

THE
Recipe
BOX



THYROID SUPPORT

- 10 drops Frankincense
- 10 drops Clove
- 10 drops Myrrh
- 10 drops Lemongrass
- Fractionated Coconut Oil

Add 10 drops each to a 10 ml roller bottle, top with FCO, apply to the thyroid area 3 times per day.



IMMUNE BOMB AKA "FLOOT"

formerly known as "FLOOM"

- 2 drops Frankincense
- 2 drops Lemon
- 2 drops On Guard Blend
- 2 drops Oregano
- 2 drops Tea Tree

Add to Veggie Cap and take as often as needed.
OR Add 10 drops each to a 10 ml roller bottle, top with FCO, apply to the bottoms of feet as needed.



ALLERGY SHOT

- 2 drops Lemon
- 2 drops Lavender
- 2 drops Peppermint

Add to a shot glass of water, swish in mouth for 30 seconds, swallow. Repeat as often as needed.

OR Add 10 drops each to a roller bottle, top with FCO, apply to the bottoms of feet as needed.



LIQUID CALM

- 1 drop Balance Blend
- 1 drop Serenity Blend

Apply to the palms of the hands, rub together, and inhale to relax & release.

OR Add 10 drops each to a roller bottle, top with FCO, apply to the chest and the back of the neck or diffuse 4 drops each.



PICK-ME-UP

- 1 drop Peppermint
- 1 drop Wild Orange
- 1 drop Frankincense

Apply to the palms of the hands, rub together, and inhale to get energized.

OR Add 10 drops each to a roller bottle, top with FCO, apply to the chest and the back of the neck or diffuse 4 drops each.



HEADACHE RELIEF

- 1 drop Peppermint
- 1 drop Frankincense
- 1 drop Lavender

Mix with a little bit of FCO and rub over the shoulders, temples (away from eyes!), and the back of the neck to relieve tension and aches.

OR Add 10 drops each to a 10 ml roller bottle, top with FCO, apply to the back of neck and behind the ears.



SWEET DREAMS

- 4 drops Lavender
- 3 drops Cedarwood
- 3 drops Vetiver

Add to your favorite diffuser and use as directed.

OR Add 10 drops each to a roller bottle, top with FCO, apply to the chest and the back of the neck or diffuse 4 drops each.



SINUS STEAMER

- 1 drop Lemon
- 1 drop Melaleuca or Thyme
- 1 drop Oregano
- 1 drop Peppermint
- 1 drop Frankincense

Add drops to a steaming hot (not boiling) mug of water, cup your hand over the top of the mug towards your nose, close your eyes, and take deep inhalations through your nose. Repeat as often as necessary. Caution: this mixture is quite intense. Make sure to keep eyes closed!



"I NEED A MOMENT"

- 1 drop Wild Orange
- 1 drop Balance Blend

Apply to the palms of the hands, rub together, and inhale to feel calm, chilled out, and at ease.

OR Add 10 drops each to a roller bottle, top with FCO, apply to chest and back of the neck or diffuse 4 drops each.



THE PAIN BOMB

- 2 drops Frankincense
- 2 drops Marjoram
- 2 drops Lemongrass
- 2 drops Copaiba

Add to Veggie Cap and take as often as needed.

OR Add 10 drops each to a 10 ml roller bottle, top with FCO, apply to area of discomfort.



BLOOD PRESSURE SUPPORT

- 5 drops Copaiba
- 5 drops Cypress
- 5 drops Frankincense
- 5 drops Lemongrass
- 5 drops Marjoram
- 5 drops Ylang Ylang

Add 5 drops of each to a 10ml roller bottle, top with FCO, apply over heart, wrists, and bottoms of the feet daily.



THE HAMMER - FOR DEEP SLEEP

- 15 drops Balance Blend
- 15 drops Serenity Blend
- 15 drops Ylang Ylang
- 15 drops Bergamot
- 15 drops Roman Chamomile

Add drops each to 10ml roller bottle, top with FCO, apply roller blend to bottoms of feet and/or down your spine. *Additionally, apply 3 drops of Patchouli neat to bottoms of feet or down your spine.



NEUROPATHY SUPPORT

- 30 drops Balance
- 20 drops Basil
- 20 drops Cypress
- 20 drops Lavender
- 20 drops Marjoram
- 20 drops Wintergreen
- 10 drops Frankincense

Add drops of each to a 10mL roller bottle, top with FCO. Massage into effected areas twice daily and as needed for comfort and relief.



BUG BITE STICK

- 15 drops Helichrysum
- 10 drops Lavender
- 10 drops Basil
- 10 drops Purify
- 5 drops Copaiba
- 5 drops Peppermint

Add drops of each to a 10mL roller bottle, top with FCO, apply directly to bug bites. Repeat often.



URINARY TRACT DISTRESS

- **Bath:** 5 drops each Tea Tree, Lavender, Purify*, Juniper Berry*, Frankincense, Lemongrass, 1/2 cup Epsom salts. Add FCO; Soak for 20+ minutes
- **Topical:** Rub FCO over abdomen. Apply 1-2 drops each of Frankincense, Lavender, Tea Tree, Arborvitae, Bergamot, Digestzen, Juniper Berry
- **Internal:** Take 1 capsule each of OnGuard+* & Digestzen, & Take 1 veggie cap of 1 drop each Juniper Berry, Purify, Lemon, Lavender, Tea Tree. Take 3x daily. Drink lots of lemon water!
- **Tampon Method:** Mix 1/4 cup FCO with 1 drop each Lavender, Tea Tree, Juniper Berry, Arborvitae, Frankincense, OnGuard. Take tampon out, soak in mixture, insert.
- **Notes:** Sub oils as needed; Use intuition. Use * for prevention.



BREAST HEALTH

- 20 drops Frankincense
- 20 drops Cypress
- 20 drops Grapefruit
- 20 drops Pink Pepper
- 20 drops DDR Prime Blend
- 20 drops Lemongrass
- 10 drops Melissa

Add drops of each in a 10mL roller bottle, fill the rest with FCO. Apply directly to breasts and armpit area daily. Massage into skin. Stay consistent!



EP-EE PEN

- 20 drops Yarrow-Pom
- 20 drops Turmeric
- 20 drops Rosemary
- 20 drops Ginger
- 20 drops Tulsi Basil

Add drops of each to a 10mL roller bottle, top with FCO. Apply to chest and specific area of concern. Repeat as needed.



HEALTHY CHOLESTEROL SUPPORT

- Zendocrine Blend
- Bergamot
- Clove
- Lemongrass
- Frankincense
- Marjoram

Take 2 drops of each in a veg capsule daily.

For best results, include:

- LifeLong Vitality (LLV) Daily as directed
- Take 2 Turmeric dual chamber capsules daily
- Add Lemon oil to water daily
- Consider adding 1200 mg of Red Yeast Rice to your diet daily.



BETTER THAN THE BLUE PILL

- Cassia
- Clove
- Clary Sage
- Sandalwood
- Rosemary
- DDR Prime

Take 2 drops of each in a veggie cap 30-40 minutes prior to intimacy.



BLOOD SUGAR SUPPORT

- 8 drops MetaPWR Blend
- 4 drops Coriander
- 4 drops Cinnamon

Add drops of each in a veggie cap 3 times daily after meals.

Take a 20-30 minute brisk walk daily.*For increased support, add MetaPWR Assist & eliminate sugar. Take as directed on bottle.

**Consider Lifelong Vitality (LLV)!



EAR ACHE RELIEF

- 1-2 drops Basil
- 1-2 drops Tea Tree
- 1-2 drops Lavender

Apply drops on small cotton pad, rub behind the ear, around, and inside opening. Then place cotton pad in ear. (Do not drop oil directly inside the ear.) Reapply every few hours until after ear discomfort is alleviated.



ECZEMA RELIEF

- 10 drops Frankincense
- 10 drops Lavender
- 10 drops Tea Tree
- 10 drops Helichrysum
- 3 drops Lemongrass
- 4 drops Juniper Berry
- 5 drops Geranium

Add drops of each to a 4oz spray bottle, top with FCO, apply as needed.



PEACEFUL CHILD

- 85 drops Vetiver
- 30 drops Lavender
- 30 drops Ylang Ylang
- 20 drops Frankincense
- 15 drops Clary Sage
- 10 drops Marjoram

Add drops of each to a roller bottle, top with FCO, apply to bottom of feet and/or pulse points. Repeat as needed, or 2 times daily.



BETTER THAN WEED

- Ylang Ylang
- Copaiba
- Melissa
- Black Pepper

15 drops each in a 10 ml roller bottle. Fill the rest with FCO.

Apply to your neck, behind your ears, and on the wrists. *Use Zendocrine products, focus on good sleep, and engage in serotonin and dopamine-inducing activities.



QUIT STICKS

- 20 drops Cinnamon
- 20 drops Black Pepper
- Box of toothpicks

In an 8oz mason jar, or other flat bottom jar, pour 2 tsp of FCO. Add 20 drops each of Cinnamon EO & Black Pepper EO. Arrange toothpicks standing up in the jar so all are touching the oil on the bottom. Put the lid on the jar and allow it to stand until the toothpicks soak up all the oil. Use a toothpick everytime a craving hits!



ADRENAL FATIGUE

- 15 drops Zendocrine Blend
- 10 drops Rosemary
- 10 drops Clove
- 10 drops Geranium
- 8 drops Frankincense
- 8 drops Basil

Add drops of each to 10ml roller bottle, top with FCO. Roll over the adrenals on your back, morning & night.

For best results, include:

- LifeLong Vitality (LLV) Daily as directed
- Mito2Max Daily as directed
- Add Lemon oil to water daily
- Consider doing the full 'Cleanse & Restore' Protocol!



HIGH ALTITUDE RECOVERY

- Cinnamon or Clove
- Peppermint or Spearmint
- Thyme or Marjoram

Equal drops of each, rub neat on scalp and back of neck. This powerful blend will numb your pain, but may sting. If stinging is too strong, have FCO ready to dilute. Inhale the leftover amount on your hand, careful not to touch your face. Drink lots of water.

Can be made into a roller bottle: 10 drops each in a 10 ml, fill the rest with FCO. Rub on temples, back of neck, shoulders, and on scalp as needed.



SORE THROAT SYRUP

- 1 drop Lemon
- 1 drop On Guard
- 1 drop Copaiba
- 1 drop Peppermint
- 1 drop Myrrh
- 1 Tablespoon Raw Honey

Add all oils to tablespoon of honey and swallow. Repeat every 3 hours, as needed.



HONEY COUGH SYRUP

- 1 drop Lemon
- 1 drop On Guard
- 1 drop Lavender
- 1 drop Peppermint
- 1 drop Frankincense
- 1 drop Clove
- 1 drop Wild Orange
- 1 Tablespoon Raw Honey

Add all oils to tablespoon of honey and swallow. Repeat every 3 hours, as needed.



NERVE BLEND

- 16 drops Helichrysum
- 16 drops Marjoram
- 16 drops Frankincense
- 12 drops Roman Chamomile
- 12 drops Copaiba
- 8 drops Lavender

Add drops of each to a 10mL roller bottle, top with FCO. Apply to specific area of concern. Repeat as needed.



GLō SUPER SKIN SERUM

- 15 drops Yarrow Pom
- 7 drops Frankincense
- 7 drops Lavender
- 7 drops Hawaiian Sandalwood
- 5 drops Immortelle
- 5 Ylang Ylang
- 2 drops Helichrysum
- 2 Jasmine

Add drops to 15mL dropper bottle, top with organic, cold-pressed hexane-free castor oil. Apply 2-4 drops directly to skin or add to moisturizer.