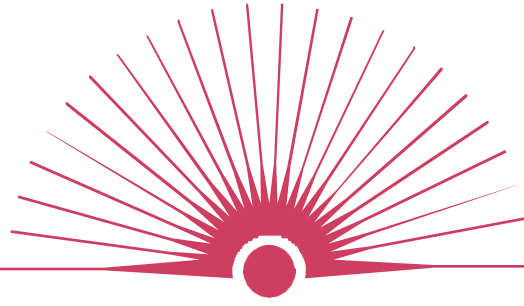




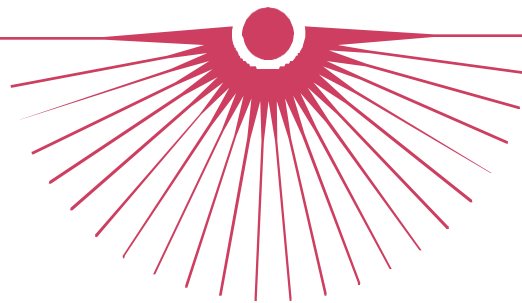
**MIDLIFE
MOJO
MAKE &
TAKE
RECIPES**

25 ESSENTIAL OIL INFUSED PROJECTS

Midlife Mojo
Make & Take
Recipe Book



Cool,
Calm &
Collected



A Chill Night Spray

2 Orange
1 Peppermint
2 Lavender
1 Clary Sage
1 Ylang Ylang
1/2 tsp. Witch Hazel
Distilled Water

Add the essential oils to a 2 oz. spray bottle. Swirl to combine. Add witch hazel. Fill spray bottle with water. Place in refrigerator. Remove from fridge and put next to your bed for a calm, cool night.

Can't Take The Heat Cooling Wrap

3 drops of Spearmint
1 drop of Peppermint
1 tsp. Salt
Ice Water
Hand Towel, Scarf, Bandana

Mix essential oils with salt in a small bowl. Fill bowl with ice water. Soak a towel with the water mixture; wring it out. Wrap it around your neck. Sit back and feel the chill.

Feeling Groovy Rollon

4 drops of Clary Sage
4 drops of Joy
4 drops of Lemon
4 drops of Cypress
Carrier oil

Add the essential oil to a 5 ml roll-on and fill to the top with a carrier oil. Roll on behind the ears or on wrists for a perfume that helps you feel balanced and like yourself again.

Hot & Bothered Spray

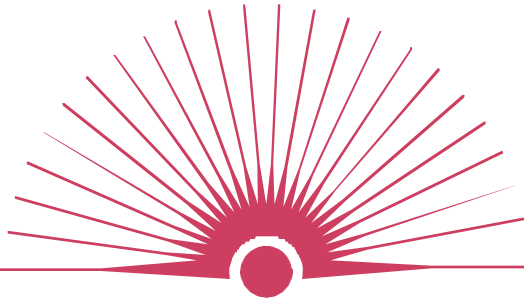
2 drops of Patchouli
2 drops of Clary Sage
2 drops of Endoflex
1 drop of Peppermint
1/2 tsp. Witch Hazel
Distilled Water

Add the essential oils to a 2 oz. glass spray bottle and swirl to combine. Add the witch hazel. Fill the bottle with the water. Spray on your body to find peace during your own personal summer.

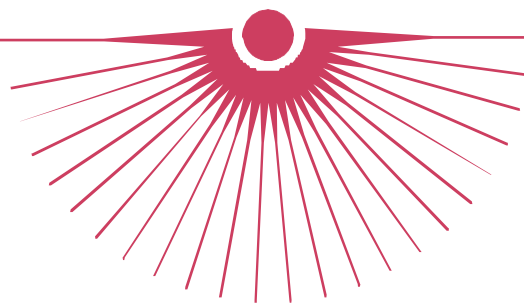
Cool and Calm Nights Bath Salts

Epsom Salt
5 drops of Clary Sage
5 drops of Geranium
4 drops of Cypress
3 drops of Peppermint

Combine Epsom salt and essential oils.
Sprinkle in bath while running water.
Soak in bath for 20 minutes. Enjoy a cool night's
sleep.



Romance
&
Libido



Citrus, Spice & Everything Nice Massage Oil

4 drops of Ylang Ylang
3 drops of Orange
2 drops of Ginger
2 drops of Black Pepper
2 drops of Patchouli
Carrier Oil

Add the essential oils to a 2 oz glass pump or small bowl and swirl to mix. Fill to the top with a carrier oil. A great way to start off the bedroom fun.

Feel My Silky Legs Shaving Cream

3/4 cup Castille Soap
1/8 cup Vegetable Glycerine
3 pumps of Sensation Massage Oil
Distilled Water

In a foaming soap pump add the
ingredients and shake lightly
to combine.

Fun With Frank

Diffuser Blend

3 drops of Sacred Frankincense
1 drop of Cinnamon Bark
1 drop of Ylang Ylang or Jasmine
1 drop of Orange

Add the essential oils to your diffuser and turn it on a few minutes before the bedroom activities begin.

Perky Pillow Spray

3 drops of Sensation

3 drops of Bergamot

2 drops of Orange

1 drop Geranium

1 drop Lime

1/2 tsp. of Witch Hazel


Distilled Water

Add oils to a 2 oz spray bottle and swirl to combine. Add in the witch hazel. Fill the bottle with distilled water. Use 1-2 sprays on your pillow 10- 15 minutes before bed to get the romance started.

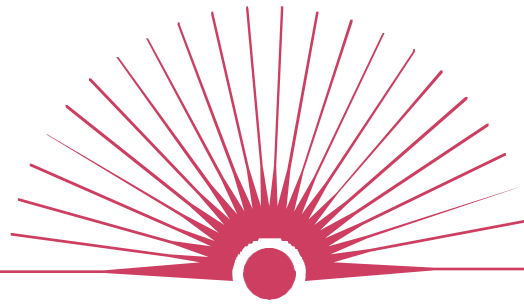
Edible Mojito Massage Oil



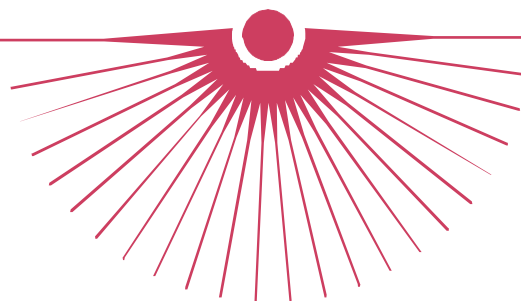
4 drops of Lime Vitality
4 drops of Lemon Vitality
2 drops of Bergamot Vitality
1 drop of Spearmint Vitality
Coconut Oil



Add the essential oils to a 2 oz glass pump and swirl to mix. Fill to the top with a carrier oil. You and your partner will enjoy an intimate, delicious, relaxing massage.



Eating
&
Exercise



Slim & Trim Spa Water


3-5 drops of Citrus Fresh Vitality
2-3 drops of Spearmint Vitality
Fresh slices of lemon and orange
Spring Water

Fill a glass or stainless steel pitcher with water. Slowly add in the essential oils. Adding more for taste as needed. Add in the slices of fruits. Drink throughout the day for a clean, fresh, energized feeling.

It's Time To Guac



1 Avocado
1 Tbs of Salsa
3-4 drops of Lime Vitality
Salt




Mash up a ripe avocado. Add in the salsa. Slowly add in the oil to taste. Add in the salt to taste. Enjoy!

Wow Wow Watermelon



Cut Up Chunks of Watermelon
Large Handful of Blackberries
Juice of 2 Limes
4 drops of Lime Vitality




Combine the watermelon and blackberries in a bowl. In a separate, small bowl squeeze the juice from 2 limes. Add in the essential oil and mix together. Pour over the fruit and gently stir to combine.

Bounce Back Rollon



2 drops of Rosemary
4 drops of Marjoram
5 drops of Wintergreen
4 drops of Lavender
Carrier Oil




Add the essential oils to a 5 ml roll-on.
Swirl to combine oils. Fill to the top
with a carrier oil. Roll on those midlife
muscles and joints after a workout.

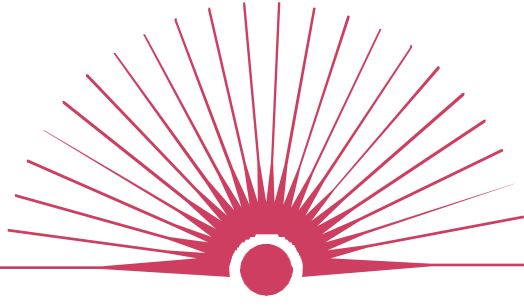
Keep On Moving Rollon



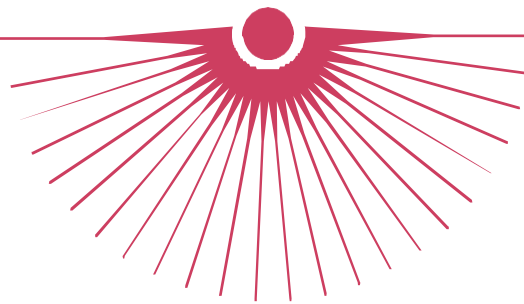
8 drops of Raven
5 drops of Peppermint
Carrier Oil



Add the essential oils to a 5 ml roll-on.
Swirl to combine. Fill to top with
carrier oil. Roll on your chest or
above your lip to feel energized and
motivated.



Aging Gracefully



Turn Back The Hands Of Time Sugar Scrub

1 cup Organic Sugar
1/4 cup Organic Fractionated Coconut Oil
4 drops of Grapefruit
4 drops of Frankincense
4 drops of Tea Tree
4 drops of Lavender

In a small bowl combine the sugar and coconut oil. Stir in the essential oils. Add to a jar. Take a small amount of the mixture in your hands and layer on hands and rub hands together. Wash off the sugar. No more hiding those aging hands.

Eagle Eyes Moisturizer

3 drops of Sacred Frankincense
3 drops of Juniper
3 drops of Sandalwood
5 drops of Lavender
Carrier oil

Put all oils into a 5 ml roll-on. Swirl to mix. Fill to the top with the carrier oil. Roll around the bone above the the eyebrow and the bone below the eye a couple of times a day, making sure not to get it in your eyes.

Tweezer-Free Face Mask



1 tablespoon of Raw Honey
½ tablespoon of Organic Oatmeal
1 drop of Lemon



Combine the honey, oatmeal and essential oil and stir to make a paste. Layer onto your face and leave it on for 15 minutes. Rinse off with lukewarm water. Stay out of the sun for 24 hrs. No more fuzz!

Done With Dimples Massage Oil

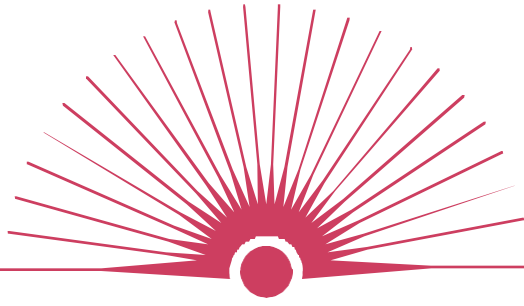
4 drops of Grapefruit
4 drops of Lemon
2 drops of Basil
2 drops of Juniper
2 drops of Cypress
2 drops of Rosemary
Carrier Oil

Add the essential oils to a 2 oz. glass pump or a 5 ml roll-on. Fill to top with carrier oil. Rub into skin on your legs, hips, butt, legs and arms morning and night for smooth, skin appearance.

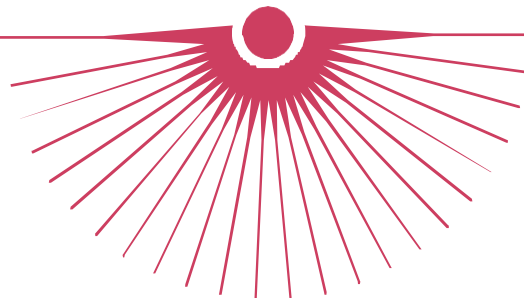
Tough As Nails Strengthenener

4 drops of Frankincense
4 drops of Lemon
4 drops of Lavender
1/4 tsp Vitamin E
Jojoba Oil

Put all oils into a 5 ml roll-on. Swirl to mix. Add in the Vitamin E. Fill to the top with the jojoba oil. Roll on cuticles and nails a couple of times a day.




**Mood
&
Emotional Support**



Come On Get Happy Diffuser Blend



1 drop of Orange
2 drops of Joy
2 drops of Lemon
Distilled Water



Fill the diffuser with water. Add the essential oils. Watch your bad mood melt away.

Be Brave Spray



6 drops of Valor
4 drops of Bergamot
1/2 tsp. of Witch Hazel
Distilled Water



Add essential oils to a 2 oz. spray bottle and swirl to combine. Add the witch hazel. Fill to the top with water and spritz on yourself and get ready to step out of your comfort zone.

Bye-Bye Bad Day Bath Salts


1 cup Epsom Salt
1/4 cup Sea Salt
1/4 cup Baking Soda
4 drops of Lavender
2 drops of Geranium
2 drops of Orange

Combine the epsom salt, sea salt and baking soda in a small bowl. Add in the essential oils and mix. Add to a jar. Sprinkle into your bath to relax and let go of the day.

Drift Away Pillow Spray



4 drops of Lavender
2 drops of Peace & Calming
2 drops of Cedarwood
1/2 tsp of Witch Hazel
Distilled Water




Add the essential oils to a 2 oz. spray bottle and swirl to combine. Add in the witch hazel. Fill to the top with water. Spray on pillow 10-15 minutes before going to sleep to drift off to dreamland.

I've Got The Power Rollon



3 drops of Lemongrass
2 drops of Black Pepper
2 drops of Cinnamon Bark
2 drops of Geranium
2 drops of Orange



Add oils to a 5 ml roll-on and swirl to combine. Fill to the top with the carrier oil. Roll on your wrists and inhale to feel your power.