ESSENTIAL DIY

simple, easy recipes and tips

LEMON BLISS BALLS

combine and mix: 1 Cup each of of Almond Meal and shaved Coconut, 2 Tbsp each of Coconut Oil and Raw Honey (or Agave Syrup) – you can cut this down to 1 Tbsp for a slightly tangier bliss ball. 1/2 Lemon Juiced, Finely grated zest of a whole lemon and 10 drops of Lemon Essential Oil.
Roll into balls, coat in more shaved coconut then refrigerate.

HOMEMADE LEMONADE

Mix 5 drops of Lemon Essential oil in a blender with 2 tablespoons of honey and two cups of water (still or sparkling). Garnish with mint. For a frozen summer treat add ice. Adjust the amount of oil to suite your taste. Or add a few drops of Lemon oil to your iced tea.

WHIPPED LEMON BODY SCRUB

In a mixer combine at medium to high speed 1/2 a cup each of Coconut oil and Shea butter and 8 drops of Lemon Oil. At low-speed mix in 1/2 a cup of Epsom salt or sea salt until just combined. Can substitute salt for brown sugar if using on more delicate areas.

LEMON OIL BLENDS:

Creative Boost: 3 Lemon drops, 1 Peppermint drop & 2 Frankincense drops
Citrus Twist: 3 Lemon drops, 2 Lime drops & 2 Wild Orange drops
Rejuvenate: 2 Lemon drops, 2 Ylang Ylang drops & 2 Peppermint drops

Fun Fact:
It takes 45 lemons to create ONE 15 ML bottle of dōTERRA Lemon Essential Oil.

THE HEALTH GROUP