



DIY Holiday Gifts

Natural Bath Bomb

- 1 cup baking soda
- 1 cup Epsom salts
- 1 cup citric acid
- 1/2 cup cornstarch
- 3/4 cup coconut oil
- 8-10 essential oils
- Mix dry ingredients, then wet & then mix the dry ingredients into the wet.
- Scoop into moulds (should be wet not crumbly. If so, add more coconut oil if needed).
- Let it sit in fridge for at least 2 hours

Holiday Spray

(repurpose a Perrier bottle)

- 20 drops Siberian fir
- 15 drops eucalyptus
- 5 drops OnGuard
- 5 drops frankincense
- 5 drops orange
- 1 drop cassia
- 1 tbsp of witch hazel
- Top bottle with water

All Natural Lip Balm

- 1 tbsp coconut oil
- 1 tbsp beeswax or candelilla wax (vegan)
- 1 tsp cocoa butter
- 10 drops of peppermint & wild orange
- 1 tsp vitamin E
- Combine ingredients in a mason jar, fill 2 inches of water in a pot to boil, then let the mason jar sit in the pot of water to boil & melt. Stir occasionally
- After it's melted, remove from heat, let it cool for a bit & then mix in the essential oils, pour into tins or tubes
- Let it sit in fridge for at least 2 hours

All Natural Body Butter

- 3/4 cup Shea butter
- 1/4 cup coconut oil
- 5 drops lavender
- 5 drops frankincense
- 3 drops geranium
- Mix & whip with a hand mixer
- This recipe is very moisturizing but also greasy so best used at night after a bath or shower





DIY Holiday Gifts

Headache Rollerbottle (10ml bottle)

- 7 drops frankincense
- 5 drops lavender
- 4 drops aromatouch
- 4 drops peppermint
- Top with FCO

Yoga Mat Spray (4oz spray bottle)

- 5 drops lavender
- 5 drops tea tree
- 5 drops eucalyptus
- 1/2 tsp salt or 1 tsp of witch hazel
- Top with water & shake before use

Energizing Rollerbottle (10ml bottle)

- 10 drops of elevation
- 5 drops orange
- 5 drops bergamot
- 5 drops frankincense
- Top with FCO

Simple DIY All Natural Handsoap

- 1/3 container Castile soap (unscented or peppermint)
- 25 drops of essential oils of choice (Siberian fir & peppermint or OnGuard & wild orange)
- Top with water & shake

Glowing Skin Roller (10ml bottle)

- 7 drops lavender
- 7 drops tea tree
- 7 drops frankincense
- 3 drops geranium
- Top with FCO

Soothing & Cleansing Scrub

- 1/3 cup solid organic coconut oil
- 1/4 cup of sugar or salt
- 5 drops of essential oil of choice
- (I like peppermint or lemon)

Calming Bath Salts

- 3 cups Epsom salts
- 1 cup baking soda
- 20 drops of essential oil of choice
- Mix & pour in large jar
- Leave a 1/2 cup scoop so it's ready to use for baths. (I enjoy aromatouch, lavender, frankincense or geranium essential oil)

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