

Thyme For Me/February

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HAPPY VALENTINE'S DAY

This month, I'm spotlighting PINK PEPPER essential oil. While very similar in appearance to black pepper, it's very closely related to cashews. It's spicy, fruity, and slightly woody. PINK PEPPER essential oil is well-known for its ability to help support a healthy metabolism and immune system when taken internally. PINK PEPPER may also help the body maintain healthy cellular function and overall cellular health. It can be calming and relaxing to the nervous system and also help support healthy blood sugar and cholesterol levels already in the normal range when taken internally.

Medicinal Uses include but are not limited to:

ALERTNESS, ANTIBACTERIAL, BLOOD SUGAR, CONSTIPATION,
DISINFECTANT, GUM HEALTH, GOUT, INFLAMMATION, TUMORS, VIRAL INFECTIONS,
WOUNDS

I like to add a few drops to my favorite salad dressing for a spicy change.



Sweet & Savory BUTTER RECIPES

MAPLE PECAN

1/2 cup butter

1 Tbsp maple syrup

1 Tbsp chopped pecans 1 drop Cinnamon Bark oil

DIRECTIONS

Cream butter at room temperature.

Combine all other ingredients and whip with butter.

ROSEMARY LEMON

1/2 cup butter

1 Tbsp fresh rosemary 1 drop Lemon oil

DIRECTIONS

Cream butter at room temperature.

Chop fresh rosemary.

Add rosemary and Lemon oil to the butter and whip.

SPICY LIME

1/2 cup butter

1/4 of a jalapeño

1/4 tsp ground coriander Dash of salt

1 drop Lime oil

DIRECTIONS

Cream butter at room temperature.

Chop jalapeno into small pieces

Combine coriander, salt, and Lime oil with butter and whip

CHEESY WALNUT

1/2 cup butter

2 Tbsp blue cheese

2 Tbsp fresh walnuts

1 drop Black Pepper oil

DIRECTIONS

Cream butter at room temperature.

Chop walnuts into small pieces

Add walnuts, blue cheese and Black Pepper oil to butter and whip.

ROASTED PEPPER

1/2 cup butter

2 Tbsp roasted red peppers 1 drop Lemon oil

1 toothpick Basil oil

DIRECTIONS

Cream butter at room temperature. Chop roasted red peppers.

Add peppers, Basil and Lemon oil to butter and whip.

ORANGE CREAM

1/2 cup butter

1 Tbsp heavy cream

1/2 tsp vanilla

1 tsp honey

2 drops Wild Orange oil

DIRECTIONS

Cream butter at room temperature.

Combine all other ingredients and whip with butter.

HONEY BUTTER

1/2 cup butter

3 Tbsp honey

1/2 tsp vanilla

1 drop Cinnamon Bark oil

DIRECTIONS

Cream butter at room temperature.

Combine all other ingredients and whip with butter.

PUMPKIN SPICE

1/2 cup butter

3 Tbsp pumpkin puree

1 tsp ground cinnamon

Dash of nutmeg

1 toothpick clove oil

DIRECTIONS

Cream butter at room temperature.

Whip cinnamon, nutmeg and clove oil into butter.

DIY WOOL COASTERS

Here's an easy project that even kids would enjoy doing.

Wool Fabric

Fabric Glue

Essential Oil of Choice

Cut the wool fabric into 2 pieces of desired shape. Place the 2 pieces of fabric together and glue. Add any additional decorations. Diffuse your favorite oil by placing a drop or two on the fabric.