



the oils you never knew you always loved

WINTER WELLNESS

BREATHE WELL BATH BOMB

- 1 c baking soda
- 1/2 c citric acid
- 10-15 drops Young Living essential oil
- 1/2 TB carrier oil (such as Jojoba, Almond, Grapeseed, or even Olive Oil)
- spray bottle with water
- plastic bag (like sandwich bag)

In a medium bowl, mix together the baking soda and citric acid.

In a small bowl, stir together your carrier oil and essential oil. Add to the medium bowl of powders and stir until well mixed. Add mica powder for coloring if desired.

Using a spray bottle of water, mist the surface until slightly damp. Mix until it's the consistency of **slightly wet sand**— it should clump together when pressed. DO NOT OVER SATURATE! If it's too wet it WILL fall apart when you are taking it out of the molds.

Form into a ball about the size of a large golf ball and place in plastic bag. Tie with a know or twist tie.

- **Breathe Well Oils:** 3-5 drops Eucalyptus Globulus + 3-5 drops Peppermint + 3-5 drops Eucalyptus Radiata

SUPER SUPPORT ROLL ON

- liquid carrier oil (almond, sesame, jojoba)
- 10 drops essential oils
- 1/3 oz. carrier oil

The beauty of roll-ons is you can mix and match oils for yourself and have them on the go easily.

- **Immune support:** 5 drops Thieves + 3 drops raven + 3 drops oregano



SimplySerendipityCentral.com