



THE

# ARCTIC SPA

## RECOVERY GUIDE

*6 Simple, Step-by-Step Recipes to Rescue Dry Skin & Reset Your Spirit*



- ✓ The "Arctic" Cooling Secret  
(For an instant refresh)
- ✓ The Skin-Saving Salve  
(Easy cellular recovery)
- ✓ Glacial Foot Soak  
(The ultimate summer relief)
- ✓ 6 Beginner-Friendly Recipes
- ✓ The #imadethis Challenge

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## A Note for the NATURAL MAKER IN YOU

### **You are the heart of your home.**

You're the one who looks out for everyone else, manages the hectic summer schedule, and works hard to keep your home healthy and happy. But by mid-July, even the strongest "home-hero" starts to feel a bit weathered. Between the scorching sun, pool days, and constant heat, your skin and your energy might be feeling a bit depleted.

### **You deserve a recovery mission that actually works.**

I'm Katie, and I'm here to show you that you don't need a professional license or a chemistry degree to create a luxury spa experience. You just need a few minutes and the right natural tools. You have the power to transform your home into a sanctuary—you just need the right "Easy Button" to get you there.

### **That is why we created the Arctic Spa Recipe Box.**

Instead of spending hours searching for expensive "natural" products that don't work, imagine having a curated toolkit that empowers you to:

- **Rescue your own skin** from summer dryness with the Alpine Rose Recovery Balm.
- **Reset your morning energy** with a cooling Icy Shower Steamer.
- **Create a sanctuary** in any room using the Spa Serenity Diffuser Blend.

By choosing this box, you aren't just buying oils; you're gaining the skills to ditch the chemicals and become the expert your home needs. You're about to go from "weathered" to "flourishing," and I would be so honored to help you find your way.

I can't wait to see the incredible things you'll create. Once you start your journey, be sure to share your success with our community using **#imadethis**—because you should be proud of the toxin-free life you're building.

You've got this!



*Katie Veldkamp*

Certified Aromatherapist + Simply Earth Co-Founder



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# What is an "Arctic Spa"

(And Why Your Skin Needs a Rescue Mission)?



## THE SUMMER SKIN SLUMP: It's Real.

By July, the initial excitement of summer usually fades into what we call "weathered" skin. Between the scorching sun, pool chlorine, and dry indoor AC, your skin ends up feeling dull, depleted, and totally stressed out.

Most people think their only options are a \$200 professional spa day or store-bought "recovery" lotions that are actually full of the same chemicals causing the problem!



## THE CONCEPT: Your Botanical Rescue Mission

We created the **Arctic Spa Recipe Box** to be your personal "reset button" when the summer heat gets to be too much. Think of it as a simple, step-by-step way to rescue your skin from the sun and the pool.

We start with an icy, refreshing wake-up call to cool you down instantly and boost your energy. Then, we move into deeply soothing moisture to fix that summer dryness and leave your skin feeling soft again. It's a full luxury spa day right in your own bathroom—minus the scary chemicals and the \$200 price tag.



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## THE "GIFT SET" TRAP:

### Why Your Current Routine Isn't Cutting It

Most store-bought spa kits are "greenwashed"—they look natural, but their labels tell a different story. If you're using generic spa products, you're likely exposing your skin to:

- **Synthetic Dyes:** That "Arctic Blue" color usually comes from lab-made dyes that can irritate sun-sensitive skin.
- **Hidden "Fragrance":** A legal loophole that allows companies to hide 3,000+ undisclosed chemicals that can disrupt your hormones.
- **SLS & Harsh Fillers:** These actually strip your skin of its natural oils, leaving you drier than before you started!



## THE SIMPLY EARTH SOLUTION: Your Natural "Easy Button"

We believe you shouldn't have to be an expert to have a safe, toxin-free home. The **Simply Earth Recipe Box** is like having a natural living "easy button" delivered right to your door. We do the research so you can just do the making.

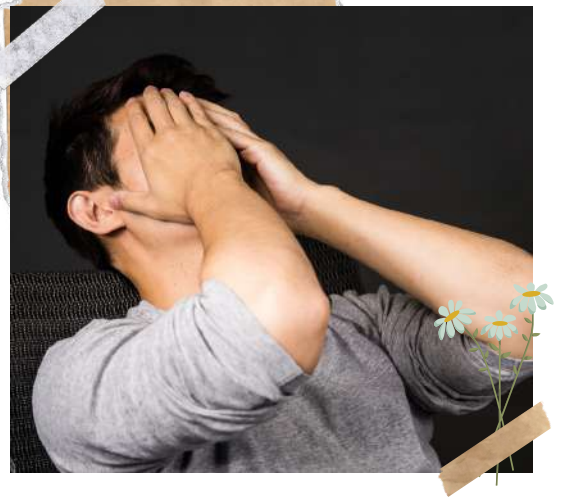
Here is why this is perfect for beginners:

- **An Instant Refresh:** Using things like Menthol Crystals gives you an immediate icy-cool feeling. It's the fastest way to wake up your senses and "chill out" your skin on a hot July afternoon.
- **Deep Skin Rescue:** We don't just cover up dryness. By mixing Dried Rose Petals with our special oils, you're making real remedies that help fix summer-stressed skin and make it soft and happy again.
- **A Natural Moisture Shield:** We'll show you how to use natural waxes to lock moisture in. It works just like your skin's own natural protection, keeping the hydration in and the summer heat out.
- **100% Pure & Simple:** Every oil we send—like the refreshing Breathe Easy Blend or the cozy Peru Balsam—is 100% pure. That means no fake perfumes, no hidden chemicals, and no guesswork. Just pure plant goodness.

# 3 Big Mistakes People Make with DIY Spa Nights

(And How the Box Fixes Them?)

Setting up a home spa sounds easy until you're staring at a messy bathtub and a skin rash. Here is how we help you skip the frustration and go straight to the relaxation.



## 1. The "Safety Guesswork" Gamble

✗ **The Hard Way:** Finding a random recipe on Pinterest can be risky. If you use too much of a cooling ingredient like Menthol Crystals, you can go from "refreshing" to "painfully cold" or even irritate your skin in seconds.

**The Box Way:** Every single recipe in your box is created and safety-tested by our Certified Aromatherapists. We've done the math for you so you get that perfect "Arctic" chill every single time, with zero stings.



## 2. The "Ingredients Hunt" (and the Waste!)

✗ **The Hard Way:** Buying high-quality ingredients like Pumice Powder or Dried Rose Petals usually means buying a giant bag when you only need a tablespoon. You end up with a pantry full of half-used bags and a lot of wasted money.

**The Box Way:** We send you exactly what you need for all 6 recipes. No leftovers taking up space, and no hunting through three different health food stores to find pure **Star Anise** or **Clary Sage** oils.

## 3. The "Fake Luxury" Price Trap

✗ **The Hard Way:** If you went to a boutique to buy an "Alpine Rose" recovery balm and a "Menthol" shower steamer set, you'd easily spend over **\$150**. Plus, those store-bought versions are often full of synthetic "fragrances" that can actually make dry skin worse.

**The Box Way:** For just **\$44.99**, you get 4 full-size pure oils, the specialty ingredients, and the recipes to make **6 professional treatments**. It's the ultimate shortcut to a high-end spa experience for a fraction of the price.



# Best Essential Oils For Bath & Spa



## 1. Breathe Easy Blend (The "Arctic Breeze")

Think of this as a breath of fresh, mountain air in a bottle. It's crisp, cool, and incredibly refreshing.

- **The Spa Benefit:** This is your "wake-up call." We use it in the Icy Shower Steamer to help you feel alert and clear-headed, especially on those humid July mornings when you feel a bit "foggy."



## 2. Clary Sage Essential Oil (The "Quiet Mind")

If **Breathe Easy** is the wake-up call, **Clary Sage** is the deep exhale. It has a beautiful, herbaceous scent that is famous for its ability to calm a frazzled mind.

- **The Spa Benefit:** It acts as the heart of your relaxation. It's a key ingredient in your Calm & Collected Roll-On, helping you stay centered even when your schedule feels a bit "arctic."

## 3. Peru Balsam Essential Oil (The "Vanilla Hug")

This oil has a rich, warm, and sweet aroma that smells a lot like vanilla. It's thick and grounding, making it a favorite for high-end perfumes.

- **The Spa Benefit:** In your spa recipes, **Peru Balsam** acts as an "anchor." It helps the other scents stay on your skin longer and provides a comforting, "soulful" vibe to your bath and body products.



## 4. Star Anise Essential Oil (The "Spicy Spark")

With a warm, licorice-like scent, **Star Anise** adds a sophisticated "zing" to your blends. It's also great for helping your body feel comfortable and relaxed.

- **The Spa Benefit:** It adds a spicy, interesting layer to your Spa Serenity Diffuser Blend, making your home smell like a high-alpine garden.



## Why the Box is a "No-Brainer"

If you went to the store to buy these four oils individually, you'd likely spend over **\$70**.

When you get them in the July Recipe Box, you get all **four full-size bottles**, plus the **Menthol Crystals**, **Rose Petals**, and **Pumice Powder** for just **\$44.99**.

It's the most beginner-friendly way to build your oil collection without breaking the bank.

# Beyond the Oils: The Ingredients That Make the Magic



## 1. Menthol Crystals (The "Arctic" Secret)

These look like tiny shards of ice, and they feel like it, too! **Menthol Crystals** are the secret to that famous "Arctic" chill. They are highly concentrated, so a little bit goes a long way in giving you that instant, refreshing jolt.

- In Your Recipes: These are the star of your **Icy Shower Steamer**. As the warm water hits them, they release a cooling vapor that clears your head and wakes up your whole body.



## 2. Dried Rose Petals (The Skin Soother)

These aren't just for decoration. **Dried Rose Petals** are packed with natural vitamins that your skin loves. When you soak them or infuse them into your oils, they release nutrients that help calm down redness and fix that "weathered" summer feel.

- In Your Recipes: You'll use these to create the **Alpine Rose Recovery Balm**. It makes your DIYs look like they came from an expensive boutique while doing serious work to keep your skin soft.

## 3. Pumice Powder (The Skin Smoother)

**Pumice** is actually a very fine powder made from volcanic rock. It's the perfect "muscle" for scrubbing away dry, rough skin (especially on your feet!) without being too harsh.

- In Your Recipes: This is the key ingredient in your **Arctic Sole Scrub Bar**. It buffs away the "blah" skin cells to reveal the smooth, healthy skin underneath.



## The "Box Advantage": No Scavenger Hunts Required

If you tried to buy these ingredients on your own, you'd likely have to buy a massive bag of **Menthol Crystals** or Pumice from a specialty supplier. That's a lot of money and a lot of clutter in your cabinets.

With the **July Recipe Box**, we send you the exact amount you need for all 6 recipes. It's pre-measured, professional-grade, and ready to use.



# Your 15-Minute Arctic Spa Transformation

Most people think a "spa day" requires a weekend trip and a massive bill. With the July Recipe Box, you can whip up a professional-grade recovery routine in your kitchen. Every recipe is created by experts to be easy, safe, and effective.



## 1. Alpine Rose Recovery Balm

- **The Boutique Swap:** Replaces luxury \$60+ "Overnight Repair" balms.
- **What it does:** This is the ultimate skin-fixer. It uses a beeswax shield to lock in moisture and **Dried Rose Petals** to soothe "weathered" summer skin.
- ⌚ **Prep Time:** 10 Minutes
- **Easy Tip:** Apply this to extra dry spots (like elbows or knees) before bed for a total skin reset.



## 2. Arctic Sole Scrub Bar

- **The Boutique Swap:** Replaces high-end exfoliating body bars.
- **What it does:** A "wake-up call" for tired feet. **Pumice Powder** buffs away rough patches while the oils provide a cooling "arctic" tingle.
- ⌚ **Prep Time:** 10 Minutes

## 3. Icy Shower Steamer

- The **Boutique Swap:** Replaces expensive aromatherapy shower disks.
- **What it does:** Turns your daily shower into a crisp, mountain sanctuary. **Menthol Crystals** release a cooling vapor that clears "brain fog" instantly.
- ⌚ **Prep Time:** 5 Minutes





## 4. Glacial Rose Foot Soak

- **The Boutique Swap:** Replaces luxury mineral foot soaks.
- **What it does:** A mineral-rich soak infused with **Rose Petals** to help reset your temperature and soothe tired, puffy summer feet.
- 🕒 **Prep Time:** 2 Minutes

## 5. Calm & Collected Roll-On

- **The Boutique Swap:** Replaces expensive stress-relief perfumes.
- **What it does:** A pocket-sized "peace of mind." It uses **Clary Sage** and **Peru Balsam** to keep you grounded when life feels a bit too hectic.
- 🕒 **Prep Time:** 2 Minutes



## 6. Spa Serenity Diffuser Blend

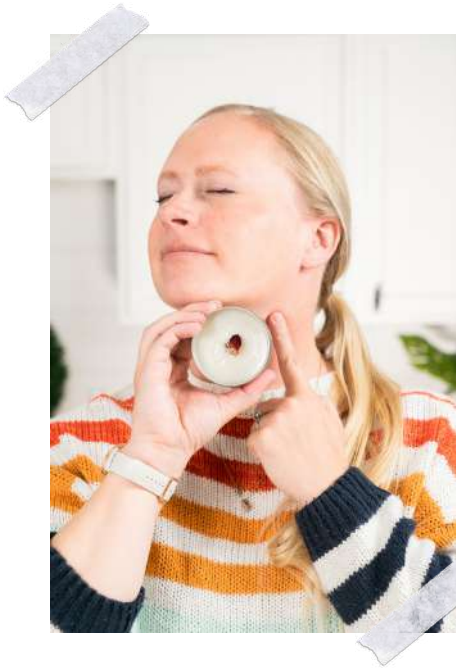
- **The Experience:** Makes your whole home smell like a high-alpine garden.
- **What it does:** A balanced blend of all four July oils to create a serene, spa-like atmosphere in any room.
- 🕒 **Prep Time:** 1 Minute

## 💰 The Math: Why the Box Wins

If you bought these 6 treatments at a high-end spa boutique, you'd easily spend **over \$150**.

With the **July Recipe Box**, you get the 4 full-size oils, the **Menthol Crystals**, **Rose Petals**, **Pumice**, and the recipes to make all 6 for just **\$44.99**.





# Alpine Rose Recovery Balm



## FROM YOUR BOX

- 1 Tbsp Dried Rose Petals
- 3 Tbsp Almond Oil
- 1 ½ tsp Coconut Oil (Solid)
- 1 ½ tsp Beeswax
- 2 drops Peru Balsam
- 1 drop Clary Sage



## FROM YOUR HOME

- 2oz tin

- 1 Make the rose infused oil: In a double boiler, combine Almond Oil and Rose Petals. Let it steep for 30-60 minutes. Strain through a coffee filter or fine mesh.
- 2 For the salve, melt together Coconut Oil and Beeswax in a double boiler or in a microwave using short intervals.
- 3 Add the rose infused almond oil and essential oils; stir.
- 4 Pour mixture into a 2oz tin to cool. If desired, decorate the top with a few rose petals once it begins to set.

**To use:** Massage onto stressed skin to deliver rose-infused antioxidants and lock in moisture with a for a soft, recovered glow.

## TIPS & CUSTOMIZATIONS

- We kept the essential oil amount on this recipe low to compliment the rose scent



# Arctic Sole Scrub Bar



## FROM YOUR BOX

- 1 ½ Tbsp Beeswax
- 1 ½ Tbsp Coconut Oil (Solid)
- 1 ½ Tbsp Almond Oil
- 1 ½ tsp Menthol Crystals (crushed)
- 1 ½ Tbsp Pumice Powder
- 12 drops Breathe Easy Essential Oil Blend
- 6 drops Peru Balsam Essential Oil
- Green Simply Earth Silicone Mold

- 1 In a double boiler or small glass measuring cup, combine the Beeswax, Coconut Oil (Solid), and Almond Oil. Heat until fully melted.
- 2 While they are still in the packaging, carefully crush the Menthol Crystals. Measure and add the crushed Menthol Crystals to the hot oil mixture. Stir gently until dissolved (this happens quickly).
- 3 Remove from heat. Let it cool for about 1 minute. Add the Breathe Easy and Peru Balsam Essential Oils. Stir in the Pumice Powder.

*Tip:* If the Peru Balsam is too thick to drip, warm the bottle between your hands.

- 4 The pumice will try to sink to the bottom—wait for the mixture to cool to a "slushy" consistency, give it one final stir, and then pour it into the mold.
- 5 Let the bars harden at room temperature for 2 hours or in the fridge for 30 minutes.

**How to Use:** Soak feet first to soften skin. Wet the bar and scrub vigorously over heels and calluses. Rinse feet and pat dry.



# Icy Shower Steamer



## FROM YOUR BOX

- 1 tsp Menthol Crystals (crushed)
- 10 drops Breathe Easy Essential Oil Blend
- Simply Earth Silicone Mold



## FROM YOUR HOME

- ¼ cup baking soda
- 1 tsp fine grain salt (like table salt or sea salt)
- ~1 tsp distilled water (approximate)

- 1 While they're still in the packaging, gently crush the Menthol Crystals into a fine powder using the back of a spoon or a rolling pin.
- 2 In a medium bowl, combine the baking soda, crushed menthol, and salt. Whisk together to ensure the menthol is evenly distributed.
- 3 Add the essential oils to the powder and whisk again.
- 4 Add the water a few drops at a time, mixing with your hands (wear gloves if sensitive) or a fork after each addition.

*The Consistency Goal:* You want the mixture to feel like damp sand. If you squeeze it in your fist, it should hold its shape without crumbling. If it crumbles, add a *tiny* bit more water.

- 5 Press the mixture tightly into your mold. Push down hard with the back of a spoon to compact it (the harder it's packed, the longer it will last).
- 6 Let the steamer sit in the mold for 24 hours to harden completely. (If it feels fragile or crumbles during unmolding, don't worry—you can simply store the mixture in the mold for stability!)
- 7 Gently pop the steamer out. Store in an airtight jar to keep the menthol potent.

**How to Use:** Turn the shower on to hot/warm. Place one steamer on the floor of the shower, in a corner where it will get splashed but not directly under the heavy stream of water. As it dissolves, inhale deeply to support clear sinuses. For shower use only.

## TIPS & CUSTOMIZATIONS

- Do not use this shower steamer as a bath bomb. These steamers have a strong concentration of Menthol and essential oils that is safe for the air but will sting sensitive skin if you sit in a tub of it.



# Glacial Rose Foot Soak



## FROM YOUR BOX

- 1 Tbsp Rose Petals (optional)
- 1 tsp Almond Oil
- 4 drops Breathe Easy Essential Oil Blend
- 1 drops Anise Star Essential Oil
- 1 tsp Menthol Crystals (crushed)



## FROM YOUR HOME

- ½ cup Epsom salt or baking soda
- 4oz jar

1

In a small bowl, combine the Epsom Salt (or baking soda) and Rose Petals.

*Tip:* Use your fingers to crumble the rose petals into smaller pieces—this looks like beautiful confetti in the water!

2

In a separate spoon or small cup, mix the Almond Oil with the essential oils. Pour the oil mixture over the salt.

3

Before measuring, gently crush the Menthol Crystals while still in the packaging (or use the back of a spoon). Add 1 tsp of the crushed Menthol Crystals to the bowl. Stir well until the salt looks slightly glossy and the oils are evenly distributed. Use immediately or store in a 4oz jar.

**How to Use:** Fill a foot basin with warm water. Pour the mixture into the basin and swirl to dissolve the salts. Soak your feet for 15–20 minutes to relieve tension. Dry feet thoroughly before walking.





# Calm & Collected Roll-On



## FROM YOUR BOX

- 3 drops Clary Sage Essential Oil
- 2 drops Peru Balsam Essential Oil
- 1 drop Anise Star Essential Oil
- ~10 mL Fractionated Coconut Oil
- 10mL Roll-On Bottle

- 1 Add essential oils to Roll-On Bottle and swirl to mix.
- 2 Fill Roll-On Bottle the rest of the way with Fractionated Coconut Oil. Swirl to mix. Label.
- 3 To use: Apply to neck and wrists to support relaxation and emotional balance.





# Spa Serenity Diffuser Blend



## FROM YOUR BOX

- 3 drops Clary Sage Essential Oil
- 2 drops Breathe Easy Blend
- 1 drop Peru Balsam Essential Oil
- 5mL Amber Bottle

- 1 Add essential oils to diffuser following your diffuser's instructions.
- 2 To make a 5mL Master Blend, add 50 drops Clary Sage, 33 drops Breathe Easy Blend, and 17 drops Peru Balsam Essential Oil. Swirl to mix. Label. Swirl again before adding 3-5 drops to diffuser, following your diffuser's instructions.
- 3 To use: Diffuse in an open room to give your space a calming, spa-like feel.



# The "Easy-Button" Shopping List

The best part about the Simply Earth system? Your "shopping" is already done. We've curated 90% of what you need for these professional recipes. Here's a quick checklist to show you how easy it is to get started.



## ✓ Included in Your July Recipe Box

These are your high-performance "active" ingredients and specialized spa extras:

- ☐ **4 Full-Size Essential Oils:** Breathe Easy Blend, Clary Sage, Peru Balsam, and Star Anise.
- ☐ **Menthol Crystals:** The secret to your "Arctic" cooling sensation.
- ☐ **Dried Rose Petals:** For your skin-soothing infusions and beauty shots.
- ☐ **Pumice Powder:** The natural "muscle" for your scrub bar.

## ✓ Included in Your FREE Big Bonus Box

If this is your first month, you'll also receive this massive \$50+ bonus kit for free! It contains the "staples" you'll use in July and for months to come:

- ☐ **Carrier Oils:** Sweet Almond Oil & Fractionated Coconut Oil (the "base" for your salves and roll-ons).
- ☐ **Solid Bases:** Pure Beeswax (needed to create your Alpine Rose Recovery Balm).
- ☐ **The Containers:** 10mL Roller Bottle (for your Calm & Collected Roll-On) and extra bottles for your custom blends.



## Around the House

Just grab these three items from your kitchen:

- ☐ **Baking Soda & Salt:** The base for your foot soak and shower steamers.
- ☐ **Small Glass Bowl & Spoon:** For mixing and pressing your recipes.
- ☐ **Small Pot:** To use as a double boiler (or you can use a microwave) to melt your beeswax.



## ☀ Subscriber Perk: 10% Off & FREE Shipping on Add-Ons

Want to make your spa products look even more professional? While not required, these extras are the perfect "home" for your July creations. **As a subscriber, you get 10% OFF and FREE Shipping on all shop items!**

# #IMadeThis + Free Workshop

Making your own spa products is a huge win—so why not show it off? We have a massive community of "Earthies" who are all making these same recipes alongside you.

How to Enter:

1. Snap a Photo: Take a picture of your July creations (like that beautiful Alpine Rose Recovery Balm).
2. Share It: Post it on Instagram or in our Subscribers-Only Facebook Group using the hashtag #imadethis.
3. Win Big: Every month, we pick a winner from the hashtag to receive a \$100 Simply Earth Gift Card!

## Live Arctic Spa Workshop: Let's Make It Together!

**Date:** July 16, 2026

**Time:** 2:00 PM CST

**Where:** Simply Earth's Facebook Page & YouTube Channel

If you're new to working with Menthol Crystals or infusing Rose Petals, don't sweat it. Join me (Katie!) live, and we'll walk through the Arctic Spa step-by-step.

- **Live Demo:** I'll be showing you exactly how to mix your Icy Shower Steamer so it turns out perfectly every time.
- **Giveaways:** We'll be doing a live giveaway during the workshop—you have to be there to win!
- **Ask Anything:** I'll be answering your questions live, whether you're curious about essential oil safety or need a tip on getting your Arctic Sole Scrub Bar just right.

**Pro Tip:** Set a reminder on your phone now! Ordering your Recipe Box today ensures you'll have your supplies in hand so you can make your spa treats right along with us.



## Stop Settling for "Weathered" Skin. Start Your Arctic Reset.

You've seen the recipes, you've met the oils, and you know the "why." Now, it's time to bring the spa home. **The July 2026 Arctic Spa Recipe Box** is your all-in-one toolkit to rescue your skin from the summer heat and reset your spirit.

### The Math is Simple:

Total Retail Value: \$155.21

**Your Price: \$44.99**

You Save: Over \$110!

### Exclusive Subscriber Perks:

- **FREE Shipping & 10% Off:** Need extra supplies? Subscribers get Free Shipping and 10% off every single item in our shop, including our "Pro-Pack" jars and tins.
- **13% Goes to a Cause:** Every box helps end human trafficking. This month, your purchase supports 5 Stones, an organization dedicated to awareness and prevention.
- **The #imadethis Community:** Join thousands of other makers in our private group and enter to win a \$100 Simply Earth Gift Card every month.
- **Earth-Tastic Guarantee:** We're so confident you'll love it that we give you 365 days to change your mind. No risks, just relaxation.



### Ready to Go from Frozen to Flourishing?

Don't miss our Live Workshop on **July 16th!** Order today to make sure your **Arctic Spa Recipe Box** arrives in time for us to make these recipes together live on Facebook and YouTube.



## Get Everything You Need in One Box

### The "Arctic Spa" Value Stack:

- **4 Full-Size Pure Essential Oils:** Breathe Easy Blend, Clary Sage, Peru Balsam, and Star Anise.
- **Specialty Spa Extras:** Menthol Crystals, Dried Rose Petals, and Pumice Powder.
- **6 Easy-to-Follow Recipes:** From the cooling Icy Shower Steamer to the skin-saving Alpine Rose Recovery Balm.
- **BONUS:** The Big Bonus Box (\$50+ Value): FREE with your first box! It contains all your carrier oils, beeswax, and bottles to make your recipes.
- **BONUS:** Essential Oil Hero Course (\$119 Value): FREE access to our video masterclass so you can learn to use your oils like a pro.

