



DIY
**CHRISTMAS GIFT
GIVING**

May this season be full of light and laughter
for you and your family.

NARELLE : OILOLOGY
STIVI : THE SCENTED HIVE



DIY LOVE THY BODY

Please remember,

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E.O. = essential oils



DIY BATH SALTS

Ingredients

- 1 Cup Himalayan Salts
 - 1 Cup Dead Sea Salts
 - 1 Cup Epsom Salts
 - ½ cup Magnesium Flakes
 - 1 cup Bicarbonate Soda
 - 5 🍷 of vitamin C oil
 - 25 🍷 essential oil
- Dried fruits or botanicals (optional)

Method

Add the salts, bicarbonate soad and Magnesium flakes together. Mix through your oils.
Stir some dried flowers through the mixture if desired.
Draw a warm bath and add ¼-½ cup of salts to the tub.

Try some of these blends:

Detox – Zendocrine, Cilantro and Lemon oils

Relaxation – Cedarwood, Lavender Peace and Easy Air

Respiratory Support – Lemon, Eucalyptus and Spearmint

Energising – Wild Orange and Peppermint

Immune Support – On Guard, Lemon and Eucalyptus



*Citrus oils can cause photosensitivity, so we don't recommend using them if you plan on being in direct sunlight after topical application

Some people don't like the botanicals in their bathtub! You can always place the dried flowers in a little organza drawstring pouch on top of the salts or on the outside of the jar.

DIY WHIPPED BODY BUTTER



Ingredients

- ½ cup shea butter
- ½ cup cocoa butter
- ½ cup coconut oil
- ½ cup Fractionated Coconut Oil
- 15  Cedarwood E.O.
- 15  Wild Orange E.O.

Method

Measure all butters and oils in glass jar.

Fill a large skillet/saucepan with one to one and a half inches of water. Bring to a boil.

Once boiling, add the glass jar to the center of the saucepan to melt and combine ingredients.

Stir every few minutes until the ingredients are melted and combined. (10-15 minutes) Tip: Use a popsicle stick to stir for easy clean-up.

Once everything is melted, remove from heat and let sit for 5-10 minutes. Add desired essential oils.


Once essential oils are added, let it rest in a cool place (such as the refrigerator) until it has set.

Once chilled, take out of refrigerator. With a stand or hand mixer, start on low and slowly turn the speed higher until the lotion becomes light and fluffy (around 3-5 minutes).



DIY SUGAR SCRUB

Ingredients

- $\frac{3}{4}$ cup white sugar
- $\frac{1}{2}$ cup Your favourite skin oil
- 4  Essential Oils
- Zest of the citrus fruit (optional)

Skin loving base oils: Virgin coconut oil, Fractionated coconut oil, Avocado oil, Jojoba oil, Sweet almond oil, Olive oil, Macadamia nut seed oil

Skin loving essential oils: Citrus oils, Tea Tree, Lavender, Ginger, Lemongrass, Frankincense, Geranium

Method

Combine sugar and Fractionated Coconut Oil in bowl.

Add essential oils.

Stir until the mixture is the consistency of a slushy. You may need to add more sugar or Fractionated Coconut Oil for desired consistency.

For separate colours, divide scrub into separate bowls and add colour, then carefully pour each layer.

Tip: You can use brown sugar or sea salt in place of white sugar. You can also use almond oil or olive oil in place of Fractionated Coconut

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DIY ROLLER BOTTLE



Ingredients

- 5 🌿 Frankincense E.O.
 - 3 🌿 Bergamot E.O.
 - 3 🌿 dōTERRA Peace E.O.
 - 3 🌿 Cedarwood essential oil
- dōTERRA Fractionated Coconut Oil (FCO)
10ml roller bottle

Method

Add the 10 - 30 drops of essential oil into a 10mL Roller Bottle
Top with dōTERRA FCO

Roll on when you want to use a PURE-fume or add a little 'peace' into your day.

Try some of these blends:

FFS

- 10 🌿 Forgive E.O.
- 10 🌿 Adaptiv E.O.

Summer PURE-fume

- 10 🌿 Green Mandarin E.O.
- 10 🌿 Whisper E.O.

Soften woods

- 10 🌿 Geranium E.O.
- 10 🌿 Hawaiian Sandalwood E.O.
- 5 🌿 Rose E.O. (use a dropper to extra from a 10ml bottle)

Tips: add dried flowers or crystals and a label to your bottle for added aesthetics.

DIY MEN'S COLOGNE



Ingredients

50ml glass spray bottle
20 📍 essential oils
1/2 tsp vegetable glycerin
Witch Hazel

Method

Add the essential oils to the spray bottle and shake up well.

Add in glycerin and shake well again.

Top off the bottle with witch hazel.

Secure spray nozzle and shake well.

Spray onto the chest, wrist, and neck.

Tips: This DIY cologne spray will last up to 6 months when stored properly. You can use distilled water instead of witch hazel; however, this will shorten the shelf life. Also, adding an antioxidant like vitamin E antioxidant or rosemary antioxidant can extend the shelf life if you choose to use water.

You can also use rubbing alcohol or vodka for the liquid. I recommend using 100 proof if using alcohol in the recipe. It is important to note that using alcohol can dry the skin when used often.









Try some of these blends:

- | | | |
|-----------------------|------------------------------|------------------------------|
| 2 📍 Bergamot E.O. | 5 📍 Arborvitae E.O. | 2 📍 Lemongrass E.O. |
| 3 📍 Lemon E.O. | 6 📍 Ylang Ylang E.O. | 3 📍 Basil E.O. |
| 6 📍 Clove E.O. | 8 📍 Hawaiian Sandalwood E.O. | 6 📍 Cedarwood E.O. |
| 8 📍 Siberian Fir E.O. | | 8 📍 Hawaiian Sandalwood E.O. |



DIY FACE SERUM

Ingredients

- 20  Helichrysum E.O.
- 20  Lavender E.O.
- 20  Sandalwood E.O.
- 20  Frankincense E.O.
- 20  Blue Tansy E.O.
- 5  Geranium E.O.
- 5  Melissa E.O.
- 60  Yarrow Pom E.O.

15ml Vitamin E oil (good quality from local health store)
15ml Organic Jojoba

Method


Add all essential oils to your dropper bottle (approx. 50ml bottle).
Top with Organic Jojoba & Vitamin E oil (leave room for a good shake before each use).
Add in some crystals chips and a label.

Tips: It is thick a great floral woody aroma. You can use it each morning and evening and just a couple of drops is enough so this will last a long time.
You can use a smaller bottle or smaller amounts and swap out and in oils you prefer -
Narelle has found great results with these skin oils.



DIY LUX BATH / BODY OIL

Ingredients

- 20  Ylang Ylang E.O.
- 20  AromaTouch E.O.
- 20  Frankincense E.O.

30ml Fractionated Coconut oil or Jojoba or Sweet Almond

Method

Combine the essential oil(s) with Fractionated Coconut Oil or carrier oil of choice.
Place combination in a bottle (ones with dropper lids are handy).

When ready to use:

For your bath: pour 1 tablespoon (around 6 drops) into the warm bathwater.

For your body: Warm your hands and then drop the oil into your hands and massage in nice sweeping motions... even better if someone else can apply it for you.

Try some of these blends:

- Detox - Zendocrine, Cilantro and Lemon E.Os
- Aches & Pains - Marjoram, Lemongrass and AromaTouch E.Os
- Relaxation - Cedarwood, Lavender Peace and Easy Air E.Os
- Respiratory Support - Lemon, Eucalyptus and Spearmint E.Os
- Energising - Wild Orange and Peppermint E.Os
- Immune Support - On Guard, Lemon and Eucalyptus E.Os
- Sleep - Balance and Lavender E.Os

DIY MELT & POUR SOAP



Ingredients

25 essential oil

Silicone mould

500 grams of melt and pour soap base

optional additions:

sea salt for textured exfoliation

coconut or avocado oil for nourishing the skin

dried flowers or Mica Powder

Method

Cut soap base into small chunks and place in a heat-proof glass or metal bowl.

Double boiler method (Boil a few centimetres of water in a pan. Place the bowl over the top the pan and stir the chunks until melted. Once melted remove the pan from the heat. Add the Mica Powder (colouring), sprinkle in some flowers add the essential oils and stir all the ingredients well.

Sprinkle more flowers on the bottom of each silicone mould.

Proceed to pour the soap mixture into the moulds and rest for two to three hours or until the mixture is hard.

Once hard, remove the soap from the silicone mould.

Recommended essential oils

Cinnamon
Holiday Joy
Harvest Spice
Wild Orange

Lavender
Lime
Clove
Lemongrass

Arborvitae
OnGuard
Balance
AromaTouch



DIY BATH FIZZIES


Ingredients

1 Cup Citric Acid

1 Cup Bicarbonate soda

2 large teaspoons of thickener (choice of: arrowroot powder, cornstarch, cream of tartar .

$\frac{3}{4}$ -1 cup of fractionated coconut oil (or any carrier oil of choice)

25  essential oils

5 drops of vitamin C oil

Optional decorations

Dried botanicals or fruits

Salts – Himalayan or Epsom

Magnesium Flakes

Mica Powder or natural colourings

Try some of these blends:

Muscle Magic

Copaiba E.O.
Lemongrass E.O.
Marjoram E.O.

Add dried flowers,
herb or Himalayan
rock salt

Refresh the Nose

Easy Air E.O.
Lemon E.O.

Loving thy Feminine

Rose E.O.
Geranium E.O.
Ylang Ylang E.O.

Add rose petals for
visual factor

Its a hug for your Muscles

AromaTouch E.O.
Peppermint E.O.



DIY BATH FIZZIES

Method

Mix dry ingredients together in a bowl and stir through ensuring no lumps and even distribution of colour. Colour will darken once mixture becomes moist.

SLOWLY stir through the fractionated coconut oil.

You are wanting the consistency of kinetic sand.

Get your moulds – I use silicone as they are the easiest to work with and ice cube trays as they are the perfect size for one bath. This recipe will give you 12 large ice cube sized fizzies.

If you want decorations to appear on top of your fizzies place these in the bottoms of your mould now. Alternatively, you can mix them through the fizzies but they will take longer to set if you opt for this way!

Spoon your mixture into the moulds and ensure you continuously press down the mixture hard. Do this several times in the first hour of setting. Let them stand for 24-48 hours until they are dry and solid enough to remove from the moulds and store them in an airtight container lined with paper towel (this soaks up any remaining moisture and keeps scent longer!).

Tips: cornstarch is different to cornflour!

If you have a dehydrator pop your silicon tray in there and dry for 4 hours on 70 degrees! Sushi or Chinese containers make the perfect storage or gift containers for these, simply add a label – or get your child to draw a label for the gift!

DIY BEARD OIL



Ingredients

- 15ml Jojoba Oil
- 15ml Sweet Almond Oil
- 4👉 Sandalwood E.O.
- 4👉 Cypress E.O.
- 3👉 Patchouli E.O.

Method

Fill dropper bottle with 1/2 jojoba oil and 1/2 almond oil.
Add essential oils to the serum bottle.
Put the lid on and shake well.

Why these base oils?

Jojoba oil is one of the best oils for face. It's a bit thicker than other carrier oils (like almond or avocado oil) and closely resembles the sebum produced by the skin glands. It's a natural skin moisturizer and has antibacterial properties that can help to control bacteria growth in the hair follicles. It also has vitamin A & E – both nourishing to the skin. Almond oil is an excellent light moisturizer for the skin and hair. It helps to moisturize the skin and soothes freshly shaved skin, and keeps facial hair healthy and strong.

Try some of these blends

- 4👉 Rosemary E.O.
- 3👉 Frankincense E.O.
- 3👉 Siberian Fir E.O.
- 3👉 Cedarwood E.O.

- 5👉 Frankincense E.O.
- 4👉 Lavender E.O.
- 5👉 Tea Tree E.O.
- 2👉 Helichrysum E.O.
- 2👉 Myrrh E.O.

- 4👉 Balsam Fir E.O.
- 3👉 Bergamot E.O.
- 3👉 Sandalwood E.O.
- 3👉 Patchouli E.O.

DIY BUBBLE BATH



Ingredients

- 1 Cup of Castille Soap
- 1 Teaspoon of doTERRA SPA Body Wash
- 1 Sprinkle of Mica Powder (for colour and optional)
- 5 Essential oil

Method

Mix all wet ingredients together.
Add in Mica Powder and essential oils. Stir really well to ensure even colour. A whisk or fork works well.
Using a funnel pour into jar or test tube or bottle.

Try some of these blends

Rest Ready
Lavender E.O.
Balance E.O.
Frankincense E.O.


Smooth Sinus
Eucalyptus E.O.
Spearmint E.O.

Loving thy Feminine
Rose E.O.
Geranium E.O.
Ylang Ylang E.O.

Dirty Daycare be Gone
Onguard E.O.
Lavender E.O.
Frankincense E.O.

DIY SHOWER STEAMERS

Ingredients

- 2 cups bicarbonate soda
- Mica Powder for natural colour (optional)
- ¼ cup of water
- 10-20  essential oils
- 1 teaspoon arrowroot powder (or other thickener – cream of tartar, cornstarch)

Method

Mix bicarbonate soda and colour (if using) in bowl and stir thoroughly to ensure no lumps and even colour. A fork is perfect for this.

Slowly add in your water. You are after the consistency of kinetic sand, damp, not saturated. Once you have the consistency correct, add in your essential oils and stir again.

Finally add in your arrowroot powder and stir through ensuring it is all mixed through. Spoon into silicone ice cube trays and set aside to dry for 24-48 hours or pop the tray in a dehydrator for 4 hours. Remove from moulds and store in an airtight container until ready for use.

Try some of these blends

Peppermint E.O.
Lemon E.O.
Wild Orange E.O.
Balance E.O.

Spearmint E.O.
On Guard E.O.
Lemongrass E.O.
Siberian Fir E.O.


Douglas Fir E.O.
Lime E.O.
Eucalyptus E.O.
Tea Tree E.O.



DIY CACAO BODY LOTION BARS



Ingredients

- 1/2 cup Beeswax
- 1/4 cup Cocoa Butter
- 2 Tbs. Almond Oil
- 1 Tbs. Avocado Oil
- 1 Tsp. Cocoa Powder
- 25  Vanilla E.O.
- 1/2 Tsp. vitamin e oil (optional)

Method

Add beeswax and cocoa butter to a double boiler and slowly heat the oils over medium-low heat until melted. Do not overheat – these should not boil! Low and slow is best with these delicate butters and waxes.

Once melted, turn off the heat and add the almond and avocado oils.

Add cocoa powder and mix well until completely combined.

Lastly, add vanilla essential oil and vitamin E (if using) and stir a final time.

Pour into silicone mould.

Let bars sit until completely hardened, then carefully remove from mould.

Best if used within 6 months.

TIP: Gift your bars in metal travel tins, they are just the right size to hold lotion bars, fit perfectly in a purse, bag, nightstand, or Christmas stocking, do a great job of keeping the lotion bars fresh.



DIY

SPRINKLE LOVE AROUND THE HOME

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DIY ROOM MIST



Ingredients

15  Lavender E.O.

15  Tangerine E.O.

30  Siberian Fir E.O.

1/4 cup Witch Hazel/Vodka

1/2 distilled or cooled boiled Water

Method

In an amber glass spray bottle, add essential oils and top off with water.
To use, shake the bottle, then spray.

*witch hazel helps to disperse the essential oils, as water and oil don't mix.

Try some of these blends:

Christmas Tree

Douglas Fir E.O.
Black Spruce E.O.
Cedarwood E.O.

Comfort & Joy

Wild Orange E.O.
Cinnamon Bark E.O.
Clove E.O.

Sleigh Ride

Peppermint E.O.
Balance E.O.
Siberian Fir E.O.

DIY LINNEN SPRAY



Ingredients

40mL spray bottle

10mL witch hazel

30mL distilled water

15  Lavender Peace E.O. (or Lavender & Wild Orange or Balance)

1 tsp fractionated coconut oil

Method

In an amber glass spray bottle, add essential oils and top off with water.
To use, shake the bottle, then spray.

*Witch hazel or Vodka helps to disperse the essential oils, as water and oil don't mix.

Try some of these blends:

Symmetry

Black Spruce E.O.
Frankincense E.O.
Cedarwood E.O.

Seascape

Bergamot E.O.
Rosemary E.O.
Eucalyptus E.O.
Spearmint E.O.


Repose

Copaiba E.O.
ClarySage E.O.
Ylang Ylang E.O.
Wild Orange E.O.
Vetiver E.O.



DIY MINTY LIP SERUM

Ingredients

- 15  Peppermint E.O.
- 8 tsp castor oil
- 1 tsp vegetable glycerin

Method

Drop the essential oil into a small applicator bottle (with roller-ball tip). Add the castor oil and glycerin, screw on the cap, and shake for two minutes. Let it sit in a cool, dark place for at least one day.

Tips: When labelling gift bottles, include the instructions to shake well before using and to avoid use if lips are sunburned, chapped, or bleeding.

Add some Mica powder if you would like to tint your serum.

This will also double as a natural lip plumper, you may notice your lips tingle for a moment after you have applied it.



DIY IN THE KITCHEN

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DIY INFUSED OLIVE OIL

Ingredients

5 🍷 Rosemary E.O.
250ml good quality olive oil

Method

Add all essential oils to your dropper bottle (approx. 50ml bottle).
Top with Organic Jojoba & Vitamin E oil (leave room for a good shake before each use).
Add in some crystals chips and a label.

Tips: Rosemary, Lemon, Ginger, Thyme, Basil all work well (especially spritzed over your potatoes or spray over a salad for extra flavour).
Add a sprig of rosemary, peppercorns, or a couple of cloves of garlic. This will add flavour over time (about 1-2 weeks) and makes the olive oil look really tasty.

Try some of these blends:

3 🍷 Lemon E.O.
2 🍷 Black Pepper E.O.
250ml good quality olive oil


2 🍷 Lemongrass E.O.
1 🍷 Lime E.O.
1 🍷 Ginger E.O.
250ml good quality olive oil

2 🍷 Rosemary E.O.
1 🍷 Lemon E.O.
1 🍷 Basil E.O.
250ml good quality olive oil



DIY AFTER DINNER MINTS

Ingredients

2  Peppermint E.O.
500gm good quality dark chocolate

Method

Melt your chocolate over a double boiler.
Add 2 drops of Peppermint essential oil, stir through.
Pour onto a flat tray on into festive moulds.

Tips: Wild Orange, Ginger, Lavender, Lime and Spearmint essential oils all work well, the list is honestly lengthy with variations for flavours.

Add a crushed nuts and desiccated coconut for flavour and visual purposes.

nuts I enjoy: pistachios, almonds, hazelnuts, macadamias.

You can also use seeds and dried fruits such as apricots, sultanas and goji berries.

DIY BLISS BAUBLES



Ingredients

150g raw cashews
100gm raw almonds
60gm shredded coconut
2 tbsp pure maple syrup
1 tsp vanilla paste
50gm goji berries
50gm Sunflower seeds
sprinkles
Essential Oils

Method

Combine all of the ingredients in a high speed food processor. combine until mixture sticks together when rolled into a ball.

Refrigerate to set.

Roll some of your balls into shredded coconut and then decorate the top with goji berries and sunflower seeds. Or other decorations you may like.

enjoy!

Jazz up your edible baubles

2💧 Peppermint essential oil
6💧 Wild Orange essential oil

1💧 Ginger essential oil
1💧 Cinnamon essential oil

Tips: Wild Orange, Cinnamon Bark Clove and Cardamom essential oils add natural sweeteners (known as false sweeteners)




Freezing your bliss baubles reduces the intensity of the essential oil used.



DIY GINGER BREAD COOKIES



Ingredients

- 400gr all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 170gr unsalted butter, softened at room temperature
- 100gr brown sugar
- 1 large egg
- 100gr of unsulfured molasses
- 1 1/2 teaspoons vanilla extract
- 2  Cinnamon Bark E.O.
- 2  Ginger E.O.
- 2  Clove E.O.

Method

Combine the flour, baking soda, salt, and nutmeg in a bowl and set aside. In another bowl, mix the butter and sugar together until light and fluffy. Add in the egg, molasses, vanilla, mix until combined. Gradually add the flour mixture. Finally, add the essential oils and combine until you reach a smooth dough.


Divide the dough into two equal portions. Form each portion into a ball and flatten them into thick disks. Wrap tightly in plastic wrap, and chill in the refrigerator for at least 2 hours or overnight. To bake the cookies, heat the oven to 175°C and line a baking sheet with parchment paper; set aside. Sprinkle the kitchen counter with some flour and roll the dough evenly. Cookie cutters to cut out your desired shapes and re-roll the dough as needed to cut out more.

Bake for 8–10 minutes or until done. Remove from oven and let cool.
Top with icing if desired.



DIY WHITE CHRISTMAS

Ingredients

- 2 cups desiccated coconut
- ½ cup sultanas
- ½ cup dried cranberries, unsweetened, chopped
- ½ cup blanched almonds
- 1  Madagascar Vanilla E.O.
- 1 cup coconut oil, melted, plus extra for toasting almonds
- ¼ cup cacao butter, melted
- ¼ cup honey or sweetener of choice

Method

Line a 20cm x 30cm tray or baking dish with unbleached parchment paper, set aside. Add some coconut oil to a small frying pan, over a low-medium heat. Pour almonds into pan.

Spread evenly around and cook on one side for 2-3 minutes. Stir and allow to cook for a further 1-2 minutes, or until a light golden brown, watching them closely, as they can burn easily.

Place desiccated coconut, sultanas, dried cranberries, and the toasted almonds into a large bowl.

Mix until combined and set aside.

Pour melted coconut oil, cacao butter & sweetener of choice, into a food processor and blend until fully combined.

Pour over the dry ingredients and mix together.


Press into the lined baking tray and freeze for an hour.

Cut into squares and serve



DIY INFUSED COOKING SALTS

Ingredients

- 1  Your choice of E.O.
- 1 cup Kosher or Sea Salt
- Dried Herbs

Method

Start with a coarse salt, such as kosher or sea salt.

Any dried herbs or spices can be mixed directly into the salt. If starting with fresh herbs, chop them, then air dry until dry and crumbly.

Stir essential oil into the Salt and herb mix before sealing the jar.

Tips: Attach a swing tag with ideas on how the recipient can use the salts:

Sprinkle the salt on chicken or fish before cooking.

Toss with freshly popped popcorn.

Mix into scrambled eggs.

Use as a component of a grilling rub for chicken, pork, steaks or shrimp.

Suggested essential oils: Coriander, Rosemary, Citrus, Thyme, Oregano, Lemon

Dried citrus is great! Simply grate the zest of the fruit with a microplane, then set it out on a baking sheet to dry. This may take a couple of days, so if you're a little short on time, spread the grated zest on a parchment-lined baking sheet, then dry in a barely warm oven (set to the lowest heat) for 15 to 30 minutes or use a dehydrator. Be aware that if you use the oven method, you'll need to open the windows and turn on the fans because the warmed zest becomes very fragrant. Once the zest is dry, gently crumble it with your fingers



DIY CRAFT

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DIY BON BONS



Ingredients

Ribbon or twine

Glue tape

Scissors

Christmas cracker snaps

Empty toilet paper rolls

Wrapping paper cut into A4 size (approx. 15cm x 30cm)

Knick-knacks can be:

Crystals

Roller Bottles

5ml Essential oils

Affirmation Cards

Flower or Vegetable seeds.

Method

Take your piece of paper and place one toilet cone in the centre, vertically. Thread one Christmas cracker snap through the centre of the empty toilet roll and tape it at both ends to keep it in place.

Take your knick-knacks and place them inside the cone.

Put a toilet roll at each end of the centre roll (as per video) and roll your glue tape down one side of the paper. Then wrap it around the cones and carefully press down.

With your hands, lightly crinkle the edges of your centre cone, to make a guide for your ribbon to wrap around.

Take 20cm of ribbon and tie the ends of each cracker together, to keep the goodies inside and create that classic Christmas bon bon shape.



DIY SALT DOUGH ORNAMENTS

Ingredients

4 cups Flour

1 cup Salt

1.5 cups Water (maybe a little more)

Essential oils

Twine

Christmas Cookie Cutters (optional – any shaped cutters can work)

Optional decorations

Acrylic Paint

Glitter

Clear Glue

Clear glaze spray or hairspray

Mica Powder Colour

Try some of these blends

Single oils

Cinnamon

Peppermint

Fir oils - Siberian or Douglas

Wild Orange

Frankincense

Myrrh

Cedarwood

Black Spruce

Cypress

Lets play

Cinnamon + Wild Orange + fir

Wild Orange + Cinnamon + Clove

Frankincense + Myrrh + Wild

Orange

Fir + Cedarwood

Black Spruce + Cypress

Grapefruit + Fir + Frankincense

use your nose to navigate and

make your Christmas special



DIY SALT DOUGH ORNAMENTS

Method

Combine your flour, salt and water and mix well. Knead for 10 minutes. If your dough is too dry, add a little bit more water. If it's too sticky, add a little bit of flour. It will help to place flour down on your surface when kneading and on your hands.

Keep kneading until the dough becomes really smooth. This takes about 10 minutes. Roll out the dough to about 1/2 cm thickness. The thinner you make the ornaments, the better they will thoroughly bake and dry through. If you make them too thick they will take too long to dry.

Use your cookie cutters or cookie stamps to cut out your ornaments. Use a straw or skewer to make a hole in each ornament.

Bake for 1-2 hours. If your ornaments are not completely dried through when you pull them out put back in for another hour. The baking time will vary greatly depending on the size and thickness of your ornaments. Larger ornaments will take longer whereas smaller ornaments will take less time. You can also let them air dry for a day before baking and this will cut down on the baking time.

Make sure to flip them when air drying or baking so that the bottoms of the ornaments dry also.

Thread twine or wool through the straw hole and tie into loop for hanging.

Decorate your ornaments.

If you are scenting these with essential oils place 2-3 drops on the rear uncoated area of each ornament. Touch up the scent every couple of days!

DIY PLAYDOUGH



Ingredients

- 2 essential oil
- 3 tablespoons olive oil
- 1 cup of water
- 2 cups of flour (I use wholemeal plain flour gives it texture too)
- 1 cup fine salt (I use pink Himalayan)
- 1 tablespoon of cream of tartar
- Hoppers natural food colouring

Method

Mix flour, salt, olive oil, water and cream of tartar together in a bowl, till all ingredients have come together.

Ensure you knead the mixture really well.

Separate the dough into two batches, add food colouring of choice.

Knead really well until the colour coats the dough

Add 2 to 3 drops of 100% Pure Essential oils to each batch and knead again.

Tip: Playdough can be a great space to introduce emotional oils to your children.
Match the colour of the dough to your essential oils:

- yellow: Lemon or Cheer E.O.
- green: Spearmint or Forgive E.O.
- blue: Balance or Easy Air E.O.
- purple: Lavender E.O.



DIY
**UPCYCLE
CHRISTMAS
DECORATIONS**



Resources

Cleaned essential oil bottles

Paint

Fabric

Hot Glue

Ribbon

Dried fruits - citrus rounds look beautiful.

Passion to help bring out our creativity.

Method

Get your hot glue gun and glue things together, make it funky.

If your gluing bottles, paint first and glue second.

This is a space for you to get creative, without judgment. remember there is no right or wrong with your creations.



DIY ESSENTIAL LIGHTS

Ingredients

Empty 15ml amber bottles
Fairy lights

Method

Wash your bottles and orifices.
Remove the labels and dry.

With a sharp knife, cut one side of the orifice.

Push the orifice onto the wire of the lights, near the base of the bulb.

Place the light into the bottle and push the orifice into place, to ensure the light is secured and holds the bottle onto the string of lights.

Tip: With white paint you can write words such as
"HOPE" "FAITH" "LOVE" "NOEL"





DIY

UPGRADE YOUR SHIPPING BOXES TO GIFT BOXES

Ingredients

doTERRA shipping box
recycled wrapping paper
twine or ribbon
Christmas decorations of your choice.

Method

Receive and unpack your shipper box.

Gently ease the side panel so it opens out, working from the inside of the box.

Flatten out and turn the box over so you have the printed side facing you.

Bend the long side that says "doTERRA" towards you and fold the small pieces that make up the side.

Bend the side pieces that has the two slim pieces cut out, over the two side pieces.

Using your finger, press the folds so that they are firm.

Fold the lid and tabs over to close the box

Step 8: Fill the box with gifts and finish with colourful ribbon or paper - ideally recycle from previous gifts.



DIY

PACKAGING IDEAS



Recycle old doTERRA bottles for misters, simply purchase the toppers
Test Tubes and empty Christmas baubles make a great bath salt container.

Mason Jars, recycled jars can be used for bath soaks and rubs
cotton twine and a sprig of herb adds a natural finish.

Print labels at home and adhere to containers with clear contact paper, or
you can purchase sticky paper to print onto directly.

Chalkboard stickers are a great personal label.

Pouches and calico purses make great wrapping.

Get creative - personalise your gifts, labels and wrap to suit your recipient.



Merry
Christmas!

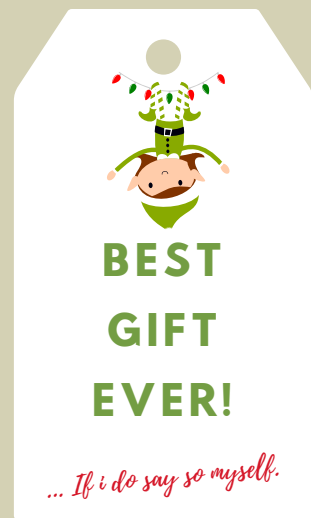
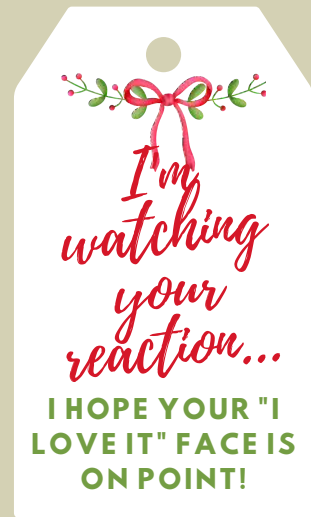
DIY
LABELS



BLANK ONES FOR IF YOU WOULD LIKE TO HAND WRITE YOUR LABELS
IF YOU WOULD LIKE YOUR LABELS PERSONALISED WITH SOMETHING
ELSE PLEASE ASK NARELLE OR STEVI AND WE WILL WORK SOME MAGIC
FOR YOU.



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YOUR CHRISTMAS GIFT GIVING

Authors



Hello! I'm Narelle, a dōTERRA Premier leader from Sydney, NSW. I am so passionate about leaving people, places and things in a better state than I found them in. I dream of creating a path to wellbeing, personal success and happiness that is easy for others to journey, one with far less detours and bumps than the one I travelled! It is this philosophy that drives my desire to create, support and be a part of communities that inspire compassion, connection, conversation, empathy and ultimately growth and empowerment. We all deserve to live our very best life and I grow a little closer to my best life each and every day. Feel free to reach out to me on facebook or instagram

[@oilologygroup](#)



Narelle Vakalahos
dōTERRA Premier
Leader
[@oilologygroup](#)

*Merry Christmas
from us to you*



Hi there, I'm Stevi, a dōTERRA Premier leader from Brisbane (recently relocated, from 33years in NSW). 5 years ago I not only became a first time mum but also found a love for dōTERRA essential oils and products. It was around this time that I started to take more of an interest in my health, looking at the products I was using and how they played a role within my body. I saw a number of changes instantly, improved sleep, the ability to shift a mood, its for these reasons I knew I had to start sharing the joy that was being created as I embarked on a low tox cleaning and wellness journey. Feel free to reach out to me on facebook or instagram [@thescentedhive](#)

Stevi Hancock
dōTERRA Premier Leader
[@thescentedhive](#)

