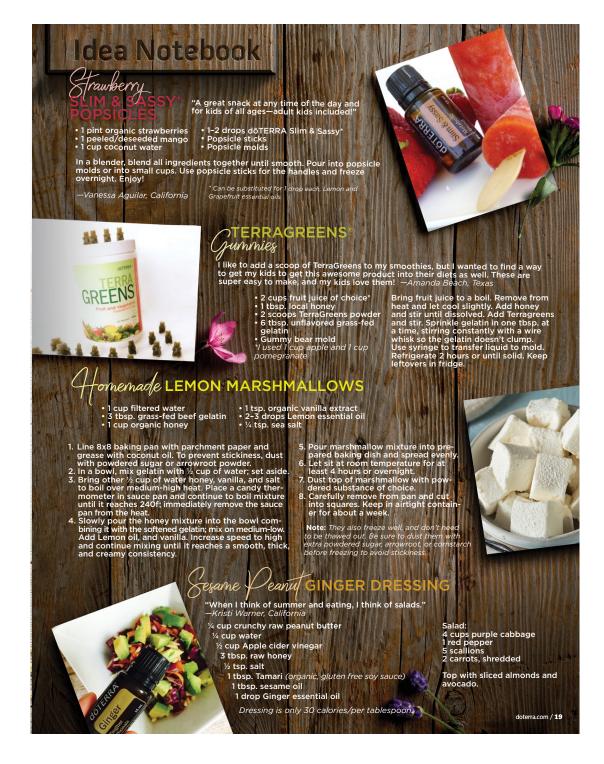
# Thyme For Me/April

# Aroma Therapies Spa/814-443-1217



#### **FUN IN THE SUN**

Summer means a lot of time in the sun. It's important to be prepared with only the best natural products so that you and your family can make the most of your sun-filled break. Protect, refresh, and sooth your skin with these easy-to-make DIY's.

# **Body Wipes with Lavender and Geranium**

Combine 2-3 tbls. witch hazel, 3-5 drops Lavender, 1-3 drops Geranium into a Ziplock bag or small Tupperware container. Add quartered paper towel pieces. Use to refresh skin or as a makeup remover.

# **Beach Waves with Lemon and Rosemary**

Add 1 tsp. doTerra Healthy Hold Glaze, 2 tbls. Epsom salt, 1/2 tsp. sea salt to an 8 oz. spray bottle, followed by, 1/2 tsp doTerra Fractionated Coconut Oil, 5 drops Rosemary, 5 drops Lemon. Top with water and shake. Spray generously on hair while scrunching with hands for a natural, wavy look.

### Cool Breeze with Peppermint and Ylang Ylang

Pour 1 cup Aloe Vera juice, 1/4 cup water, 3-5 drops Peppermint, 3-5 drops Ylang Ylang into a glass spray bottle; shake well before use. Avoid contact with eyes.

#### After Sun with Frankincense and Sandalwood

Combine 1 cup Aloe Vera Gel, 1/4 cup doTerra Fractionated Coconut Oil, 12-15 drops Frankincense, 8-10 drops Sandalwood to glass spray bottle; shake well before use. Spray on skin after sun exposure for a soothing affect.

### Peppermint Mousse

1/4 cup milk chocolate chips 3/4 cup semi-sweet chocolate chips

1 3/4 cups heavy cream (separated)

2 drops Peppermint oil 3 tablespoons granulated sugar 1/2 teaspoon vanilla

- 1. Combine chips and 1/2 cup heavy cream in bowl, and melt in the microwave for 2 minutes, stirring every 30 seconds. Refrigerate for 10 minutes.
- 2. Whip the remaining heavy cream with 3 tablespoons granulated sugar, 1/2 teaspoon vanilla, and 2 drops Peppermint oil. Once peaks are formed, fold in chocolate mixture.
- 3. Serve immediately, or refrigerate