



Seasoning Salt

Himalayan sea salt infused with doTERRA rosemary, lemon, & black pepper essential oils.



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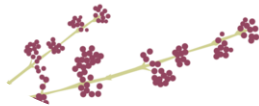
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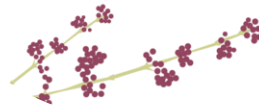
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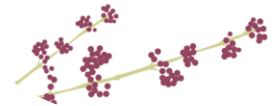
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Holiday Recipes

Winter Wonderland ROOM SPRAY

2 oz. Glass Spray Bottle

- 10 DROPS SIBERIAN FIR EO
- 6 DROPS GRAPEFRUIT EO
- 2 DROPS SPEARMINT EO

Add all ingredients to spray bottle & top with water.

Peppermint COCOA DUSTED POPCORN

- 2 TBSP CANE SUGAR
- 2 TSP UNSWEETENED COCOA POWDER
- 3 DROPS PEPPERMINT EO
- 2 TBSP MELTED COCONUT OIL
- 10 CUPS PLAIN POPPED POPCORN

Sea salt to taste

Mix the sugar, cocoa powder, & peppermint oil together. Drizzle melted coconut oil over popcorn. Sprinkle cocoa mixture over popcorn & mix well.

Spiced Apple Cider

- 6 CUPS APPLE CIDER
- 1 DROP CINNAMON EO
- 1 DROP CLOVE EO
- 2 DROPS WILD ORANGE EO

Warm apple cider on the stove. Remove from heat & add EOs. Serve in mugs.

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Airtight Glass Container

- 2 DROPS ROSEMARY EO
- 2 DROPS LEMON EO
- 2 DROPS BLACK PEPPER EO
- 1/2 CUP SEA SALT

Mix ingredients together. Grind & add to marinades, poultry, soups, pasta or even popcorn.

Miracle Salve

Makes 8, 2oz. containers

- 1 CUP COCONUT OIL (NOT FRACTIONATED)
- 1 CUP OLIVE OIL
- 5 TBSP BEESWAX PASTILLES
- 40 DROPS LAVENDER EO
- 40 DROPS ROSEMARY EO
- 40 DROPS PEPPERMINT EO
- FEW DROPS VITAMIN E (OPTIONAL)

Slowly melt coconut oil, olive oil, and beeswax in a double boiler stirring frequently. Add Vitamin E (if using) & 5 drops of EACH essential oil to EACH 2oz container. Pour melted beeswax mixture into containers & let set for 24 hours to harden. Apply directly to skin as needed.

*Recipe from backdoorsurvival.com