Here are two blends if you are battling with thinner hair than you desire…

BLEND #1:

-3 drops Rosemary

-5 drops Lavender

-4 drops Cypress

-4 drops Clary Sage

-4 drops Cedarwood

BLEND #2:

-8 drops Rosemary

-10 drops Lavender

-10 drops Sandalwood

-10 drops Cedarwood

You can massage the blends from above into your scalp before bed, leave in overnight, and wash it out as usual in the morning. Hair growth is a slow process, but using essential oils is so special because there are no toxic ingredients.

And for any MAN who wants to use a toxic free wax to style their MAN-DOO!

Ingredients:

-.75 ounces beeswax

-.5 ounce shea butter

-.75 ounces Fractionated Coconut Oil

-10 drops Peppermint essential oil

-10 drops Rosemary essential oil

Tip: For harder hair wax, use 1 ounce beeswax and .5 ounces Fractionated Coconut Oil. For softer hair wax, use .75 ounces shea butter and 1 ounce Fractionated Coconut Oil.

Directions:

-Combine all ingredients, except for essential oils, in glass container.

-Place jar in saucepan with 1-1.5 inches of boiling water.

-Stir ingredients until melted and thoroughly combined.

-Remove from heat and let rest for three minutes.

-Add essential oils and stir.

-Pour mixture in empty tin or glass jar with lid.

-Let hair wax rest 1-2 hours.

-To use, apply a small amount to fingers and style as desired. A little wax goes a long way.

I want to give you some creative ideas to make your bedroom filled with intimacy and excitement.

You should totally try this After-Bath Rub!

-30 drops of bergamot essential oil

-10 drops sandalwood essential oil

-5 drops juniper berry essential oil

-4 drops ginger essential oil

-4 drops ylang ylang essential oil

-2 drops lavender essential oil

-4 ounces coconut oil

Combine all of these ingredients and massage on the skin with a deep and sensual massage that is guaranteed to arouse your desire for one another and bring the HEAT to your bedroom.

Clear Musty Air  
-1 cup White Vinegar  
-4-6 drops Essential Oil(s) of choice  
-1 slice of Bread

Fill a small bowl with vinegar and essential oils. Add a piece of bread on top of liquid and place inside the vehicle to absorb odors. Remove after 24 hours.

Citrus Car Wash  
-1 gallon Water  
-1/4 cup Castile Soap  
-10 drops Lemon or Wild Orange oil

Fill a bucket with the water and soap, stir until mixed and then add the essential oil and stir again. Using a soft cloth or sponge, wash the exterior of your car from top down, one section at a time. Rinse each area well with clean water before the soap has a chance to dry.

Tire Wash  
-2 cups Baking Soda  
-1/2 cup Water  
-1/4 cup Liquid Castile Soap  
-2 cups Vinegar or Lemon Juice  
-5 drops Lemon, Lime, or Orange Essential Oil

Combine baking soda, water, and soap in a bucket. Add the vinegar and essential oil(s) and mix well. Apply with a brush to get in between the tire treads. Wash one tire at a time, rinsing each before moving on to the next.

Goodbye Dirt  
-1 gallon Water  
-1/2 cup Lemon Juice  
-6 drops Peppermint Essential Oil  
-1/4 cup Liquid Castile Soap  
-3 tablespoons Baking Soda

Mix water, lemon juice, essential oil(s), and soap in a bucket and stir in baking soda until blended. With a soft cloth or sponge, wash the exterior of your car from the top down, working in sections. Rinse each area well with clean water before the soap dries.

Carpet Cleaner  
-1/2 cup Baking Soda  
-10 drops Lavender oil (or oil of your choice)

Add oil to baking soda and mix well with a fork. Break up oil clumps to insure the oil is evenly distributed. Sprinkle liberally over your carpets and upholstery. Leave for a half hour. Vacuum off. When you vacuum your carpet, move the vacuum very slowly, going with the grain of the carpet.

Engine Degreaser  
-1/4 cup Washing Soda  
-1 cup Water  
-1 cup Vinegar  
-25 drops Melaleuca Essential Oil  
-20 drops Citrus Oil of choice

Pour washing soda into a plastic jug or pitcher, one with a tight fitting cap and preferably a pour spout. Bring the water and vinegar to a boil in a saucepan. Remove from heat and add to the pitcher. Cap the pitcher and shake to dissolve the washing soda. (Careful It will be hot.) Add the essential oils and shake some more. Slowly pour the solution over a cool engine (one that has not been run for at least an hour.) Use a stiff brush to loosen oil and grease. Rinse with a garden hose or pour clean water over the engine several times. Leave the engine exposed to the air until completely dry.

One more very important thing to consider for your car is having essential oils handy to keep you alert at the wheel.

Here are a few of my favorites:  
Lemon – Its strong citrusy smell is energizing and invigorating.  
Peppermint – Peppermint oil is good for increasing mental alertness.  
Wild Orange – Orange oil is mentally and emotionally uplifting.  
Grapefruit – Another uplifting and soothing citrus smell to help you remain alert, yet calm, while driving.  
Rosemary – This brain-boosting oil is very useful for drivers because it can keep you fully awake and alert while driving.

For all of you bearded men - dōTERRA® needs to become a requirement in your beard routine!

Woodsy Beard Essential Oil

-6 drops Cedarwood oil

-2 drops Melaleuca oil

-2 drops Lavender oil

-1 drop Rosemary oil

-1 drop Lime oil

\*per 1 ounce of carrier oil in a dropper bottle or spray bottle

Fall Foliage Beard Oil

-4 drops of Cassia Oil

-4 drops of Melaleuca oil

-4 drops of Sandalwood oil

-1/2 oz Coconut Oil

-1/2 oz of Jojoba Oil

Bearded Earth Beard Oil

-8 drops of Patchouli Oil

-4 drops of Bergamot oil

-2 drops of Lavender oil

-1 drop of Black Pepper Oil

-1/2 oz Coconut Oil

-1/2 oz of Jojoba Oil

And for any REAL MEN who want to have a clean shaven face, this is a MUST use DIY recipe for shaving cream:

Ingredients:

-1/3 cup shea butter

-1/3 cup coconut oil

-1/4 cup Fractionated Coconut Oil

-5 drops Sandalwood essential oil

-5 drops Peppermint essential oil

-5 drops Melaleuca essential oil

Directions:

-Place all ingredients except for essential oils in double boiler.

-Once melted, remove from heat and let sit 3 minutes.

-Add essential oils and stir until combined.

-Let shaving cream rest until hard. (You can put it in the refrigerator to speed up the cooling process.)

-Using hand or stand mixer, whip shaving cream until light and fluffy.

-Place in container of choice.

All recipes below call for 2-4 drops of essential oils in your diffusers while working in the garage or office…

-Wintergreen and Cedarwood for confidence and self-esteem

-Cypress and White Fir for clear breathing and a sense of empowerment

-Peppermint or Melissa for Alertness

-Lemongrass for feelings of joy

These cologne recipes are approximately 20% oil and 80% carrier oil based. If you want a stronger scent, you can make it a 30/70 ratio. The cologne recipes below are for a 10mL vial.

This recipe provides an “Earthy Spice” scent.

-1/3 oz. roll-on vial (10 ml). You can purchase them here.

-10 drops Clove essential oil

-20 drops White Fir essential oil

-40 drops Bergamot essential oil

-5 drops Lemon essential oil

-doTERRA Fractionated Coconut Oil

Tip: A dropper may be helpful in order for you to get the exact amount.

Directions:

-Combine all essential oils add Fractionated Coconut Oil to fill remainder of bottle.

-Attach roll-on cap and shake until combined.

-Let mixture sit for 24 hours before use.

-Apply cologne to wrists for best results.

-Tip: To see if you like the scent, make a small sample first. If you like it, make a larger batch. You can always add more oils to the mixture later.

Other Cologne Mixtures:

Spicy Pick-Me-Up:

-36 drops Cinnamon essential oil

-12 drops Cassia essential oil

-12 drops Peppermint essential oil

-12 drops Grapefruit essential oil

-doTERRA Fractionated Coconut Oil

Fresh Cut Grass:

-12 drops Basil essential oil

-6 drops White Fir essential oil

-13 drops Wild Orange essential oil

-13 drops Bergamot essential oil

-26 drops Citrus Bliss® essential oil blend

-doTERRA Fractionated Coconut Oil

Woodsy Black Licorice:

-8 drops Fennel essential oil

-8 drops Cypress essential oil

-8 drops Wild Orange essential oil

-32 drops Sandalwood essential oil

-8 drops Lime essential oil

-8 drops Wintergreen essential oil

-doTERRA Fractionated Coconut Oil

Sweet Musk:

-32 drops Lime essential oil

-24 drops Fennel essential oil

-16 drops Patchouli essential oil

-doTERRA Fractionated Coconut Oil

Musky Cinnamon:

-28 drops Cinnamon essential oil

-12 drops Rosemary essential oil

-12 drops Wild Orange essential oil

-doTERRA Fractionated Coconut Oil

So here is the most effective way to keep your grill clean and safe…

What You Need:

1/4 cup baking soda

2 tablespoons natural dish detergent

5 drops Lemon essential oil

Distilled white vinegar

Directions:

Combine the first three ingredients and mix. Add vinegar until it has an olive oil consistency. Brush mixture, onto metal grill, and let sit for 15-30 minutes. Use a damp scouring pad or grill brush to scrub surface clean. Rinse with water.

Meaty Burgers

Ingredients:

-1 lb. organic grass-fed ground beef

-1/2 cup grated fresh cheese

-1/4 cup BBQ sauce

-10 drops Black Pepper essential oil

-1/4 tsp onion powder (or 1/4 onion finely diced)

-1/8 tsp garlic powder

-1/8 tsp paprika

-1/8 tsp sea salt

Then GRILL’EM UP!

dōTERRA® CHICKEN!

Ingredients

-5 chicken breasts or legs

-1/4 cup honey

-1/2 cup Tamari soy sauce

-1/2 cup vegetable oil

-1 tsp garlic powder

-1 tsp onion powder

-4 drops lemon essential oil

-1 drop lime essential oil

-1 tbsp orange zest

-Juice of 1 orange

Directions

Combine marinade ingredients in a large bowl and stir until well mixed. Pour the ingredients over the pieces of chicken in a gallon Ziploc bag. Allow the chicken to marinate in the refrigerator for 1-hour minimum, 8 hours if possible. Use marinade to brush the chicken during the first ten minutes of cooking. Let the chicken settle for 15 minutes before serving.

This recipe alone will make your BBQ an unforgettable experience!

dōTERRA® ALL SPICE MARINADE

Ingredients:

-1/2 cup beef broth

-1/3 cup apple cider vinegar

-2 cloves garlic, crushed

-1 small onion, diced

-1 drop Clove Essential Oil

-1 drop Marjoram Essential Oil

-1 drop Thyme Essential Oil

-1 drop Wild Orange Essential Oil

-2 tablespoons olive oil

-Salt and pepper to taste

Directions:

- Mix in a bowl or Ziploc bag.

- Add meat and marinate for at least six hours or overnight. Works well for beef, poultry, or tofu.

TIP: Make sure to let your meat really marinade in this delicacy as the longer you wait, the better the BBQ will become!

AMAZING BREATH SOLUTION

-On Guard Toothpaste

-Peppermint Beadlets

-Add a few drops of On Guard, Melaleuca, and Peppermint to water for a mouth wash

TOENAIL CARE

-Directly apply Melaleuca and Oregano on the edge of the toenail or alternate between Lemongrass and Clove or Frankincense and Lemon.

GOODBYE TENSION

-Apply PastTense to your temples on the back of your neck for comforting relief.

BEAUTYREST (ie. HANDSOME SLEEP)

-Apply Lavender or Serenity to the bottom of your feet before bedtime

FACEWASH

-2 tbsps castile soap

-Fill with water

-5 drops of Cedarwood

-5 drops sandalwood

-5 drops Petitgrain