

Prepping time 5 min EST. Shelf Life 1 year Yield 10 ml roller

Title Happy Juice Diffuser Blend

DIRECTIONS

For Diffuser:

Add drops to diffuser with water as directed.

For Roller:

Combine in 10ml roller bottle and top with carrier oil.

Apply to wrists, neck, or abdomen for support.

INGREDIENTS

4 drops Clary Sage

3 drops Lavender

2 drops Ylang Ylang

2 drops Frankincense

Roller-ball Option:

2 drops Clary Sage

2 drops Lavender

1 drops Ylang Ylang

1 drops Frankincense

Fractionated Coconut Oil

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Prepping time 5 min EST. Shelf Life 1 year Yield 5 ml

Title Happy Juice 5ml Essential Oil Blend

DIRECTIONS

Add to a 5ml essential oil bottle.

Use in diffusers, bath salts, sugar scrubs, or roller blends.

as needed.

Great for hormone support and emotional calm.

Makin' Macon

INGREDIENTS

15 drops Clary Sage

10 drops Lavender

5 drops Ylang Ylang

5 drops Frankincense

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Prepping time 10 min EST. Shelf Life 6 mths Yield 4 oz jar

Title Relaxing Bath Salts

DIRECTIONS

In small bowl, mix coconut oil + essential oils.

Stir in bath powder (or cornstarch) $\frac{1}{2}$ tbsp at a time until oil is absorbed into a powdery texture.

Mix in Epsom salts and rose petals.

To Use: Add to warm bath. Soak 20 min.

INGREDIENTS

2 tbsp cornstarch or

bath powder

$\frac{1}{4}$ cup epsom salts

$\frac{1}{2}$ tbsp fractionated
coconut oil

2 drops Clary Sage

2 drops Lavender

1 drops Ylang Ylang

1 drops Frankincense

(or 5 drops Happy Juice Blend)

4 oz jar

Optional:

Crushed rose petals

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Prepping time 5 min EST. Shelf Life 6 mths Yield 4 oz jar

Title Hormone-Support Foot Soak

DIRECTIONS

Mix essential oils into coconut oil, then stir in Epsom salt.

To Use: Add to warm water basin. Soak feet 10–20 min.

INGREDIENTS

¼ cup epsom salts

1 tbsp fractionated

coconut oil

2 drops Clary Sage

2 drops Lavender

1 drops Ylang Ylang

1 drops Frankincense

(or 5 drops Happy Juice Blend)

4 oz jar

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Prepping time 5 min EST. Shelf Life 2-3 mths Yield 2-3 oz jar

Title Happy Juice Sugar Scrub

DIRECTIONS

Mix essential oils into body oil.

Stir in sugar until well combined.

To Use: Massage into hands/feet to exfoliate.

Rinse with warm water.

INGREDIENTS

1 tbsp body oil base

¼ cup sugar

2 drops Clary Sage

2 drops Lavender

1 drops Ylang Ylang

1 drops Frankincense

(or 5 drops Happy Juice Blend)

2-3 oz jar

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Prepping time 1 min EST. Shelf Life 1 year Yield 0.25 oz

Title Nourishing Face Serum

DIRECTIONS

Fill serum bottle with almond oil.

Add the essential oil. Replace cap and shake well.

To Use: Apply a small drop to clean face. Gently smooth in with fingers.

INGREDIENTS

1.5 tsp almond oil

1 drop Frankincense

Serum Bottle

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