

Thyme For Me/September

Aroma Therapies Spa/814-443-1217

Lavender Cupcakes with Lavender Cream Cheese Frosting

2 3/4 cups cake flour
1 2/3 cups granulated sugar
1 tablespoon baking powder
3/4 teaspoon sea salt
3/4 cup butter, softened
4 large egg whites, plus 1 whole large egg
1 cup whole milk
2 teaspoons vanilla extract
1-2 drops Lavender essential oil

Lavender Cream Cheese Frosting

1 cup (2 sticks) butter, room temperature
16 oz. (2 packages) cream cheese, room temp.
5 cups powdered sugar
1 pod's worth of vanilla beans
1 toothpick Lavender essential oil

Lavender Cupcakes

1. Preheat oven to 350F.
2. Put cupcake liners into muffin tins.
3. Mix dry ingredients on slow speed for 2 minutes to blend.
4. Add the soft butter and mix until evenly crumbly.
5. Add egg whites one at a time, then add the whole egg, beating well after each addition to begin building the structure of the

cake. Scrape down the sides of the bowl with each egg addition.

6. In a small bowl, whisk milk with vanilla and Lavender essential oil. Add to the batter 1/3 cup at a time. Beat 1 to 2 minutes after each addition, until fluffy. Scrape down the sides and bottom of the bowl.
7. Pour batter into prepared pans and bake for 25 to 30 minutes or until a toothpick inserted into the center comes out clean. Remove from oven and cool completely on a wire rack.

Lavender Cream Cheese Frosting

1. With an electric mixer, and using the paddle attachment, not the whisk, mix the butter and cream cheese together, about 3 minutes on medium speed until very smooth. Scrape down the sides and bottom of the bowl to ensure even mixing.
2. Add vanilla extract and toothpick of Lavender essential oil and mix. Slowly add powdered sugar. Keep adding until you get desired sweetness and thickness. Taste for flavor and add more Lavender essential oil a toothpick full at a time to get the desired taste.
3. Spread icing on the cooled cupcakes and refrigerate until serving.



Make your evening an enchanted one with the soft and sweet smells of Ylang Ylang, Wild Orange, and doTERRA Cheer®. This blend provides a serene yet uplifting atmosphere reminiscent of any enchanted evening. Come in to Aroma Therapies Spa this month and experience this charming blend. Ylang Ylang, Wild Orange & Cheer are all 10% off this month so you can experience this blend at home as well.



ACIDOPHILUS

During the last few months I talked about blood purification. Anytime someone takes an herb that rids the system of poisons, chances are the balances in the stomach flora and intestinal flora will become a little off. We see this a great deal with people that have taken a lot of antibiotics from the doctor. These antibiotics kill off the invading organisms, but they also kill off the important “good guys”. Many times people that have taken these antibiotics, later complain of stomach problems. They return to the doctor and are diagnosed with ulcers or something worse. They are treated with antacids and they develop a chronic stomach problem. This leads to improper digestion and can cause constipation. This becomes chronic with side effects like headaches, backaches, etc. Now, all this could be avoided if acidophilus had been given to the person after they had taken their antibiotics. You don’t have to take a great deal of it either, usually 1 or 2 days treatment will be enough. Take some warm milk and add two to three acidophilus caps or you can get your flora balanced out with yogurt. It must be a good brand and it must say it has active culture in it. One or two yogurt cups weekly will keep the flora in balance. I carry PB Assist at the spa if you are in need of a good probiotic.

KATHY’S BLOG

For skin problems related to toxic blood conditions, nature has provided a super herb that grows almost everywhere! Tragically thousands of people destroy it as a troublesome weed. It gets its name from the latin meaning “Bear”. The Japanese use this plant in their cooking claiming that it adds strength and stamina. It is called BURDOCK or BEGGAR’S BUTTONS. The root is used in the infusion form to treat internally. Rashes, pimples, boils, eczema, psoriasis, itch etc., will all be relieved and helped with the use of this plant. It increases the flow of urine thus clearing the kidneys of excess waste and uric acid. It provides an abundance of iron and insulin which is of special value to the blood. Take a tbs. of the dried root and simmer for 15 minutes. Strain and add a little honey if desired. Work up to a 1/2 to full cup of this tea, three times a day. Burdock Root is used in many herbal blends. A very popular commercial herbal blend on the market used for colds, flu and infections is made from echinacea root, goldenseal, burdock root dandelion root and cayenne. This combination is very good. I can get this herbal supplement for you if you are interested.

Favorite Recipes 1

Daily Cleansing

Put citrus oils in water glass (or stainless steel) all day long. 1-2 drops/8oz. Put oil in first, then add water.

Try: Lemon, Lime, Grapefruit, Wild Orange, Tangerine or Slim & Sassy.



Energy & Focus

20 drops Wild Orange
20 drops Peppermint
+FCO in 10mL roller

Roll on back of neck & inhale for a mental lift.

Digestive Health

1-2 Peppermint Beadlets orally
AND...
20 drops Digestzen
20 drops Wild Orange
+FCO in 10mL roller

Roll on stomach &/or bottoms of feet daily a.m. & p.m. And/or add 2-3 drops to a glass of water & drink.



Slim & Sassy

S&S Softgels: Take 1 softgel 3-5x's a day as needed.

S&S Oil Blend: Drink 1 drop in 8oz. of water throughout the day.

Roller: 20 drops S&S oil blend + FCO.

Veggie Caps: 2-4 drops S&S oil blend throughout the day as needed.

If heartburn occurs, take/drink with grape juice.

- Lifelong Vitality Vitamin Pack (LLV) - Take 1-2 of each, with breakfast and lunch.
- Terrazyme Digestive Enzymes - Take 1-3 capsules/day with meals.
- PB Assist[®] Probiotic - Take 1 capsule daily.
- Frankincense - 1-2 drops under/on the tongue daily. Chase with water.
- OnGuard & Balance - 1 drop each on bottom of feet every morning.
- DDR Prime - Roll bottoms of feet & targeted areas daily, a.m. & p.m. (20 drops + FCO).
- Zendocrine Detoxification - Roll over liver & bottoms of feet a.m. only (20 drops + FCO).
- OnGuard Beadlets - Support your immune system daily with 1-2 beadlets orally.
- doTERRA 30-Day Cleanse - Quarterly.

Respiratory Support

Breathe Stick OR...

20 drops Breathe
20 drops Copaiba
10 drops Eucalyptus
10 drops Frankincense
+FCO in 10mL roller

Roll onto chest, back, and/or bottom of feet.



Sinus Support

20 drops Copaiba
20 drops Breathe
15 drops Lime
+FCO in 10mL roller

Roll over sinus area and bottoms of feet.

Skin Irritations

CorrectX Ointment OR...

20 drops Lavender
20 drops Melaleuca
+FCO in 10mL roller

Put in 10mL roller with FCO or 2oz. glass spray bottle with water. Shake spray bottle before use.



Muscle & Joint Discomfort

20 drops Deep Blue
20 drops Frankincense
20 drops Lavender
20 drops Peppermint
+FCO in 10mL roller

Roll on affected area as needed.

Foundation of Health

Happy Head

10 drops Frankincense
10 drops Peppermint
10 drops Lavender
+FCO in 10mL roller

Roll on temples and back of neck.



Head/Neck Tension

- 1-2 drops of Frankincense on your finger & rub on the roof of your mouth
- Roll PastTense on the back of the neck & the base of the skull
- 1-2 drops of Deep Blue on the temples, forehead, neck & shoulder region.
- 1-2 drops Digestzen if nauseous

Repeat every 15 minutes - 2 hours, as long as necessary. Nap if situation allows.

The Bomb! Roller

10 drops OnGuard
10 drops Melaleuca
10 drops Lemon
5 drops Oregano
5 drops Frankincense
+FCO in 10mL roller

Roll bottoms of feet every night at bedtime for optimal immunity or every 2 hours when not feeling your best.

The Bomb! Veggie Cap

2 drops OnGuard
2 drops Melaleuca
2 drops Lemon
2 drops Oregano
2 drops Frankincense

In a veggie cap after every meal when additional immunity support is needed.

Seasonal Zen

TriEase softgels AND/OR...
20 drops Lavender
20 drops Lemon
20 drops Peppermint
+FCO in 10mL roller

Roll bottom of small toes, bottom of feet, back of neck, & around your sinuses. Can do 1 drop each in a shot glass of warm water, gargle & drink.



Happy Ears

20 drops Basil
20 drops Lavender
20 drops Melaleuca
+FCO in 10mL roller

Roll around the ear. Roll on cotton ball & place cotton ball in ear. Or 1 drop Melaleuca on cotton ball & place in ear.

Sleep & Calming

1. Diffuse 3 drops Serenity & 3 drops Breathe
2. Roll on Calming Blend
20 drops Balance + 20 drops Serenity + FCO in 10mL roller.
Roll wrists & bottoms of feet.
3. Ingest 2 Serenity Softgels 30 minutes before bed

Yayoils Happy Perfume

10 drops each: Balance, Citrus Bliss, Elevation, & Whisper

Put in 10mL roller with FCO & roll wrists/neck; or in a 30mL spray bottle with FCO to spray directly on skin, or with water to spray on hair & clothing.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent disease. Check with your physician if you have health concerns.

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Pain Protocol

Deep Blue Polyphenol
Complex 2x's daily.

Discomfort

LLV, Deep Blue Rub, Copaiba
and/or oil roller recipe of
your choice. Apply to affected
area(s) as needed.

Clear Face

HD Clear Kit AND...
10 drops Oregano
10 drops Peppermint
10 drops Melaleuca
10 drops Lavender
10 drops OnGuard
+FCO in 10mL roller
Roll areas of concern.

Thyroid Support

LLV daily. AND...
20 drops each: Myrrh
& Lemongrass
+FCO in 10mL roller
*Roll over thyroid &
wrists 3x's daily.*
AND Layer 1 drop
Frankincense overtop.

Skin, Hair & Body

Verage Skincare Collection

Order the entire set & save!

Essential Skincare Set
*For mature skin. Order the entire
set & save (LRP only).*

Salon Essentials
Haircare System
*Order the whole system
& save (LRP only).*

Total doTERRA Spa Kit

*Body wash, body butter, hand
& body lotion, body scrub,
mud mask, lip balms, & bath bar.*

Muscle/Joint Discomfort 2

10 drops AromaTouch
10 drops Lemongrass
10 drops Marjoram
10 drops Cypress
10 drops Wintergreen
10 drops Siberian Fir
+FCO in 10mL roller

Roll on affected area as needed.

Maintain Healthy Cholesterol

LLV daily. AND... 10 drops each
of: Lemongrass, Basil, Frankin-
cense, Helichrysum, Lavender &
Rosemary, +FCO in 10mL roller.
Roll arch of feet, a.m. & p.m.

AND... In a veggie cap 2x's/daily:
2 drops each Cassia, Lemongrass,
& Marjoram.

Hormones & Women's Health

LLV & Women's Health Kit
(ClaryCalm, Bone Nutrient,
Phytoestrogen Complex) daily.

Kit saves \$16 (LRP only).

Maintain Healthy Blood Sugar

LLV daily. AND...
1-2 drops Balance on bottoms
of feet in a.m.
1-2 drops Lavender on
bottoms of feet at bedtime.
1 drop Cinnamon in coffee/tea.
10mL Roller: 2 drops each
Clove & Cinnamon, 4 drops
Rosemary, 3 drops Thyme,
+FCO. Roll on arch of foot
2x's daily.

Focus & Concentration

InTune roller on back of neck,
bottoms of feet and/or spine,
as needed.

Favorite Recipes 2

Mental Clarity

8 drops Rosemary
12 drops Lemon
4 drops Cypress
+FCO in 10mL roller

*Apply to wrists, back of hands,
back of neck or temples, and/or
chest and inhale deeply.*

Healthy Kids

a2z Chewable vitamin
IQ Mega liquid supplement
PB Assist Jr. probiotic

*Roll bottoms of feet with
OnGuard Touch roller
at bedtime.*

Nerve Support

25 drops Copaiba
20 drops Petitgrain
15 drops Frankincense
10 drops Deep Blue
10 drops Marjoram
+FCO in 10mL roller

*Roll on legs and feet. Layer
2-3 drops AromaTouch neat
overtop, as needed.*

Diffuse

Run diffuser with 6 drops
for a 100mL capacity and
20 drops for a 500mL.
Try these combos...

*Wild Orange & Peppermint
OnGuard & Wild Orange
Breathe & Lavender
Frankincense & Lavender
Siberian Fir & Grapefruit
Lemon & Lime
Douglas Fir & Citrus Bliss
Cassia & Lemongrass
Vetiver & Lemon
Elevation & Balance
Bergamot & Wild Orange
Cedarwood & Lavender
Breathe & OnGuard*

After Sun Blend

20 drops Lavender
20 drops Peppermint
5 drops Frankincense

*Put in 10mL roller with FCO or
2oz. glass spray bottle with water.
Shake spray bottle before use.*

Maintain Healthy Blood Pressure

Daily: LLV; 1-2 drops Lemon
oil in glass of water.

10 drops each: Helichrysum,
Ylang Ylang, Cassia,
Marjoram, Frankincense
+FCO in 10mL roller

*Roll bottoms of feet & over
carotid arteries 2x's daily.*

Snoring

Diffuse Breathe.

And apply 1 drop Breathe
& 1 drop Thyme on bottom
of each big toe at bedtime.

Healthy Life

OnGuard product line...

- Cleaner Concentrate
- Foaming Handwash
- Laundry Detergent
- Protective Blend oil
- Beadlets
- Softgels
- Throat Drops
- Toothpaste
- Sanitizing Mist

Healthy Emotions

Emotional Aromatherapy
Oil & Roller Kits...

*Motivate, Cheer, Passion,
Forgive, Console, Peace.*

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diagnose, treat, cure or prevent disease. Check with your physician if you have health concerns.

YOUR INVITED!!!

AROMA THERAPIES

ANNIVERSARY PARTY!!

When: Saturday, July 25th

Time: 8:30- 9:30 a.m.

Where: Aroma Therapies Spa

RSVP: Saturday, July 11th

Refreshments: Anniversary Cake w/Lemon Buttercream Frosting

&

Homemade Ice Cream

*Party Favors, *Free Samples, *Aroma Therapy Game

*Create Your Own Aroma Therapy Blend

NOTE: Be sure to RSVP by July 11th.

I need to know your coming so I have enough party favors for everyone.