



# Spice it Up

ESSENTIAL RECIPES FOR THE  
HOTTEST VALENTINE'S OF YOUR LIFE!





# Roller Blends

## EMBRACE LOVE

*Open your heart to love and increase connections with this blend!*

3-4 drops of Frankincense  
3-4 drops of Geranium  
3-4 drops of Lavender  
3-4 drops of Ylang Ylang  
10ml Roller Bottle  
Fractionated Coconut Oil

Add oils to the bottle and top with Fractionated Coconut Oil. Apply to the back of the neck and over your heart. Roll on hands, cup and inhale.

## LOVE POTION

*You deserve to be loved and this blend reminds you of that important fact!*

20 drops Ylang Ylang  
10 drops Bergamot  
10 drops Grapefruit  
10ml Roller Bottle  
Fractionated Coconut Oil

Fill the rest of the 10ml rollerball with Fractionated Coconut Oil. Apply along spine, lower abdomen and feet.

## READY FOR LOVE

*Turn the heat up with this intoxicating blend!*

5 drops Whisper  
2 drops Anchor  
1 drop Sandalwood  
Optional: 1 drop Wild Orange or Cinnamon  
Fractionated Coconut Oil  
10ml Roller Bottle

Combine all oils in roller bottle. Enjoy!





# Massage Blends

## RATED PG MASSAGE BLEND

6 tbsp Jojoba oil  
3 drop Ylang Ylang Essential Oil  
3 drops Jasmine Essential Oil  
3 drops Black Pepper Essential Oil  
3 drops Sandalwood Essential Oil  
2 drops Orange Essential Oil

Combine in a 4 oz. glass bottle. Massage and enjoy!

## SENSUAL MASSAGE BLEND

2 drops Ylang Ylang  
1 drop Sandalwood  
1 drop Ginger  
1 drop Wild Orange

Add to 2 T. of lotion or massage oil. Apply to neck, spine, arms, and legs.

## ECSTASY MASSAGE BLEND

To enhance your intimate experience, try this ecstasy extender potion! In a 2oz glass bottle:

2 drops Geranium  
1 drop Cinnamon  
1 drop Ginger  
1 drop Lemongrass  
1 drop Peppermint

Fill the rest of the bottle with Fractionated Coconut Oil. Massage lightly on you know where to support reaching & prolonging climax.





# Diffuser Blends

## OOH LA LA

2 drops of Sandalwood  
2 drops of Wild Orange  
2 drops of Jasmine  
1 drop of Cinnamon

## BE MINE

### FOREVER

2 drops of Ylang Ylang  
1 drop of Lavender  
3 drops of Neroli  
1 drop of Geranium

## TRULY

### A LOVELY DAY

2 drops of Ylang Ylang  
1 drop of Wild Orange  
1 drop of Jasmine  
1 drop of Rose  
2 drops of Neroli

## LOVE IS

### ALL YOU NEED!

3 drops of Ylang Ylang  
1 drop of Patchouli  
2 Drops of Cedarwood

## FOREVER YOURS

3 drops of Sandalwood  
2 drops of Ylang Ylang  
1 drop of Cinnamon  
1 drop of Jasmine  
1 drop of Rose

## OH MY DARLING

1 drop of Rose  
3 drops of Neroli  
1 drop of Clary Sage

## X'S and O'S

4 drops of Whisper  
2 drops of Passion





# Better For Her Tips

## 1. DIFFUSE

Set the mood by diffusing oils that enhance Libido. Try Passion, Sandalwood, Cinnamon, Whisper or a combo of any of these oils.

You can also create a Sensual Sheet Spray:

10 drops Bergamot  
10 drops Sandalwood  
3 drops Lavender  
3 drops Wild Orange  
2 drops Ylang Ylang  
2 oz. spray bottle

Combine all oils in bottle and add water. Enjoy!

## 2. MASSAGE

Try one of the massage blends shared in this guide. Take time to spoil her for a few minutes and let the oils do the job of relaxing everyone. Then at the right moment, do step 3.

## 3. LUBE

Three choices here and all are fantastic to help everyone have a great time.

Option 1: Beautiful Spray. Convenient and effective! Also, edible. :)

Option 2: Yarrow Pom Serum + 1 drop of Geranium. Do not use more than 1 drop! Yarrow Pom Serum was designed to lighten, tighten, and brighten the skin and is wonderful as a moisturizer but it shines in the bedroom too!

Option 3: Yarrow Pom Serum + 1 drop of Bergamot. Makes your kaboom, kaboomier.