

Thyme For Me/December

Aroma Therapies Spa/814-443-1217

Russian Vegetarian Borsht with Oregano essential oil

Servings: 6-7

Prep Time: 20 min

Cook Time: 45 min

4 medium sized potatoes

1 large beet

1-2 carrots

1 large onion

1 sweet ripe tomato (cut it into 4-8 pieces)

1 medium size cabbage

6-ounce can tomato paste

Bullion cubes of choice

Fresh cut dill

Fresh cut basil

1 drop Oregano oil

Fresh cut parsley

Olive oil

Ground pepper

Salt

Pinch of sugar

1 cup of dried white beans canned or soaked in water overnight (optional)

Fill large pot half way with water

Chop up potatoes, place in boiling water.

Note: If you are using soaked beans, put them in at the same time as potatoes. If you are using canned beans, wait until you add the beets to the boiling pot.

Grate beet, carrots, onion; put them in a frying pan with one-two tablespoons of olive oil, and start frying. Add tomato paste and cook the whole thing.

Note: Add a bit of water just to keep it from burning. You want this to really cook into a glop.

Once done, set it aside.

Chop cabbage then add to boiling water once potatoes are 50 percent cooked.

Once cabbage is about 50 percent cooked, add bullion to your pot (to taste).

Note: Do a taste test as you add the bullion cubes. Keep adding till you achieve desired taste.

Add cooked beet, onion, carrot mixture to the soup. This is a good time to do a taste test and add fresh tomato pieces into the soup and a small pinch of sugar to balance out the acidity.

Bring to a boil again for three to five minutes. Check your vegetables to make sure they are cooked, but not overcooked.

Add salt and pepper to taste.

Turn off heat; add fresh chopped herbs with oregano oil; cover. Let soup sit for 25-30 minutes before serving. This allows the soup to meld and build flavor. Borsht is always better on the second day.

Serve hot with spoonful of sour cream and fresh bread.

The theory here is to keep tasting your soup as you go and adjust it to your liking and taste. Dip a toothpick into the essential oil bottle and stir into your recipe until you reach the desired flavor



"Wrinkles can't breathe in mud."

Costa Rican Black Bean Soup with Oregano and Thyme essential oils

Servings: 4-5

Prep Time: 30 min

Cook Time: 30 min

1 cup celery diced
1 medium sweet onion, finely diced
1 medium red bell pepper
1 cup fresh tomato, chopped
1 teaspoon fresh garlic, minced
1 teaspoon fresh ginger, minced
1 tablespoon canola oil or 1 tablespoon olive oil
3 cups black beans, canned including liquid (Four 15 ounce cans)
3 cups vegetable stock
1 drop or less Oregano oil
1 teaspoon cumin
 $\frac{3}{4}$ teaspoon celery salt
1 teaspoon salt
 $\frac{3}{4}$ teaspoon coriander powder
1 drop or less Thyme oil
 $\frac{1}{2}$ teaspoon cayenne
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon clove
 $\frac{1}{4}$ teaspoon allspice

In a large stock pot, sauté celery, onion, red pepper, tomatoes, garlic, and ginger in oil over medium heat until vegetables are tender and onion is clear. Add remaining ingredients, bring to a boil and simmer for 30 minutes. Serve hot.

Use a toothpick to add Oregano and Thyme oils to taste.

Do Your Holiday Shopping at Aroma Therapies Spa and get a Free \$50 Gift Certificate

For every \$100 worth of gift sets you purchase, you'll receive a \$50 gift certificate to use yourself or as a gift for a friend or family member. Gift sets can be in any amount as long as they all total a minimum of \$100. Individual items do not count toward this promotion.

Example: Gift Set #1 is \$50, Gift Set #2 is \$35 and Gift Set #3 is \$15

Offer ends October 31st 2020.

Each year I go through my list of email clients and 'houseclean', so to speak. If I've not heard from you in over six months I stop sending emails assuming your no longer interested. If that is not the case you must get in contact with me and let me know differently.

Let the stress of the day dissolve into feelings of peace and comfort as you diffuse this combination of dōTERRA Peace®, Ylang Ylang, and Whisper®. Whether you need peace and quiet, peace of mind, or a piece of the day to yourself, this is a perfectly peaceful diffuser blend to bring you the tranquility you seek. Peace, Ylang Ylang & Whisper is 10% off during the month of December.



Raspberry Limeade

Raspberry Puree

2 cups raspberries
 $\frac{1}{2}$ cup sugar or honey
1 cup water

Limes, Sparkling water, Ice, Lime essential oil

1. In a small saucepan, combine 1 cup water, $\frac{1}{2}$ cup sugar or honey, and 2 cups raspberries.
2. Cook until sugar has dissolved. Cool and strain.
3. To serve, add raspberry puree (around 2 tablespoons), ice, juice of one lime, and 1-2 drops Lime essential oil to a glass. Top with sparkling water.
4. Garnish with limes and raspberries. Enjoy!

Moroccan Beef Tagine with Ginger essential oil

Servings: 4-6
Prep Time: 25 min
Cook Time: 4 hours

4 teaspoons paprika
2 teaspoons ground cinnamon
1 $\frac{1}{2}$ teaspoon salt
1 drop Ginger oil
1 teaspoon crushed red pepper
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 pound beef roast
1 tablespoon olive oil
1 tablespoon low-sodium chicken bouillon
1 can diced tomatoes
3 cups butternut squash, peeled and chopped
 $\frac{1}{4}$ cup cilantro

Combine paprika, cinnamon, salt, Ginger essential oil, crushed red pepper, and black pepper in small bowl.

Trim fat from roast and cut into two-inch cubes.

Place beef in medium bowl, add half of spice mixture, and toss until well coated.

Heat oil in medium skillet, brown beef.

Place beef in slow cooker. Combine one quart water and low-sodium chicken bouillon and pour over beef.

Cook on low heat for four hours.

Stir in tomatoes, squash, and remaining spice mixture; continue cooking until squash is tender. Sprinkle with cilantro and serve

.....



West African Peanut Soup with Ginger essential oil

Servings: 3-4
Prep Time: 10 min
Cook Time: 45 min

6 cups low sodium vegetable broth
1 medium red onion, chopped
4 cloves garlic, minced
1 teaspoon salt
 $\frac{3}{4}$ cup 100% pure peanut butter (chunky or smooth)
 $\frac{1}{2}$ cup tomato paste or tomato sauce*
Hot sauce like sriracha or cayenne pepper to taste
2 teaspoons yellow curry powder
1-2 drops Ginger oil
 $\frac{1}{4}$ cup roughly chopped peanuts for garnish
1 cup cooked rice (brown or white)

In a medium pot, bring broth to a boil. Add onion, ginger, garlic, and salt. Cook on medium-low heat for 20 minutes.

In a medium-sized, heat-safe mixing bowl, combine peanut butter and tomato paste, then transfer one to two cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Season the soup with hot sauce to taste. Add curry powder and essential oil. Simmer for about 20-30 minutes on medium-low heat, stirring often.

Serve over cooked rice if you'd like and top with a sprinkle of chopped peanuts.

Add meat of choice for additional flavor.

.....

NEW Products at the Spa

Frankincense Body Balm- It's perfect for extra dry areas of the skin, including hands, feet and knees.

Coffee Body Butter- Coffee which is amazing for your skin, can help to tone and tighten problem areas. This is a great hydrator and dry skin loves it.

Tea Tree & Rosemary Cleansing Bar- This is perfect for all skin types. It keeps your skin clear of excess dirt and oil and has antiseptic properties.