

simply earth<sup>®</sup>

# Top 5 Essential Oil Recipes to Ignite a Spark

## Recipe Guide





## Letter from Summer

Hello there! I'm Summer Wittneben and I'm one of the product owners and Certified Aromatherapists here at Simply Earth. My passion is to inspire others to love and use their essential oils as much as I do!

We've all been there. Valentine's Day is approaching and you want to treat your loved one, but you aren't sure where to begin or how to set the mood for the evening. You want to go a little above and beyond and make your loved one feel special, but it can be hard to know where to start.

I was tired of waiting until the last minute and then feeling paralysis by analysis. I used to get paralyzed by all the recipes that were on Pinterest and I never knew what would work or what would help. That's why I decided to switch to Simply Earth products in my wellness regimen and home. With a focus on overall wellness, I learned how to incorporate natural products into our home, which I found was an added benefit overall.

Have you ever thought:

*I'm tired of feeling fatigued.*

*I want to spend intentional time with my loved one... but I feel weary.*

*I feel so out of balance, but I don't know where to begin.*

*I just don't feel present with my loved one.*

*There are so many recipes out there; how do I know which one actually works?*

These obstacles can make it really challenging to be intentional with your loved one. That's why we've created this Romance Cheat Sheet. It's filled with diffuser blends, an exfoliating scrub, and a candle that will pamper you and help you get into the right headspace to be intentional with your loved one.

With my knowledge of essential oils and my desire to help you succeed in all seasons, I can help you learn how to take charge of your daily life. My goal is to help you feel confident using essential oils to create a wellness regimen that is personalized and works for you.

To learn more about how to incorporate essential oils that will promote romantic feelings, support your energy levels, and help you be more intentional with your loved one, make sure to stick around. If you're looking for a natural and safe approach to essential oils while spending intentional time together, you're in the right place! Keep reading to discover new ways to support yourself or your loved one.



# Table of Contents

- 3 Set the Mood
- 4 Recipe 1: Romantic Diffuser Blend
- 5 Recipe 2: Rose Sugar Scrub Soap Recipe
- 6 Ready to Romance
- 7 Recipe 3: I Lava You Diffuser Blend
- 8 Recipe 4: DIY Romantic Candle
- 9 Other Valentine's Day Diffuser Blends
- 10 Recipe 5: Candy Hearts Diffuser Blend
- 11 Best Essential Oils & Blends for Romance

# Set The Mood

When it comes to spending intentional time with your loved one, it can be hard to know where to start. So, I always find it easy to set the mood with a good diffuser blend! Aromas really impact people, so make sure that you use oils that have pleasant aromas!

## Love & Spice Diffuser Blend

We know that the Winter months in the Midwest can be really tough. I personally, just want to stay swaddled in a blanket all winter long with a good book, but there are other areas of life that I just can't hibernate from. That's why I love this Love & Spice Diffuser Blend. It's the perfect combination of Nutmeg Essential Oil and Simply Earth's Love Essential Oil Blend. Simply Earth's Love Blend combines essential oils to create a sweet, sensual, and soft aroma that boosts your confidence and increases the romantic feeling in the air. The Love Essential Oil Blend has Amyris, Bergamot, Orange, and Ylang Ylang Essential Oils.



**Center**

**Benefits:**



**Supports Romantic  
Feelings**



**Uplifts**

# Love & Spice Diffuser Blend

## Ingredients



- 3 drops Love Essential Oil Blend
- 1 drop Nutmeg Essential Oil

1



Add essential oils to diffuser and diffuse in an open room.

2



To make a master blend of this recipe, use a 5 mL bottle from your Big Bonus Box and add 75 drops of Love Essential Oil Blend and 25 drops Nutmeg Essential Oil.

## Rose Sugar Scrub Soap Recipe

Another aspect of setting the mood for Valentine's Day, or a special occasion, requires some exfoliation. I prefer to pamper myself with a bath in order to take my time with the exfoliation process. This recipe is awesome because it has the dual purpose of being a body soap and an exfoliating soap. This recipe utilizes sugar, glycerin soap base, almond oil, rose clay, rubbing alcohol, Orange Essential Oil, Frankincense Essential Oil, and the Tranquility Essential Oil Blend. We utilize Orange Essential Oil as it may help improve skin radiance, texture, complexion, and health. We also like Frankincense Essential Oil as it may help reduce dry skin and the appearance of fine lines or scars. Finally, we utilize the Tranquility Essential Oil Blend as it promotes calm feelings and reassurance. Tranquility is a synergistic blend of Lemon, Patchouli, Sweet Orange, Amyris, and Ylang Ylang Essential Oils.

### Benefits:



Center



Supports Romantic  
Feelings



Uplifts





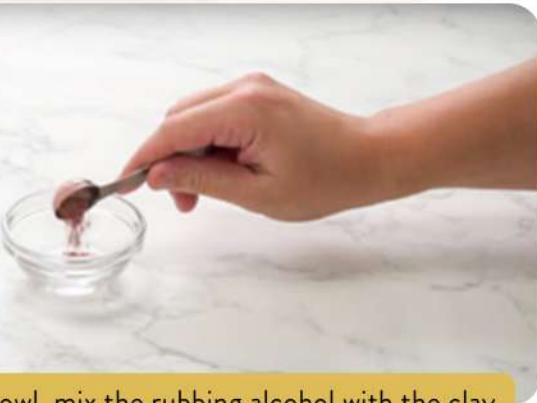
# Rose Sugar Scrub Soap Recipe

## Ingredients



- 0.5 oz (~1.5 cubes) glycerin soap base
- 1 Tbsp almond oil
- 3 Tbsp sugar
- ¼ tsp rose clay
- 1 tsp rubbing alcohol
- 4 drops Orange Essential Oil
- 2 drops Frankincense Essential Oil
- 4 drops Tranquility Essential Oil Blend

1



In a small bowl, mix the rubbing alcohol with the clay.

2



In a double boiler (or in a microwave using 15 second intervals), melt the soap base with the almond oil.

3



Once soap is just melted (about 130 °F), add the essential oils and stir to mix.

4



Add rose clay mixture and stir to mix.

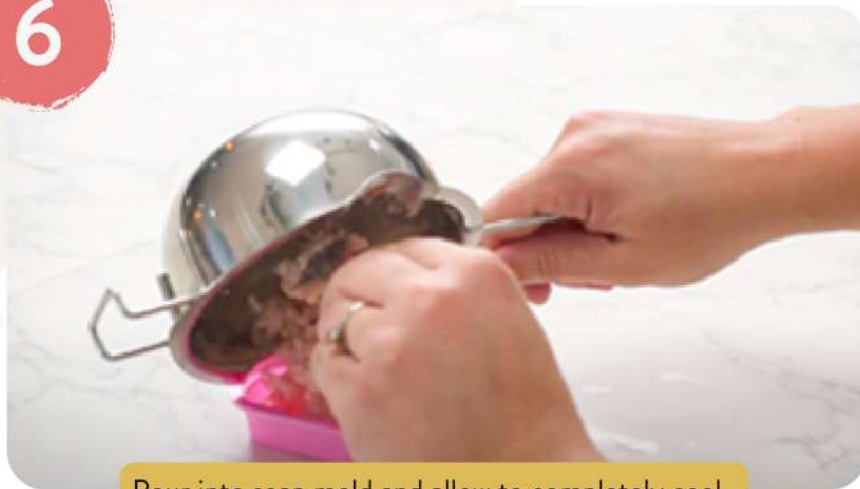
6

5



Add sugar and stir. Once the sugar is added, the soap will quickly cool and become very thick. If necessary, replace the mixture on the heat until just melted. Don't let the mixture become too hot or the sugar will dissolve.

6



Pour into soap mold and allow to completely cool.

7



To use, cut the bar into  $\frac{1}{2}$  to 1 inch sections. Use in the shower or bath on skin to cleanse and exfoliate.



# Other Valentine's Day Diffuser Blends

Again, one of my favorite ways to set an intention for the day is by diffusing! It helps uplift my mood and clear away other distractions. Simply Earth created a Candy Hearts Diffuser Blend Recipe that you and your family are sure to love!

## Candy Hearts Diffuser Blend

This Candy Hearts Diffuser Blend will provide a fresh and clean aroma that is reminiscent of candy hearts! Using this recipe will help you create a relaxing environment for yourself or anyone else who may be spending time at your house during Valentine's Day weekend! The essential oils we chose for this recipe are Lavender (Bulgarian), Palmarosa, and Peru Balsam Essential Oil. We chose Lavender (Bulgarian) as it is calming and harmonizes well with essential oils like Palmarosa and Peru Balsam. We also chose Palmarosa as it may help clean the air, while providing a fresh scent! Finally, we chose Peru Balsam as it will add a slight vanilla aroma, which is what gives this blend it's subtle candy-like aroma.

### Benefits:



Center



Cleans



Uplifts



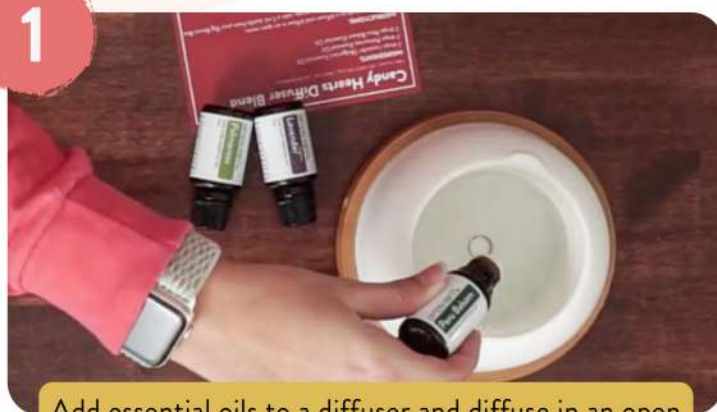
# Candy Hearts Diffuser Blend

## Ingredients



- 2 drops Lavender Essential Oil
- 2 drops Palmarosa Essential Oil
- 2 drops Peru Balsam Essential Oil

1



Add essential oils to a diffuser and diffuse in an open room.

2



To make a master blend of this recipe, take a 5 mL bottle from your Big Bonus Box and add 33 drops of each oil.

# Best Essential Oils to Support Romantic Feelings



CARDAMOM



JASMINE



NEROLI



SANDALWOOD



VETIVER



YLANG YLANG



LOVE





## Essential Oils Made Simple

The secret to mastering essential oils is knowing what information to trust.

**You shouldn't have to waste your time searching the internet for what to do with essential oils and still feel confused.**

Using essential oils should be fun and exciting. You should know that you are using them safely for yourself, your friends, and family.

**That's why I created the Simply Earth Essential Oil Recipe Box.**

## Master Essential Oils in 3 Easy Steps!

The Essential Oil Recipe Box will give you all the ingredients you need, and we'll teach you step by step how to make your own products!



### STEP 1

**Get the Only Box With 4 Oils and 6 Recipes**



### STEP 2

**Learn How to Use Your Essential Oils**



### STEP 3

**Ditch the Toxins and Use the Products You Made**



**Over \$139+ value for only \$44.99!**

★★★★★ (5.0)

**BONUS: You get 16 FREE items when you subscribe today!**