops of essential oil of your choice (I used Pine, but next time I'm going to use something more floral)

Instructions

Add the essential oils and almond oil to the jar. Insert the sticks and stir them. Turn them over a few times each day or when you remember.



Day 4: aromatherapy tissues!

Ingredients

- 3 Boxes of tissues (ones with pretty boxes)
- 4-8 drops of Peppermint
- 4-8 drops of R.C.
- 4-8 drops of Lavender

Instructions

Open up a box of tissues from the bottom (my boxes opened at the sides) and drop in 1-2 drops of essential oil in each corner of the box. Seal the box back up. Leave to infuse for a day. Now you have aromatherapy tissues.

You can use whatever oils you like. I chose to make 3 different boxes, one box with R.C. which will be good for those with colds or coughs.

I added Peppermint to one of my other boxes for those who need an energy boost. They can breathe in the oil from the tissue.

I added Lavender to my third box to help soothe the skin that always gets red and sore when you've got a cold. Of course you could put R.C. and lavender in one box. That would be soothing for everything at the same time.

To be on the safe side I would avoid these tissues if you are crying. You need to keep essential oils out of the eyes, and while they aren't as strong as the actual oil, you probably don't want to test this out.



Day 5: christmas scented candles

This recipe is so simple and these candles are the prettiest ever.

Ingredients

Glass Jar

White Beeswax Pellets

Orange Beeswax Pellets

Wick

5 Drops Christmas Spirit Essential Oil

Instructions

Cut your wick to the right size. Hold your wick in place in the middle of the jar and pour white Beeswax pellets until it has filled about a third of the jar.

The pour the orange beeswax pellets until it has filled another third of the jar.

Drop 5 drops of Christmas spirit or you favourite essential oil around the wick.

Light the wick and beautiful fragrances will fill the room!

What essential oils would you add to this scented candle?



Bonus Recipe: coconut orange fudge

Mmmm fudge! So easy to make and soooo much better for you than regular fudge.

Ingredients

- 1 Cup Coconut Butter
- 1 Cup Nut Butter
- 1 Teaspoon Vanilla extract
- 4 Tablespoons raw Honey
- 5 drops Orange Essential Oil

Instructions

Add all the ingredients to a glass jug. Place the jug in a pan of boiling water. Add the pan to a low heat. When the ingredients are melted pour into some chocolate molds or into a silicon baking dish.

Place in the freezer or freezer for several hours. When the fudge is hard you can leave at room temperate to soften then cut into squares.



30 Days of Christmas gifts
WITH ESSENTIAL OILS

**COCONUT
ORANGE
Fudge**

DAY 13

1 Cup Coconut Butter
1 Cup Nut Butter
1 Teaspoon Vanilla
4 Tablespoons Honey
5 drops Orange Essential Oil

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EverythingOily.com

Are you new to essential oils?

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