

ROMANCE

and intimacy recipes

Diffuser Blends:



Spice it up: 3 Ylang Ylang, 2 Hawaiian Sandalwood, 2 Cinnamon

Instant Aphrodisiac: 2 Clary Sage, 2 Ylang Ylang, 2 Passion®

Love Potion: 3 Peppermint, 3 Cinnamon

Date Night: 2 Wild Orange, 2 Ylang Ylang, 2 Lavender

Roller Recipes:

Big O: 5 Clary Sage, 5 Ylang Ylang, 5 Neroli

(add oils to a 10mL roller and top with a carrier oil. Massage over abdomen, chest, and inner thighs)

Between the Thighs: 4 Clary Sage, 4 Cypress, 1 Ginger, 1 Peppermint

(add oils to a 10mL roller bottle and top with carrier oil then massage on inner thighs)

Cupid's Arrow: 8 Passion®, 5 Whisper®

(add oils to 10 mL roller and top with carrier oil and then apply to pulse points)

Bath Salts:

Get in the Mood: 4 Ylang Ylang, 4 Wild Orange

Calm Down: 4 Lavender, 2 Wild Orange, 1 Hawaiian Sandalwood

(add oils to 1 cup Epsom Salts and add to bath)

Sheet Sprays:

Set the Scene: 5 Passion®, 5 Ylang Ylang, 5 Peppermint

Calm the Nerves: 5 Lavender, 5 Hawaiian Sandalwood, 5 Wild Orange

(add oils to an 8 oz spray bottle, top with water or Witch Hazel, and spray on sheets)

Massage Blends:

Foreplay: 5 Passion®, 3 Peppermint, 2 Ginger

(dilute with 2 oz of carrier oil and apply where you want to feel and taste the cooling/warming effect)

Warm Me Up: 1 Ginger, 1 Black Pepper *(add oils to a quarter size of unscented lotion and apply topically)*

Natural Lubricants:

Energizer Bunny: 8 Hawaiian Sandalwood, 5 Jasmine, 5 Ylang Ylang, 2 Cypress

Sexy, Spicy + Cool: 5 Peppermint, 5 Cypress, 2 Jasmine, 4 Ylang Ylang, 2 Black Pepper

(add oils to a 10ml roller bottle and top with a carrier oil then apply to "family jewels" when needed)