

Elves on Strike!

This holiday season, the elves have gone on strike, leaving Santa to make all the Christmas presents on his own.



on the first Day of
Christmas...Santa brought for me



A Personal oil Diffuser



on the second day of
christmas....Santa brought
to me- Two Rii-iice Socks



Lavender Rice Socks DIY

- 1 pair cute knee-high socks
- 2 lb bag of white rice
- 1 c. lavender flowers (optional)
- 20 drops lavender essential oil

1. Fill sock 3/4 of the way with rice.
2. Add 1/2 c. lavender flowers and 10 drops Lavender essential oil.
3. Massage rice around until lavender is evenly dispersed.
4. Knot the top of the sock securely.



on the third day of
Christmas...Santa Brought to me-

Three Lip Balms



on the fourth day of
Christmas... Santa brought to
me-

Four Notebook Scents



Scented Notebooks

What you Need:

small notebook

essential oil (orange, clove, peppermint, lavender)

Airtight container

tissue

What you do:

Add 5-6 drops of oil onto some tissue and place inside the container on top of the paper sheets. Leave for 24 hours.

The scent will absorb into the paper.



on the fifth day of Christmas...
Santa brought to me-



Five Sensory Tubs

Sens(e)-oR-Y Tubs

- Scented Rice (recipe below)
- small toys
- spoons, scoops and other "tools"
- Plastic or wooden tub or bin



SENSORY RICE

4 c. rice

2 t. white vinegar

25 drops food coloring

10 drops essential oil (suggested oils include: Pine, stress away, orange, peppermint, citrus fresh)

Place rice in a lidded container. Add food coloring. Dribble vinegar over the top of the rice, cap container and shake vigorously. Remove cap and add essential oils. Shake well until color is evenly distributed and vibrant. Allow to dry 1-2 hours before play. Repeat for desired colors.

on the sixth day of
Christmas...Santa gave to me-

6 Scented Play-dohs



Scented Play-Doh

2 C. flour

1 C. salt

2 C. water

2 T. oil

4 t. cream of tartar

combine all ingredients in a pan. Place over med-lo heat and stir continuously until a ball forms. Remove from heat. Scoop onto a piece of greased foil. Allow to cool. Divide into 6 even balls. Add 3-5 drops of essential oil and 3-5 drops of food coloring to each ball. Knead until evenly colored. Store in an airtight container.



Suggested color/oil combos:

Red- Christmas Spirit

orange- orange

Yellow- Lemon

Green- Pine

Blue- Peppermint

Purple- Lavender

on the seventh day of
Christmas...Santa brought
to me-

7 baths a'fizzing...



Fizzing Bath Melts (LUSH inspired)

2 c. baking soda

1 c. citric acid

4 oz. cocoa butter

1 oz. shea butter

1 oz. sweet almond oil

15 drops cypress essential oil (or other oil of choice)

Melt cocoa butter and shea butter over low heat. Remove from heat and add almond oil. Cool to just warm. Add essential oils. If you are using coloring add it now as well. While the butters finish cooling, mix citric acid and baking soda together in a separate bowl. Break up any lumps. After the butters are completely cooled, but still liquid, add the citric acid mixture. If the butters are not completely cooled, the mixture will begin to foam and expand. Mix thoroughly and add to mold or ice cube tray. Cool for one hour, then remove from mold. Store in an airtight container at room temperature.



on the Eighth day of
Christmas...Santa brought to
me-

Eight A-Roma Cray-ons



Scented crayons

Broken crayons chopped into 3/4 inch pieces

8 essential oils of choice- suggested oils include:

Red: Cinnamon Bark

orange: orange

Yellow: Lemon

Green: Lime

Blue: Peppermint

Purple: Lavender

Black: citrus fresh

Brown: Cedarwood

Muffin tin or other mold lined with foil

Sort colors into 8 different mold compartments. Let melt in 300 degree oven for 10-15 minutes or until melted. Remove from oven. Add oils to each crayon. With a toothpick, stir well until the oil is incorporated. Let cool and remove from molds. Store as you would any crayons.





on the ninth day of
Christmas....Santa brought
to me- 9 cups of hot
chocolate

Hot Chocolate on A Stick

2 lbs Melting chocolate- NOT Almond Bark
2 c. Powdered Sugar
1 c. cocoa Powder
4 drops Peppermint -or- orange Essential oil
crushed Peppermint candies or chocolate Sprinkles
A mini muffin pan or other mold
Large Ziploc Bag
Popcicle sticks -or- Plastic spoons

Melt your chocolate over a double boiler careful not to get any water in the chocolate. When chocolate is 2/3 melted remove from boiler and stir until all is melted.

Add the cocoa and sugar.

Add oils. Stir together until smooth.

Dump the mix into your large ziplock and sip of the end when you're ready to fill your mold. Fill molds.

Insert spoon or wooden stick. It should stand up in the chocolate.

Let cool completely. Melt an additional cup of melting chocolate. Dip each hot chocolate disk into either the crushed candies or the chocolate sprinkles (depending on your oil choice). Wrap individually.



Attach a cute label with the following directions:

Pour 1 c. hot milk into a mug. Stir hot chocolate on the stick into the milk until completely melted.

on the tenth day of Christmas...Santa
brought to me-

10 Reindeer Boogers!



Reindeer Boogers

clear Elmer's school glue

Borax powder

Water

Peppermint Essential oil

Neon green food coloring

Silver glitter

1. Mix 1 t. borax into 1 c. water. Stir until Borax is completely dissolved.
2. In a separate bowl, mix 4 oz glue with 1/2 c. water. Add food coloring, 10 drops peppermint essential oil and glitter.
3. Combine two solutions together. Mix as much as you can with a spoon, then remove from bowl and finish mixing by hand. Keep stored in an airtight container when not in use.



on the eleventh day of
Christmas....Santa brought
to me-



11 silky Bath Melts

Silky orange Bath Truffles

2 oz. Shea Butter
2 oz. Cocoa Butter
1 C. whole milk powder
1 C. sea salt
1 T. silk peptide Powder (optional)
15 drops orange essential oil
1 t. ground Cinnamon

1. Melt cocoa butter and shea butter. Add milk powder and peptide powder, if using. Stir until completely dissolved. Add salt and orange oil.
2. Carefully pour into mold or foil cups.
3. Dust with Cinnamon.
4. Let cool completely.

Add one melt to bath. Will dissolve in the warm water.



on the twelveth day of
Christmas.....Santa brought to
me-

12 Scented Fingerpaints



Scented fingerpaint

6 T. sugar
1 t. salt
1 C. cornstarch
2 C. water

combine ingredients in saucepan. warm until mixture thickens. cool.
Pour evenly into reusable containers- 1 per color. Add 3 drops of food coloring and 3 drops of essential oil to each one.

Suggested oils: Peace and calming, Christmas Spirit, peppermint, lemon, lime, lavender, Joy, orange, Pine, cedarwood



