

Base Formula:

	Base	Herb [^]	Essential Oil*	
SOAK			6 drops	
EXFOLIATE	1 full tsp Gel	1/2tsp	4 drops	1 tsp Sugar
SOOTHE	1 full tsp Mask	1/2tsp	4 drops	
MASSAGE	1Tbsp Massage Oil		4 drops	
HYDRATE	1tsp Lotion		4 drops	

[^] For recipes with 2 types of herbs, use 1/4tsp herb A and 1/4tsp herb B

* For recipes with 2 types of essential oils, use 2 drops essential oil A and 2 drops essential B. Be very careful with the essential oils as they can cause skin sensitivities, use only as recommended.

Herbal Spa Recipes:

	Herb [^]		Essential Oil*	
	A	B	A	B
Stress Relief	Lavender	Chamomile	Lavender	
Rejuvenation	Peppermint	Spearmint	Peppermint	
Congestion Relief	Eucalyptus	Peppermint	Eucalyptus	Peppermint
Mental Clarity	Rosemary	Peppermint	Rosemary	Peppermint
Herbal Detox	Green Tea	Rosemary	Lemongrass	Rosemary
Bridal Bouquet	Rose	Lavender	Rose fragrance	Lavender
Just For Women	Lemongrass	Rose		
<i>Soak, Exfoliate, Sooth & Hydrate</i>			Rose fragrance	
<i>Massage</i>			Lemongrass	
Muscle Tension Relief	Eucalyptus	Rosemary	Eucalyptus	Rosemary
Calming Tea Time	Ginger Root	Green Tea	Lemon	
Migraine Relief	Spearmint	Lavender	Lavender	
Renewing Rose	Rose		Rose fragrance	
Relaxing Lavender	Lavender		Lavender	
Exhilarating Java	Dark Roast Ground Coffee <small>*Can be found in local grocery store</small>		Java Fragrance	
Warm Cocoa	Cocoa powder without sugar <small>*Can be found in local grocery store</small>		Chocolate Cake Fragrance	

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Herbal Spa[™] Recipes:

	Herb [^]		Essential Oil*	
	A	B	A	B
Celebration recipes:				
Gingerbread Latte	Ground Coffee ⁺	Ginger	Java	Orange
Chocolate Mint Bliss	Cocoa Powder ⁺	Peppermint	Chocolate Cake fragrance	Peppermint
Warming Winter Citrus	All Spice		Orange	Lemon
Citrus Spice	All Spice		Orange	Vanilla
New Year's Sunrise	All Spice		Lemon	Vanilla
Cocktail Recipes:				
Mojito	Lemon Powder	Peppermint	Lemon	Peppermint
Cosmolito	Lemon Powder	Orange Powder	Lemon	Orange
Lemon Drop	Lemon Powder		Lemon	
Mistletoe Kiss	Lemon Powder	Rose	Lemon	Rose
Kiss From A Rose	Rose	Orange Powder	Java Fragrance	Orange
Rejuvenation Recipes:				
Rejuvenation	Peppermint	Spearmint	Peppermint	
Mental Clarity	Peppermint	Rosemary	Peppermint	Rosemary
Herbal Detox	Green Tea	Rosemary	Peppermint	Lemongrass
Green Tea Lemon Zapper	Lemon Powder	Green Tea	Peppermint	Lemon
Wake up with Minty Green Tea	Peppermint	Green Tea	Peppermint	Lemongrass

+ Dark roast ground coffee and cocoa powder without sugar can be found in local grocery store