

# KidSafe<sup>®</sup>

## ESSENTIAL OIL RECIPES

### A+ PLAY DOUGH

#### WHAT YOU'LL NEED

- 1 tablespoon Avocado Carrier Oil
- 25 drops A+ Attention Synergy\*
- 1 cup water
- 5 drops natural food color (optional)
- 2 cups flour
- 1/2 cup Himalayan Pink Salt\*\*

#### WHAT YOU WILL DO

1. Mix Avocado Carrier Oil with the A+ Attention.
2. Add water and food coloring.
3. Mix flour and salt together.
4. Combine all ingredients. Add more flour as needed so it is not sticky.

\* This recipe can also be used with Calming The Child, Nighty Night, Sweet Dreams, or your favorite Lil' Stinkers Synergy.  
 \*\*Table salt can be substituted but will have a slightly different consistency.

### BETTER THAN Kisses OUCH SPRAY

#### WHAT YOU'LL NEED

- Jojoba Carrier Oil\*
- 72 drops Better Than Kisses Synergy\*\*
- 2 oz spray bottle

#### WHAT YOU WILL DO

1. Fill the spray bottle with your carrier almost to the top.
  2. Add Better Than Kisses and shake well.
- Spray directly on the area of concern as often as needed.

\*If you choose to substitute water or witch hazel, you will need to add 1 tsp of Polysorbate 20 (or other emulsifier) and a preservative.  
 \*\*This recipe can also be used with Shield Me for a great outdoor spray.

### CALMING THE Child BATH BOMBS

#### WHAT YOU'LL NEED

- 1/2 cup baking soda
- 1/4 cup cornstarch
- 1/4 cup Epsom salt
- 1/4 cup citric acid (what makes it fizzy)
- 3-4 tsp of Almond or Coconut Carrier Oil
- 10-12 drops Calming The Child Synergy\*
- 1-3 tsp of water
- Coloring if desired (we used a mineral powder coloring)

#### WHAT YOU WILL DO

1. Whisk dry ingredients together.
2. In a separate bowl, mix Calming The Child with the carrier oil. Blend well into dry ingredients.
3. Mix in water, 1 tsp at a time, whisking each time quickly to avoid deactivating citric acid. When it starts to clump together, that's enough water. Better a little dry than too wet. You can always add more water if needed.
4. Add color (you can divide into bowls and color as desired).
5. Make a test one first to see if it's holding together.
6. Tightly pack the mixture into your mold. Let it sit in the mold for 5-10 minutes.
7. Carefully unmold. If mixture is too dry add it back to main bowl and add 1 more tsp of water and whisk well. Try molding again.
8. Dry overnight.

\*This recipe can also be used with Grow Ease, Immune Boom, Nighty Night, Silky Soft, Sniffle Stopper, Sweet Dreams, or Sore No More.

### GERM destroyer Soap JELLIES

#### WHAT YOU'LL NEED

- 6 oz of water
- 4 small packages of unflavored gelatine
- 54 drops of Germ Destroyer Synergy\*
- 1/2 cup Castile Soap

#### WHAT YOU WILL DO

1. Bring water to a boil.
2. Add gelatin and stir until dissolved.
3. Add Castile Soap and Germ Destroyer and mix well.
4. Pour into a silicone mold and refrigerate until firm.
5. Store in an airtight container.

\*This recipe can also be used with A+ Attention, Calming The Child, Immune Boom, Nighty Night, Odor Zapper, Silky Soft, or Sweet Dreams.

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## ESSENTIAL OIL RECIPES

### GET 'EM GONE HAIR GEL

#### WHAT YOU'LL NEED

- 4 oz Aloe Vera Jelly
- 4 teaspoons solid coconut oil
- 60 drops of Get 'Em Gone Synergy

#### WHAT YOU WILL DO

1. Blend all ingredients.
2. Store in squeeze bottle or other airtight container.

### GROW ease LOTION BARS

#### WHAT YOU'LL NEED

- 2 oz Cocoa Butter
- 2 oz solid coconut oil
- 2 oz Beeswax Pearls
- 100 drops Grow Ease Synergy\*
- Silicone molds

#### WHAT YOU WILL DO

1. Place the first three ingredients into a double boiler.
2. Stir occasionally until completely melted.
3. Remove from heat and add Grow Ease.
4. Pour into silicon molds.
5. Let cool then pop out of molds and store in an airtight container.

\*This recipe can also be used with A+ Attention, Calming The Child, Immune Boom, Nighty Night, Shield Me, Silky Soft, Sweet Dreams, or Sore No More.

### Odor ZAPPER SHOE POWDER

#### WHAT YOU'LL NEED

- ½ cup cornstarch
- ½ cup baking powder
- 5 drops of Odor Zapper Synergy\*
- Container or Jar

#### WHAT YOU WILL DO

1. Mix together all ingredients.
2. Store in an airtight container or jar. (Recycled spice jars with the shaker tops work very well for this).

\*Can Substitute Deodorizing Synergy

### SHIELD me OUTDOOR WIPES

#### WHAT YOU'LL NEED

- 2.5 quart airtight container (or any size they will fit snugly in)
- 1 Roll "select-a-size" paper towels
- 1 tablespoon Almond Carrier Oil
- 1 tablespoon Fractionated Coconut Carrier Oil
- 40 Drops Shield Me Synergy
- 2 cups witch hazel\*

#### WHAT YOU WILL DO

1. Cut a roll of paper towels in half using an electric knife or serrated bread knife and place in container.
2. Add carrier oils, Shield Me, and witch hazel to bowl and blend well.
3. Immediately pour mixture over paper towels.
4. Once soaked, you can easily remove the core.
5. Seal with lid and use as you would any other wipes.

\*If you decide to replace the witch hazel with water, you'll will need to use a preservative such as Optiphen Plus.

### SILKY SOFT body wash

#### WHAT YOU'LL NEED

- ½ cup Almond Carrier Oil (or carrier oil of choice)
- ½ cup honey
- 1 cup Castile Soap
- 75 drops Silky Soft Synergy\*

#### WHAT YOU WILL DO

1. Blend all ingredients well.
2. Pour into a 16 oz squeeze or pump bottle.

\*This recipe can also be used with A+ Attention, Calming The Child, Grow Ease, Nighty Night, Sweet Dreams, or Sore No More.

### SKIN SOOTHER SALVE

#### WHAT YOU'LL NEED

- 1/2 cup Almond or Apricot Carrier Oil
- 4 tablespoons Beeswax Pearls
- 72 drops Skin Soother Synergy\*

#### WHAT YOU WILL DO

1. Measure your oil and beeswax into a half pint canning jar. Place the metal band from the jar in the bottom of a pan of water. Then, place your half pint jar on top.
2. Melt the oil with the beeswax, stirring occasionally.
3. Once the oils and wax are melted, carefully remove from heat surface.
4. Stir in Skin Soother.
5. Allow the salve to cool. (Leaving the salve set until fully cooled will ensure a smooth final finish on top.)

\*This recipe can also be used with Better Than Kisses.

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## ESSENTIAL OIL RECIPES

### SNEEZY STOP TISSUES

#### WHAT YOU'LL NEED

- box of tissues
- glue stick
- Sneezy Stop Synergy\*

#### WHAT YOU WILL DO

1. Gently open the flaps on each side of your tissue box
  2. Drop 2-3 drops of Sneezy Stop on each side
  3. Using a glue stick, reseal the sides.
- Now you have lightly scented tissues that can help promote your sense of well being when your nose is giving you trouble!

\*This recipe can also be used with Germ Destroyer or Sniffle Stopper.

### SNIFFLE STOPPER SHOWER DISCS

#### WHAT YOU'LL NEED

- 2 cups flour
- 3 tablespoons cornstarch
- 3 tablespoons water
- Silicone mold
- Sniffle Stopper Synergy\*

#### WHAT YOU WILL DO

1. Mix all ingredients except Sniffle Stopper in a bowl.
  2. Place into mold and bake on 300 for 20 minutes.
  3. Remove from mold and drop 5 drops of Sniffle Stopper onto each disc.
  4. Store in a jar or other airtight container.
- Place on shower floor (or soap dish), not directly in the water spray.

\*This recipe can also be used with Immune Boom or Sneezy Stop.

### Sweet Dreams LINEN SPRAY

#### WHAT YOU'LL NEED

- witch hazel
- 4 oz spray bottle
- 72 drops Sweet Dreams Synergy\*

#### WHAT YOU WILL DO

1. Add witch hazel to your spray bottle until it's almost full.
2. Add Sweet Dreams.
3. Allow your oils to meld with the witch hazel for about an hour (at least). You can let it sit longer.
4. Shake well and spray down linens to create a relaxing atmosphere!

\*This recipe can also be used with Calming The Child or Nighty Night.

### SORE NO MORE BODY BUTTER

#### WHAT YOU'LL NEED

- 1/2 cup Shea Butter Refined
- 1/4 cup Mango Butter
- 1/4 cup carrier oil of choice
- 72 drops of Sore No More Synergy\*

#### WHAT YOU WILL DO

1. Warm a pan of water on the stove.
2. Add butters and carrier oil to medium glass bowl.
3. Place over simmering water and heat until melted.
4. Remove from heat and place in refrigerator for about 30 minutes until it begins to firm up around the edges.
5. Whip with hand mixer until frothy.
6. Return to refrigerator for about 30 minutes or until solid.
7. Whip again, adding Sore No More.
8. Scoop into container of your choice.

\*This recipe can also be used with Calming The Child, Grow Ease, Nighty Night, Shield Me, Silky Soft, Sweet Dreams, or Tummy All Better.

### TENSION TAMER

#### WHAT YOU'LL NEED

- 2 oz Beeswax Pearls
- 1 oz Cocoa Butter
- 2 oz Jojoba Carrier Oil
- 90 drops Tension Tamer Synergy\*

#### WHAT YOU WILL DO

1. Melt Beeswax and Cocoa Butter in a double boiler.
2. Add Jojoba Carrier Oil and mix well.
3. Remove from heat and add Tension Tamer.
4. Pour into Lip Balm Tubes.
5. Allow to harden.

\*This recipe can also be used with Better Than Kisses.