

# Make your own Mothers Day Gifts

### BATH SOAK

Women often spend more time caring for others than they do caring for themselves. A gift like this will go a long way because it gives them the opportunity to enjoy some self-care. Please note: this bath soak can also be used as a foot soak.

#### INGREDIENTS

- 2 bags Chamomile tea
- 1 c powdered milk
- 1/4 c corn flour
- 1/4 c bicarb soda
- 10+ drops of your favourite essential oil {or to preference}

#### DIRECTIONS

Mix dry ingredients & whisk in essential oil until smooth. Add mixture to jar & allow to "marinate" for 24 hours.

#### Oil Suggestions for a Relaxing Soak

- Lavender
- Stress Away
- Frankincense
- Bergamot
- Orange

Give Mum a handmade gift she will love. We are all about creating unique gifts for special women and incorporating products from one of the best companies out there. Yes, we're talking about Young Living!



#### Oil Suggestions for a Cleansing & Energizing Soak

- Myrtle
- Juniper
- Thyme
- Lemon
- Peppermint
- Eucalyptus

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## DIY PERFUME

Did you know perfume can be detrimental to your health? The term "fragrance" on labels can be a combination of over 300 harmful chemicals that the company doesn't have to disclose. This is often why people get headaches when they smell synthetic perfume. It is better to play it safe and create your own perfume with natural and effective essential oils that you KNOW are safe. Not only are these perfumes safe, but their aromatherapy can take you from feeling down and out to happy and confident in a matter of seconds.

We sell beautiful roll on perfume bottles in our online shop. You can order these [HERE](#), fill them with your favourite essential oils combo, and gift them to anyone whose day you want to turn around.

When using a spray bottle for your perfume, add your essential oils and then top with alcohol, like vodka. When using a roller bottle, simply add your essential oils and top with a carrier oil such as V6 from Young Living. Adjust the amount of essential oils used based on your preferred scent. The recipe ideas listed below are for a 10ml bottle.

**Bon Vivant - "Somebody who loves life."**

- 5 drops Joy, 5 drops Geranium, 10 drops Tangerine
- 5 drops Joy, 15 drops Lemon
- 5 drops Northern Lights Black Spruce, 5 drops Orange, 2 drops Rose
- 10 drops Valor, 10 drops White Angelica

**Rilassante - "Relaxing"**

- 10 drops Stress Away, 10 drops Orange
- 10 drops Lavender, 5 drops Frankincense, 5 drops Orange
- 5 drops Lavender, 5 drops Stress Away, 10 drops Valor

**Amor - "Love"**

- 12 drops Ylang Ylang, 8 drops Orange
- 6 drops Grapefruit, 6 drops Sandalwood, 6 drops Jasmine
- 10 drops Ylang Ylang, 10 drops Idaho Blue Spruce

For more great recipes you can order a copy of Perfume and Potions ebook online at [www.hotoilmumma.com.au](http://www.hotoilmumma.com.au)



# Picture and a Goodie



One of the best ways to celebrate a woman for her hard work is by capturing a precious moment and giving her a memento she can cherish for a lifetime. Print out her favourite photo or one that will melt her heart. She won't forget this gift because it will keep reminding her of the love she has in her life. Pair the photo with an essential oil or a lip gloss. She will remember how thoughtful you were every time she smells that scent or puts on her gloss.

## Favourite Oils for Her:

- Clary Sage - creates a calm and relaxing environment.
- Dragon Time - can help promote feelings of stability and calm during cycles of moodiness.
- Lavender - a wonderful blend of fresh, floral, clean, and calm. Perfect for a calming scent in the diffuser or in your daily moisturiser.
- Lady Sclareol - created especially for women to enhance the feminine nature.



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## DIFFUSER JEWELLERY

If you're feeling a little stumped on what to get the special women in your life, jewellery is always a good choice. Diffuser jewellery, on the other hand, is an even better choice. Pair that diffuser jewellery with a bottle of essential oil and you have just STOLEN HER HEART! But why?

- wearable item/gift that is also sentimental, especially when you can put on your FAVOURITE scent
- timeless
- appropriate for people of all ages
- suitable as a gift for any occasion
- can suit any personality
- good for all body types and skin tones
- great way to apply essential oils and have it last for hours and even the entire day
- makes it easy to wear oils that may make your skin sensitive to light when applied directly. For example, citrus oils, when applied topically, make your skin extra sensitive to sunlight and you should avoid exposing that area to the direct sun for 12-24 hours after application.

As you can see, it doesn't matter who the person is, how well you know them, or what the special occasion is... diffuser jewellery is an easy and perfect gift to give.

## ADD AN OIL

Gift her an entire bottle of her FAVOURITE oil or a few samples that are perfect for her lifestyle. With one drop of oil on her jewellery she can stay uplifted, confident, energized, and happy all day long.

## OIL SUGGESTIONS

- Orange & Tangerine - calming in nature with a beautiful citrus scent.
- Grapefruit - uplifting to the spirit.
- Citrus Fresh - brings joy to children.
- Joy - brings joy to the heart.
- Acceptance- great any time of year and brings on feelings of acceptance.
- Bergamot - turns grief to joy.

## MAKE YOUR OWN DIFFUSER BRACELET

Want to make your own Beautiful Lava Bead Essential Oil Diffuser Bracelet? Buy a kit and watch our fun online workshop.

The kit includes lava beads, coloured beads, elastic and a link to watch our online workshop. Shop online at [www.hotoilymumma.com.au](http://www.hotoilymumma.com.au)



# Soothing Scrub



Body scrubs make your skin look refreshed and rejuvenated by removing dead skin cells. Exfoliation also helps moisturise as it allows for the easy absorption of a skin moisturizer into your now healthy skin. Be sure to avoid applying too much pressure when using your scrub. Use a body scrub a few times a week.

## ENERGISING BODY SCRUB

- 1 cup white or brown sugar
- 1-2 Dry SLIQUE tea bags (can use any herbal tea)
- $\frac{1}{2}$ - $\frac{1}{2}$  cup Jojoba oil
- 15 drops Orange Essential Oil
- 3 drops Cypress (optional)
- 1/4 - 1 tsp beet juice (for pink coloring - optional)

Mix the ingredients in a cute mason jar, tie a ribbon around the top, print off a nice recipe note card and gift it to someone special.

