

How to Have a

*Make*

AND

*Take*

Class

*by:*

*The Oiltastic Team*



Many thanks to the members of the Oiltastic Team for making this book possible.

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[theLRMproducts@gmail.com](mailto:theLRMproducts@gmail.com)

If you want to share it with your personal team, please ask us first.

We love our oils and our necklace diffusers are a great way to use your oils all day long without needing to carry bottles.

Do you want discounts on future Diffusing Necklaces? We have a club for all oil-loving folks! To join the club just email us & ask!

We will send you some of our favorite oil recipes (like the ones in this book) AND you will be the first to know when we have a newly released oil product or flash 50% off sale.

These perks are only open to club members!

Email us to join the club!  
[theLRMproducts@gmail.com](mailto:theLRMproducts@gmail.com)

Rachel Miller  
- LRM Products



## Lemon Meringue Fudge

Buttery crust, creamy lemony fudge, and a marshmallow white chocolate topping, even brûléed a little, if you like, get all that pie flavor in a sweet little candy bite with Lemon Meringue Pie Fudge.

### Ingredients:

For the Graham Cracker Crust:  
1½ cups graham cracker crumbs  
4 Tablespoons melted butter

For the Lemon Fudge Layer  
1½ cups white chocolate chips  
½ can sweetened condensed milk  
⅛ teaspoon Lemon Essential Oil  
1-2 drops yellow food coloring, if desired

For the Marshmallow Meringue Fudge Layer  
1 cup white chocolate chips  
½ cup marshmallow fluff  
½ can sweetened condensed milk

### author:

Brianne,  
Cupcakes &  
Kale Chips.



### Instructions:

For the Graham Cracker Crust:  
Preheat the oven to 375°F and line an 8x8 square pan with aluminum foil, leaving some hanging over the edge of the pan. In a small bowl, combine crumbs and melted butter, tossing with a fork. Pour into the prepared pan and press down with a glass to pack tightly and form an even layer. Bake for 15 minutes or until the edges are golden brown. Set aside.

For the Lemon Fudge Layer  
Melt the 1½ cups white chocolate chips in a double boiler or a bowl set over a small sauce pan with simmering water over medium-low heat. Once melted, add half a can of sweetened condensed milk and the Essential Oil or extract. Stir until smooth and pour immediately over the graham cracker crust.

For the Marshmallow Meringue Fudge Layer  
Melt the 1 cup white chocolate chips in a double boiler or a bowl set over a small sauce pan with simmering water over medium-low heat. Add the marshmallow fluff and the rest of the can of sweetened condensed milk. Stir until it is smooth and immediately pour over the lemon layer. Refrigerate overnight. The next day, use the aluminum foil to lift the fudge out of the pan. Gently remove the foil and carefully cut into pie wedges or squares.

## Foot Butter

An amazing blend of coconut oil, shea butter & peppermint essential oil to revitalize tired feet.

### Ingredients:

2 Tbsp Organic Coconut Oil  
5 Tbsp Shea Butter  
40 drops Peppermint Essential Oil

### Instructions:

1. In a double boiler over low heat, warm the oil and shea butter. Be careful not to melt them - heat just enough to blend easily.
2. Using a mixer, blend the coconut oil and butter on low speed, 1-2 minutes. Use a spatula to scrape down the sides of the bowl and avoid having any clumps in the final product.
3. Increase the speed to medium for several minutes until the mixture is thick and buttery.
4. Add the essential oil and blend well.



Recipe at LipGlossAndHighHeels.com

### author:

Betsy,  
Lipgloss &  
High Heels



Yields 4oz.



Heart Shaped Bath Bombs  
tutorial at Mom Spark!

## Fizzing Bath Bombs

Wrapped in tulle, these make pretty little presents for someone who could use a little love, what is better than a bubble soak to say, "I love you"? Who doesn't love the gift of pampering?

### Ingredients:

1 box of baking soda  
1 cup of citric acid  
1 cup of cornstarch  
Sweet almond, jojoba or olive oil  
Essential oil - lavender is used here!  
Food coloring  
Mold

### author:

Allison,  
Mom Spark



A great blend for perking up your moods is to mix Lavender with Bergamot.  
Add it to a necklace diffuser the scent is so uplifting - all day long!

Get diffuser necklaces here: <http://amzn.to/IYsCRHF>

### Instructions:

Pour your baking soda, citric acid and cornstarch into your bowl and mix until well mixed.

Add 3 tablespoons to 1/4 cup of oil (I prefer sweet almond oil) and mix. The oil is going to kind of clump up on you so you might want to grab a fork to help mix things up a bit better.

Continue adding oil about a tablespoon at a time until your mixture easily stays together when you squish it together in your hand. Add a few drops of food coloring and oil...

...and mash that business up. The more you blend the more uniform color you will get. You can also lightly blend to get splotches & dots of color. I tend to really like this effect.

Pour some of your mixture into your mold (this is a plastic heart shaped dish but you can use just about anything really).

Allow to sit in the mold for around 10 minutes and then smack it upside down onto something you don't mind getting greasy. The shape should easily pop out. Don't touch it!

These guys need a day to several to completely harden. Wrap and tulle and viola! You have the perfect favor for your next party or oils class.

## Detox with Joy

This is sure to be a treat! This blend of bath salts is eagerly anticipated at our house... a date with yourself!

### Ingredients:

1 cup of coarse ground salt.  
1 cup of epsom salts  
Essential Oil Blend



### Instructions:

Mix the salts in a big bowl. Add the drops of oil as you mix. Store in airtight jars. At bath time, add 1/4 a cup of salts per soak

**Tip:** Dilute your joy with lavender or tangerine oil if you want to try a variation or conserve a favorite oil at an event.

Do you want discounted diffuser necklaces? Join our Oil Club

Email us to join:  
[theLRMproducts@gmail.com](mailto:theLRMproducts@gmail.com)

All club members get 50% off new necklaces the day they come out!

# Nourishing Hand Sanitizer

Do you love hand sanitizer but I hate all the chemicals that they have in them! What is a girl to do? Make her own hand sanitizer using essential oils. This is a simple, cheap, and all-natural approach to an everyday product we all use.

## Ingredients:

1 cup 100% Aloe Gel      Thieves, Purification and/or Melaleuca Oils      Small containers

## Instructions:

First, Squirt your container half full with the aloe, then fill it almost to the top with water.

Next, add the oils and mix it very well to make sure you fully incorporate the oils throughout the water/ aloe mixture. If your bottle does not "squeeze" - grab a funnel. I learned the hard way that using a funnel was much easier than trying to spoon the sanitizer into the small opening of the bottles.

The aloe will help soothe your hands and the essential oils will work their magic on germs with their anti-septic properties.



# Bubbling Bubble Bath

With only 3 ingredients, this is the easiest bubble bath recipe to make! You'll be splashin' around in no time!

NOTE: this recipe will give you nice big bubbles, but they don't last as long as store-bought. You can rest assured that these are better for your skin!

## Ingredients:

1/2 cup Castile Soap - Dr. Bronner's baby mild is best  
1/4 cup Glycerin - helps moisturize and soften  
15-20 drop essential oils  
8 oz. container - an olive oil dispenser works great!



## Instructions:

1. Pour your castile soap and glycerin into your container. If you're using an olive oil jar, you're going to need a funnel to pour your ingredients in. What I love about the olive oil dispenser is it allows the bubbles to pour out in a small stream into the bath water - perfect for allowing the bubbles to form slowly!
2. Add your drops of essential oil. You can add more than I list on the recipe, as the water in the bath will be diluting the oils even more. So add as many as you'd like for it to smell to your liking!
3. Place the lid on the container and give it a good swirly shake to mix it all up.
4. It's ready for the bath! Get your bubble on!

## Oil Personality Test.

This is a fun ice-breaker. Give your attendees a basic personality test and suggest oils to them to match their personality. Let them sniff-n-apply.

author:

Marie,  
Make & Takes



# Diffusing Jewelry

If you love your essential oils, you are probably looking at different ways to use your oils or take them with you. These DIY Essential Oil Diffuser Necklace charms are easy to make and are a nice "next step" to using oils.

## Ingredients:

Terra Cotta Clay - this clay absorbs oils nicely  
Jump Rings  
Stamps  
Sandpaper 220 Grit  
Aluminum Foil  
Chopstick

## Instructions:

To get started, open up your clay and start kneading it. Do this for a few minutes until it is soft and easy to use. Roll out the clay, keeping it about 1/8" thick.



Once the clay is rolled, go ahead and start using your stamps. I chose a few fun shapes to play with.

After you have your stamps done, pull up the excess clay. Take the end of a chopstick and make a hole at the top for your jump ring.

Once you have all of the holes made, carefully place your stamped clay onto a baking sheet. Place in a pre-heated oven (275 degrees) and bake for 15 minutes. Be careful to not over bake.

After they are baked allow to cool before placing on your jump rings.

### author:

Jennifer,  
Pink When



# Choco-doxidant Balm

This antioxidant packed lip balm is a smile in a bottle. It is easy to make in big batches making it a great take-it-home gift.

## Ingredients:

2 Tbsp olive oil  
2 Tbsp coconut oil  
1 Tbsp grated beeswax  
1 tsp honey  
5 drops Orange Essential Oil  
1/2 tsp cocoa powder

## Instructions:

Also you will need a container to put your lip balm. We reused little glass container.

In a double boiler: pour olive oil, coconut oil, beeswax & honey. Mix it well so all the oils melt. Add cocoa powder. After the mass cools down just a bit, add your essential oils. Mix it well again and pour into your lip balm container(s). Keep it in a cool place until it hardens. Mine did in about an hour in the fridge.

You are ready to use your own homemade chocolate lip balm with some orange touch.

## Flavored Butter Logs.

These taste great, look awesome are an easy way to showcase edible essential oils.

Blend the ingredients together, wrap in parchment paper to form logs and refrigerate until they set.

1 cup of butter per person  
3-4 Drops of Essential Oils for a mild flavor  
& dried spices for texture

Oils to try: Taste of Italy, Cinnamon, Wild Orange, Lime, Lavender, Dill, Black Pepper, etc.

### author:

Birute,  
Playtivities



It is the scent of sunshine!!

Add a drop of Grapefruit  
and a drop of Mint to  
a necklace diffuser:

Instant smile!

## No Crows Feet Mask

After applying this mask, you'll want everyone to touch your face ... just to feel it's newly revealed softness!

### Ingredients:

Apple Cider Vinegar\*  
Bentonite Clay\*  
Frankincense Essential Oil

### Instructions:

Grab any nonmetallic bowl and nonmetallic spoon (this is important!!!) plastic, glass, ceramic ... these all work great! Using anything metal will lessen the effects of this mask ... just sayin'

Throw two Tablespoons of Bentonite Clay into the bowl:

Add 2 Tablespoons of Apple Cider Vinegar to the clay.

Add 5-6 drops of Frankincense Oil.

Mix! (this is the fun part ... the mixture expands and starts to look like a sponge!!)

Then,,, slap that mud on your face!!

Wait 15-20 minutes for the mask to harden, then wash away.

Apply moisturizer (rose oil is amazing) afterwards, Your face will appreciate it!

### author:

Katie,  
View from the Fridge.



VIEW FROM THE FRIDGE



VIEW FROM THE FRIDGE



theviewfromthefridge.com



theviewfromthefridge.com

## Lavender Lemonade

Our Lavender Lemonade is definitely the ultimate relaxing beverage. We took our Best EVER Lemonade Recipe and gave it a twist and turned it into Lavender Lemonade that tastes and smells amazing!

### Ingredients:

3 lemons squeezed with pulp [1/2 cup lemon juice]  
8 cups of water  
1 3/4 cups of sugar  
1 cup of lemon juice  
2-3 drops of Lavender Essential Oil  
Neon Purple Food Dye

### Instructions:

Heat 1 cup of water and bring to boil. Add in 1 3/4 cups of sugar to the boiling water to dissolve and create a simple syrup. Continuously mix the sugar until it is completely dissolved. You'll be able to smell the cooked sugar.

Once the sugar is completely dissolved, cool the simple syrup. While the simple syrup cools, squeeze three lemons. Remove the seeds, but be sure to leave the pulp.

The lemons should give about 1/2 cup of lemon juice. Add in 1 cup of lemon Real lemon juice to have a total of 1 and 1/2 cups of lemon juice. Combine the 7 cups of water with the 1 and 1/2 cups of lemon juice. Finally, add in the simple syrup.

Garnish with lemons.

Unfinished wood beads are terrific as diffusers. Make a bracelet with the beads, add drops of essential oils. The scent will last on your bracelet for over 24 hours!

### author:

Jenny,  
The NY  
Melrose





## *Silky Lotion Balls*

This lotion is perfect for dry chapped skin. It's surprisingly easy to make and your friends will be amazed that you are able to make lotion balls from home!

### *Ingredients:*

1 Pound Shea Butter  
1 ounce 100% Beeswax  
1/3 cup of Coconut Oil (you can use another carrier like Almond or olive oil)  
Lavender  
Vitamin E

### *Instructions:*

You will also need to use a double boiler to create your lotion. If you don't have a double boiler, you can do what we did and melt the pot of butter, oils and wax in a nested pot. The larger pot has water and the inside pot holding the oils. This creates a similar affect as a double boiler.

Place the shea butter and beeswax in the top of your double boiler and melt. As these melt and begin to blend on their own, add the lavender oil and Vitamin E.

Mix the ingredients well. The oils should become translucent. When this happens you can remove the boiler from the heat. Then let it cool.

Once the lotion loses the translucent "look" and begins to look more like butter stir it heavily with a wire whisk. You want it to be really creamy and whisking helps add air bubbles to the oils.

Let the oil cool completely. We left it on the counter overnight. After it has set the lotion should be more hard. We used an ice cream scoop to scoop out balls of lotion. We put those into nifty little jars. So cute! And perfect for the diaper bag or backpack.

### *author:*

Rachel,  
Kids  
Activities  
Blog



Need a boost of energy?

Try this blend in your  
necklace diffuser:

Lemon + Mint + Rosemary





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## Bye Bugs Candles

Store-bought citronella candles do NOT work as well. I found out why! They use citronella scented oil, not citronella essential oil. Make your own DIY Citronella Candles!

### Ingredients:

Mason Jars  
Soy candle wax  
Citronella essential oil  
Candle wick  
Hot glue gun  
Microwave safe container

### Instructions:

You need to prepare your wick. Apply hot glue to the bottom of the metal and place in the jar.

For speed, I decided to microwave the wax instead of using the stove.

Depending on your microwave, melt the wax in 30 - 60 second intervals. It took about 3 min. to melt the wax down.

Using an eyedropper, add the citronella oil to the hot wax (about five drops). Stir oil into the wax.

Wrap the wick around the candy stick to keep the wick centered. Pour the wax into your jar.

Allow to cool and the wax to solidify. It took about two hours.

Once the wax is cool, cut your wick to size.

### author:

Jill,  
Create,  
Craft, Love.



## 3 Minute Prep Fudge

This recipe is the procrastinator's dream recipe making it perfect for a tasty treat to serve at your next home class.

### Ingredients:

1 lb of powdered sugar  
1/2 cup of cocoa  
1/4 teaspoon of salt  
1/4 cup of milk  
1 stick (1/2 cup) of butter  
Orange Essential Oil (8 drops)

### Instructions:

Mix dry ingredients together then add the wet ones. Microwave on high for two minutes. Add 8 drops of Essential Oils and stir until it is well mixed and no powdered sugar is left. Place in the refrigerator for 1-2 hours until it sets. Cut into blocks and serve.

Wear your oils all day long  
with a necklace diffuser.

Get them 50% off by joining our  
LRM Products Club!

### author:

Missy,  
How Does  
She.





DIY  
Reed  
Diffuser

## DIY Reed Diffuser

This diffuser is perfect for a small room or even a closet. So easy to make it is the perfect hostess gift or a make-and-take item.

### Ingredients:

Pretty Glass Bottle  
Natural Wood Dowel Rod (cut into sections)  
1 Tablespoon of Carrier Oil  
5-10 drops of Essential Oils

### Instructions:

Fill bottle with your carrier oil and add the drops of essential oils. Swirl gently and add the sticks the oils will diffuse slowly up the sticks filling your room with scent.

Did you know? Leather can absorb and release oil scents for up to 24 hours a day! That is why you should pick a diffuser necklace with high quality leather discs.

Want an easy car diffuser? Glue a pom-pom to a clothespin. Clip it into your vehicle's air vent. Add a drop or two of essential oil to the pom-pom. As the air circulates, so do the oils.

### author:

Marie,  
Make & Takes



### author:

Kerri,  
How Does  
She



## Ouchie Packs

First off, to say that this is an easy tutorial would be the understatement of the year. There are times when a placebo works wonders. Sometimes we just need something to signify comfort. Enter: the boo boo bag!

### Instructions:

Start off with 2 pieces of fabric - cut to 8"X6". Sew all the way around your fabric pieces, leaving about a 2" gap so you can turn your bag right side out.

Grab a funnel and some rice. You will want to fill your bag with rice about 2/3 full.

Now you will want to sew your bag closed. You can do this with a whip stitch or simply run it through your sewing machine. If rice is getting in your way when you're sewing it up then your bag is too full!

To heat them, simply place in the microwave for a minute or two. Make sure it's not too hot before placing it on your child.

Join the club!! When we release a new necklace diffuser be the first to know and get newly released styles for 50% off!

Just email us and we'll add you to the list! [theLRMproducts@gmail.com](mailto:theLRMproducts@gmail.com)



## *Soothing Salve*

Old scars, minor skin irritations and blemishes are all soothed with this salve. We make it in BIG batches, so I have some to give out for attendees to take home with them and enjoy. This container may look small but a little bit goes a long way - it lasts a long time!

### *Ingredients:*

1 lb of Shea Butter  
1/4 cup of Sweet Almond Oil  
40 drops of Frankincense Oil  
20 drops of Lavender Oil  
10 drops of Geranium Oil

Small Jars  
Old Sauce Pan  
Whisk or Potatoe Masher  
Spatula

\*\*This makes roughly 50 quarter-sized jars\*\*

### *Instructions:*

Use an old pot as this is a messy endeavor. We just keep the same pot for my batches of lotion and creams

Put the Shea Butter and the Almond oil into your sauce pan. If your Shea Butter is a solid log, try breaking it up into chunks first so it liquifies more quickly. Turn the heat on low. Your goal is for the Shea butter to nearly melt.

Once it is soft, but not completely melted, use a fork (or whisk or potatoe masher) and cream the butter and oil until they are smooth. Remove the salve mixture from heat and add the essential oils.

After the oils have been added continue to mix the Salve sporadically as it cools. You want to whip it up, almost like butter or whipping cream. It should not return to it's previous hard state after it's been whipped.

Fill your jars and be sure to include a business card with your distributor number on it to hand out with the jars as a 'Thank You' for attending.

Looking for Class Ideas? Try some of these:

Introduction to the Starter Oil Kit

Make and Take party.  
Use oils to make a product from this guide.

Favorite Feature  
Pick an oil or group of oils to feature.

Speed Testing  
Showcase oils to use after they already have the kit.

Oily Buffet,  
Have small bottles and let your guests make personal blends.

# Mommy's Secret - Massage Oil

Massage stimulates cognitive development. Research shows that after a 15 minute massage preschoolers did better on an IQ test. It actually improves function in the brain, increases alertness and speed (together with accuracy) when solving math problems.

Massage also reduces stress hormone levels as well as blood glucose levels. It means that not only your child will feel better (less anxiety), it will also help to have a healthier immune system. That's why bedtime massage is so great for children – it creates a huge relaxing affect.

This massage oil includes oils to help calm your kids; perfect for bedtime.



## Ingredients:

### Carrier oils you can use:

Olive oil  
Coconut oil  
Grapeseed Oil  
Sweet Almond oil

### Essential Oils for massage:

Lavender  
Chamomile  
Bergamot  
Cedarwood

## Presentation is Important!

Be sure to put through into the bottles you choose. Consider adding a mini-sachet that your guests can make and stick into their kids pillows.

# Throat Soothers



It's amazing how powerful a few simple ingredients can be!

Use these as needed to sooth sore, itchy throats, & coughing.

## Ingredients:

5 Drops Each of Thieves, Lemon & Peppermint Oils  
1 Tablespoon/teabag chamomile tea  
½ teaspoon cinnamon  
½ teaspoon ginger  
¾ cup boiling water  
¾ cup honey

## Instructions:

Steep peppermint, chamomile, cinnamon, and ginger in boiling water for 10 minutes or more. Strain off water, and pour into a small saucepan. Add honey.

Heat over medium heat until mixture begins to boil. Clip candy thermometer to the side of your pan. Continue boiling until mixture reaches 300°. Watch carefully, it is really easy to burn when it gets this hot!

Let mixture cool for 5-10 minutes, until it starts to get syrupy. At this point you can add a few drops of healing/antibacterial essential oils. Drop by small spoonfuls onto parchment paper and let cool.

Dust with cornstarch, potato starch, or tapioca starch to absorb condensation and prevent them from sticking together in storage. Store in an airtight container.

## author:

Elise,  
Frugal  
Farm Wife



## Cut Cravings!

Wearing a diffusing necklace and oils can help beat cravings!

Try adding drops of Cinnamon, Cloves, Peppermint and Frankinsence to a necklace diffuser. Feel a craving, take a deep breath.