



Silky Foot Soak

- ½ cup Epsom salt
- 2 Tbsp. rolled oats
- 10-15 drops of your favorite topical essential oil

Thoroughly combine ingredients and store in a glass jar.



Mistletoe Lip Scrub

- 2 tsp. organic evaporated cane juice crystals
- ¾ tsp. coconut oil
- 1-2 drops Christmas Spirit™ essential oil blend

Combine ingredients and add to containers.



Moo-Less Milk Bath

- ½ cup dry coconut milk powder
- 2 Tbsp. baking soda
- 2 Tbsp. arrowroot starch
- 10-15 drops of your favorite topical essential oil

Mix dry ingredients together. Pour half the amount into a half pint-sized glass jar or larger. Drop essential oils into the center. Pour the other half of the powder mixture on top. Secure jar lid and shake until well combined.