

Thyme For Me/January

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HAPPY NEW YEAR

This month, I'm spotlighting LEMON ESSENTIAL OIL. It just seems fitting to me, because when you think of a NEW YEAR, you often think of a fresh start and nothing is more fresh and purifying than lemons. The bright yellow rind of the lemon fruit creates a zesty essential oil that is a favorite to many. Most people recognize the emotionally uplifting qualities of Lemon essential oil, and use it in diffusers around the world. Lemon is also incredibly versatile: it can be used internally, is excellent at removing sticky residue, and is a useful ingredient in both homemade cleaning products and in culinary recipes.

Primary Benefits Include: Cleanses the body from the inside and aids in digestion
Elevates and promotes a positive mood
Assists with seasonal respiratory discomfort

There is no question that the Mediterranean island of Sicily produces the highest-quality lemons. This is thanks to the expertise of family-owned orchards where lemons have been grown for generations. In an area where economic downturn had caused many Sicilian orchards to close, growers who wished to stay open found a tremendous business opportunity in providing Lemon essential oil around the globe.

FRUIT & VEGGIE CLEANSER

Mix together 10 drops Lemon oil, 2/3 cup distilled water, and 1/4 cup apple cider vinegar in an 8 oz. spray bottle. To use, shake the liquid well and spray on produce in a strainer. Let sit for 2-3 minutes and then rinse and let dry.

LIQUID DISHWASHER SOAP

In a large bowl, combine 1/2 oz. Castile soap, 3 1/4 cups purified water, 4 oz. white vinegar, 1 oz. citric acid powder, 1 cup kosher salt, and 30 drops Lemon oil. Stir until well blended. Pour into a glass soap dispenser. To use, add about 2 tbs. per load of dishes. Store mixture in the refrigerator to prevent fermentation.

WILD ORANGE RASPBERRY CHIA SEED JAM

This protein and fiber packed treat is delicious and easy to make. Use this jam on breads, in oatmeal, on pancakes, in black bean brownies, or anything you want to add a sweet finish to.

- 4 cups frozen raspberries
- 1/4 cup maple syrup
- 2 tablespoons chia seed
- 3/4 teaspoon vanilla extract
- 1 tablespoon fresh squeezed lemon juice • Dash of sea salt
- 3 drops Wild Orange essential oil

1. Stir frozen raspberries, maple syrup, and sea salt in a medium pot. Over medium- high heat, gently break apart frozen raspberries to get them to release liquid. Cook for approximately 8 minutes, stirring often.
2. Reduce heat to medium and gently mash berries with potato masher until reaching desired consistency.
3. Add chia seeds and stir to combine. Simmer over medium low heat, stirring often until much of the liquid has cooked off and mixture has thickened approximately 10–15 minutes. Remove from heat and add lemon juice and vanilla extract. Let cool slightly and add Wild Orange essential oil.
4. Place in glass jar in the refrigerator to finish setting.

ALL IN ONE MOUTH & HAND SPRAY

5 drops each: Lemon, Melaleuca, On Guard
1 drop Peppermint

Add all ingredients to 1 oz. glass spray bottle, fill rest of bottle with distilled water. Shake well before each use. Spray into back of mouth and gargle as needed.

REFRESHING COOL DOWN

Soak a bandana or a scarf in water, add a couple of drops of Peppermint, place in the freezer for 1 hour, tie around your neck for a cooling uplifting sensation. This is great for post workout. Add a spritz of TerraShield blend before hiking or gardening.

FACIAL TOWELETTES

Fill a stainless bowl with water. Add 1 drop of each essential oil per two face cloths. Add face cloth to water. Soak overnight if possible; if not, at least one hour. Wring out each face cloth. Roll tight and place creatively on service tray until ready to use.