

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

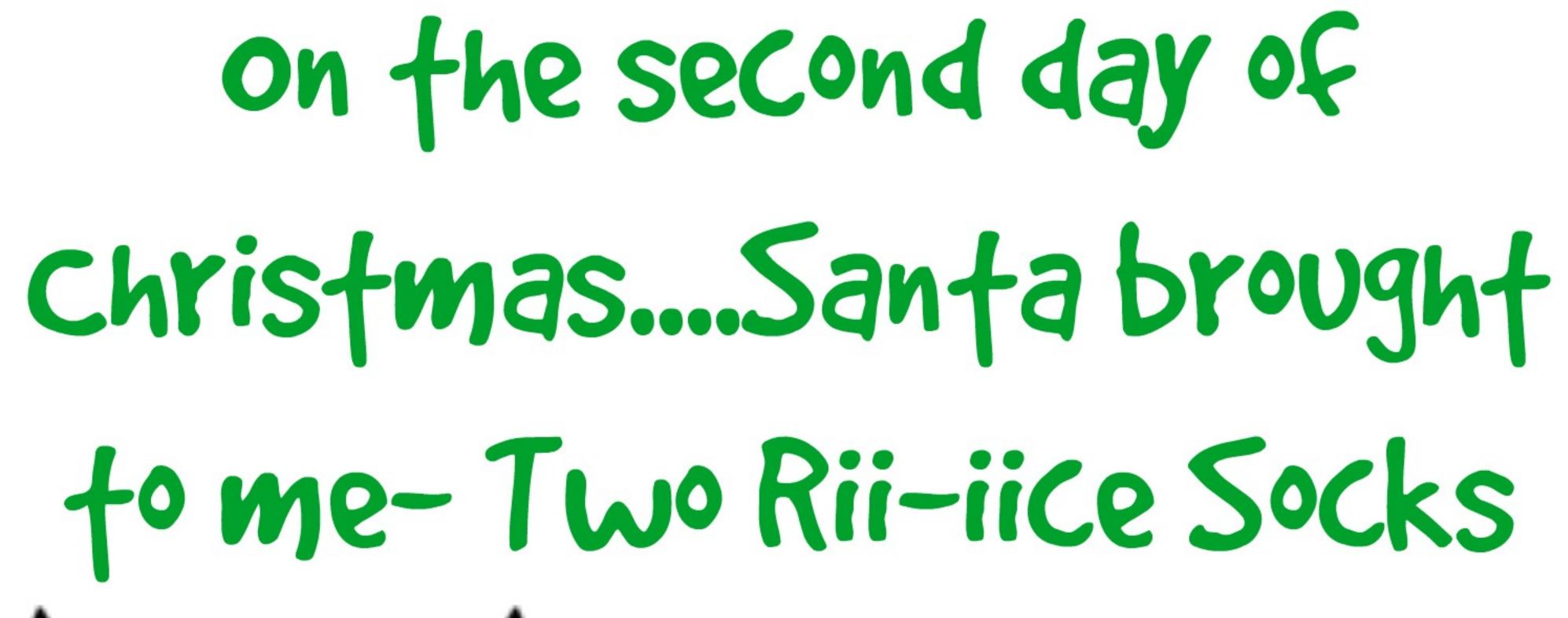


on the first Day of Christmas...Santa brought for me



A Personal oil Diffuser









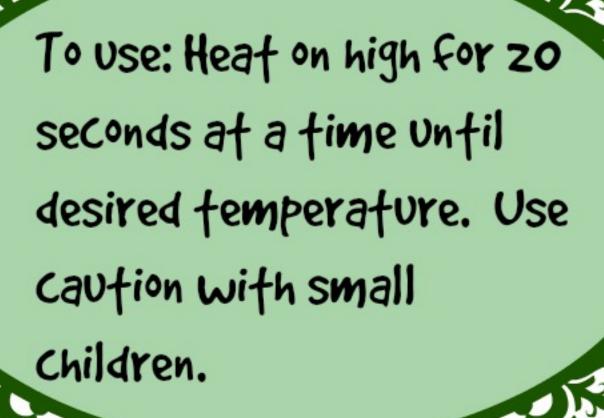
I pair cufe knee-high socks

z 16 bag of white rice

1 C. lavender flowers (optional)

zo drops lavender essential oil

- 1. fill sock 3/4 of the way with rice.
- z. Add 1/z c. lavender flowers and 10 drops Lavender essential oil.
- 3. Massage rice around unfil 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 fissue 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

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

SENSORY RICE

4 C. rice

z 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 confainer. Add food coloring. Dribble vinegar over the fop of the rice, cap confainer and shake vigorously. Remove cap and add essential oils. Shake well until color is evenly distributed and vibrant. Allow to dry 1-z 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

z 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-s drops of essential oil and 3-s 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-



fizzing Bath Melts (LUSH inspired)

z c. baking soda

1 C. Cifric acid

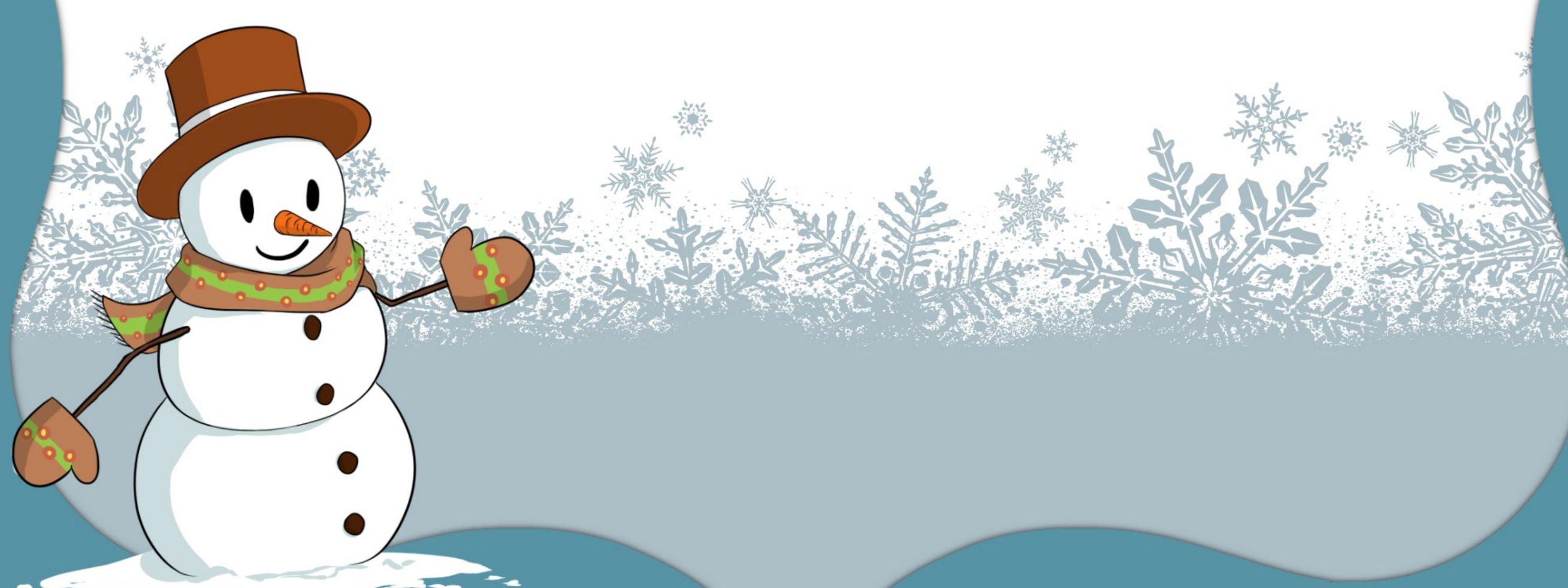
4 oz. cocoa butter

10z. shea buffer

102 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. White the butters finish cooling, mix citric acid and baking soda together in a seperate 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 fin 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.







z lbs Melting chocolate- NoT Almond Bark

z 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

Melf your chocolate over a double boiler careful not to get any water in the chocolate. When chocolate is z/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.

Aftach a cute label with the following directions:

Pour IC. hof milk info a mug. Sfir hof chocolate on the stick info the milk until completely melted.



10 Reinder Boogers!



Reinder Boogers

Clear Elmer's school glue
Borax powder
Wafer
Pepperminf Essential oil
Neon green food coloring
Silver gliffer

- 1. Mix 1 f. borax info 1 C. water. Stir until Borax is completely dissolved.
- z. In a seperate bowl, mix 4 oz glue with 1/z c. water. Add food coloring, 10 drops peppermint essential oil and glifter.
- 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-



Silky orange Bath Truffles

z oz. Shea Buffer

z oz. cocoa Buffer

1 C. whole milk powder

1 C. sea salf

1 T. silk peptide Powder (optional)

15 drops orange essential oil

1 f. 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.

- z. carefully pour info mold or foil cups.
- 3. Dust with Cinnamon.
- 4. Let cool completelty.



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



Scented fingerpaint

6 T. sugar

1t. salt

1 C. Cornstarch

z c. water

Combine ingredients in saucepan. Warm until mixture thickens. Cool. Pour evenly into reusable containers—I 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

