

# Holiday DIY'S



Holiday Room

## Spray

### Ingredients:

15 drops Frankincense oil  
15 drops Grapefruit oil  
30 drops Douglas Fir oil  
Water

### Instructions:

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

**Note:** Based on the size of your spray bottle you may wish to use more or less oil, but make sure to keep the ratio of twice the amount of Douglas Fir to equal parts Frankincense and Grapefruit.

## Scented Pinecones

### ITEMS NEEDED:

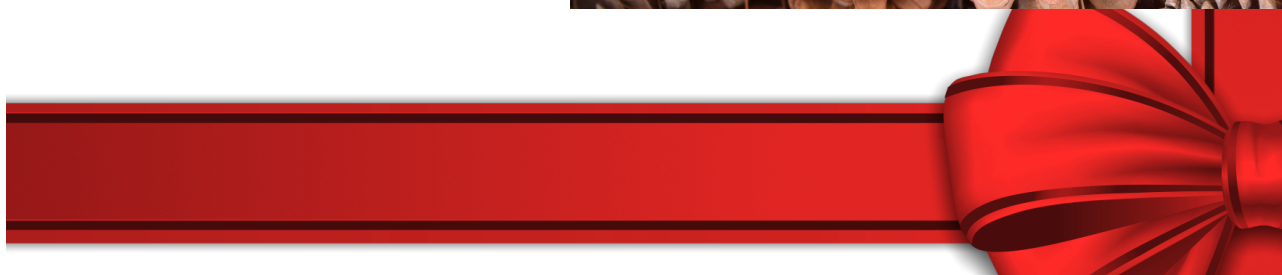
DRY PINECONES  
YOUR FAVORITE ESSENTIAL OIL

### INSTRUCTIONS:

IF PINECONES HAVE BEEN COLLECTED FROM OUTSIDE, COOK IN THE OVEN AT 200 DEGREES F FOR AT LEAST 30 MINUTES, OR UNTIL THE PINECONES HAVE OPENED.

PUT ONE DROP OF ESSENTIAL OIL ON EACH PINECONE. SOME OF OUR FAVORITE OILS INCLUDE CASSIA, CLOVE, HOLIDAY JOY, WILD ORANGE, SIBERIAN FIR, OR WINTERGREEN.

PLACE PINECONES IN A DECORATIVE BOWL OR ON YOUR CHRISTMAS TREE.



### What you'll need:

1 oz of beeswax  
3 heaping Tbsp coconut oil  
20 drops of peppermint oil  
Containers to hold your lip balm

# Peppermint Lip Balm

### Instructions:

Put the beeswax and coconut oil into a saucepan. Heat on low on your stove top until both are completely melted.

Next, pour your melted mixture into a pourable container with a spout. Add 20 drops of peppermint essential oil to your mixture and stir it in. You can vary this a bit – add 5 more if you want yours to have a stronger peppermint scent and have the lip balm tingle a bit more on your lips when you apply it. Now just pour it into your waiting containers. If you have really small containers or are nervous about pouring without making a mess, you could use glass droppers to help you fill them



### *Instructions:*

Mix desired amount of Epsom salt in bowl and add some skin-safe colorant if desired  
Add dried herbs or flower petals to mixture for color and added aroma  
Add the essential oils of your choice; mix well  
Add the bath salt to plastic ornaments until full  
Once full, put the top of ornament back on  
When ready to use, add desired amount to warm bath

# Bath Salt Ornament

### ITEMS NEEDED:

ROUND PLASTIC ORNAMENTS  
1 CUP EPSOM SALT (YOU MAY NEED MORE OR LESS DEPENDING ON THE SIZE OF YOUR ORNAMENT)  
5–10 DROPS FAVORITE DOTERRA ESSENTIAL OIL



## Stencil Holiday Jar

-- Paint around a stencil of your favorite holiday image (e.g. an angel, a star, etc.) on a mason jar or any other type of glass jar.

-- For a more rustic look, scuff up the paint with sand paper.

-- Fill the jar with dried red berries and a tea light or any other holiday-like items.

-- Dress up the jar as you desire with ribbons, bells, etc.

-- Finally, add one or two drops of Holiday Joy or your favorite doTERRA holiday scent.



## AROMATIC Hand Warmers

MICROWAVEABLE HAND WARMERS ARE EASY TO MAKE AND USE OVER AND OVER. FOR FABRIC CHOICE, CONSIDER RE-PURPOSING AN OLD COTTON OR FLANNEL SHIRT, BUT BE SURE TO SELECT A FABRIC THAT IS NATURAL, AS SYNTHETIC FABRICS MAY MELT OR BURN WHEN HEATED. MAY ADD MORE ESSENTIAL OIL TO THE HAND WARMERS WHEN DESIRED

*What you'll need:*

FABRIC  
THREAD  
FLAX SEED  
ESSENTIAL OIL OF CHOICE

### Instructions:

**CUT OUT TWO 4 INCH X 4 INCH SQUARES FOR EVERY HAND WARMER DESIRED. SOW RIGHT SIDES OF FABRIC TOGETHER, LEAVING A FEW INCHES OPEN ON ONE SIDE.**

**TURN FABRIC RIGHT SIDE OUT.**

**IN A MEDIUM BOWL MIX FLAX SEED WITH ESSENTIAL OIL. USE THREE TO FIVE DROPS OF OIL FOR EVERY CUP OF GRAIN RESULTS IN A PRETTY STRONGLY SCENTED HAND WARMER. MIX AND ALLOW TO SIT FOR 5-10 MINUTES. USE THE GRAIN TO FILL THE HAND WARMERS ABOUT ¾ FULL AND THEN STITCH CLOSED.**

**HEAT HAND WARMERS 25-30 SECONDS IN THE MICROWAVE, ALLOW TO SIT FOR ABOUT 30 SECONDS AND THEN PLACE IN POCKETS TO WARM YOUR HANDS. (TIPS: TO FILL THE HAND WARMERS YOU CAN USE WHEAT, RICE, FLAX SEED, OR EVEN CHERRY PITS. FOR THIS DIY WE USED FLAX SEED WHICH SEEMS TO HOLD HEAT WELL AND HAS A LESS DISTINGUISHABLE SMELL THAN OTHER GRAINS).**