

# DIY VALENTINE'S

ESSENTIAL OIL STYLE



A SPICY GUIDE TO INTIMACY

TAKE YOUR VALENTINE'S DAY TO THE NEXT LEVEL

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W W W . J E N N A L E E W E L L N E S S . C O M



# B E M I N E B A T H S A L T S

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YLANG YLANG- INCREASES FEELINGS  
OF AFFECTION  
CINNAMON BARK - INCREASES  
FEELINGS OF CONFIDENCE, WARMING  
PATCHOULI - STIMULATES DESIRE  
WHILE DECREASING INHIBITIONS

## BATH SALTS BREAKDOWN

Epsom salt alone can help with bone and cardiovascular health, PMS, anxiety and migraine headaches.

Magnesium, found in Epsom, is an important mineral that's involved in over 300 enzymatic reactions within the body {nerve and muscle function, blood pressure regulation, immune system support, etc.}. Many people in the United States do not get enough magnesium in their diet, so absorption of this critical mineral through an Epsom salt bath is a key benefit in soaking.

## INGREDIENTS

3 cups Epsom salt  
½ cup Pink Himalayan Salt, Coarse  
10 drops Vanilla Extract  
6 drops Ylang Ylang  
5 drops Patchouli or Cinnamon

## INSTRUCTIONS

1. Mix the epsom and sea salts together in a bowl.
2. Add essential oils and mix well to combine.
3. Enjoy about 1/2 to 1 full cup in each hot bath.





# SET THE MOOD

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DIFFUSER BLENDS THAT  
ELEVATE THE MOOD  
AND HEIGHTEN THE  
SENSES

dōTERRA



## DIFFUSING OILS

Our sense of smell is one of our most powerful senses. By putting essential oils directly into the air we breathe, we can influence the feeling of our environment, and, more powerfully, our own emotions.

## OIL SUGGESTIONS

PASSION – Counteracts feelings of boredom and disinterest, creates a joyful environment

CINNAMON BARK – Increases feelings of self-confidence

CITRUS OILS – Encourage positivity, inspire courage and release limitations

SERENITY – Grounds and calms the emotions, promotes a peaceful environment

## CHOOSE YOUR OWN ADVENTURE

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### I'M YOURS

3 Passion  
2 Cinnamon Bark

### SWEETHEARTS

2 Citrus Bliss  
2 Serenity  
1 Wild Orange

### LOVE IS IN THE AIR

2 Motivate  
2 Cinnamon Bark  
2 Lemon



M E L T M Y H E A R T

# E D I B L E W H I P P E D B O D Y B U T T E R

PEPPERMINT - INVIGORATING, COOLING EFFECT ENHANCES  
SENSES, TASTES DELICIOUS



## BODY BUTTER BREAKDOWN

**SHEA BUTTER** – High concentrations of fatty acids and vitamins make shea butter an ideal cosmetic ingredient for softening skin. It also has anti-inflammatory and healing properties, making it ideal to use on your body {especially your face} to help condition, tone, and soothe.

**COCOA BUTTER** – Also high in fatty acids, it's often touted for its ability to hydrate and nourish the skin and improve elasticity. The fat in cocoa butter forms a protective barrier over the skin to hold in moisture. Cocoa butter is also rich in natural plant compounds called phytochemicals, which may improve blood flow to the skin and slow skin aging by protecting against damage from the sun's harmful UV rays.

## INGREDIENTS

- ½ cup Shea butter
- ½ cup Cocoa butter
- ½ cup Coconut oil
- ½ cup Fractionated Coconut Oil {FCO}
- 2 Tbsp Cocoa powder
- 4 TBSP Vanilla Extract
- 20 Drops Peppermint

## INGREDIENTS

1. Measure all butters , oils + cocoa powder in a glass jar.
2. Fill a large skillet/saucepan with 1-1.5 inches of water and bring to a boil.
3. Once boiling, add the glass jar to the center of the saucepan to melt and combine ingredients, stirring every few minutes {10-15 minutes}.
4. Once combined, remove from heat and let sit 5-10 minutes.
5. Add desired essential oils|vanilla and let rest in a cool place {such as the refrigerator} until it has set.
6. Once chilled, remove from refrigerator and add to the bowl of a stand or hand mixer. Start on low and slowly turn the speed higher until the lotion becomes light and fluffy {3-5 minutes}.
7. Store in a glass jar and keep in a cool place. Re-fluff body butter by whipping it back up to the desired consistency with a hand mixture.

# OILGASMIC BATH OIL

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YLANG YLANG- INCREASES FEELINGS  
OF AFFECTION  
PATCHOULI - STIMULATES DESIRE  
WHILE DECREASING INHIBITIONS  
NEROLI - INCREASES SEXUAL DESIRE +  
CALMS NERVES



## BATH OIL BREAKDOWN

Bath oils are an amazing way to add a little more nourishment, luxury, and relaxation to bath time. They can add a targeted boost of hydration to the skin at any time, as soaking in a warm bath allows your pores to open up and take in all of the ingredients in the bath oil. Bring your awareness to the subtle aroma of the oil as your mind relaxes and your body releases stress.

Bath and body oil is ideal for year-round use easing the dry skin that comes with cold temperatures as well as the sun-exposed skin of summer. It's truly an all-around MVP in your bathroom arsenal of products.

## INGREDIENTS

12 oz Sweet Almond Oil or Fractionated Coconut Oil  
30 drops of Patchouli Essential Oil  
15 drops of Ylang Ylang Essential Oil  
1/2 bottle of Neroli Touch Essential Oil

## INSTRUCTIONS

1. Combine sweet almond and essential oils in bottle and shake well to blend together.
2. Add about 1 tablespoon of bath oil into bath water after bath is done filling and swirl into water.
3. Lay back and relax and be careful when getting out of the tub, as it may be slippery from the oil.





# BETWEEN THE SHEETS

## LINEN SPRAY

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YLANG YLANG - INCREASES FEELINGS OF AFFECTION  
BERGAMOT - LIFTS MOOD + PROMOTES SELF CONFIDENCE  
SANDALWOOD - INCREASES PHYSICAL SENSUALITY



### WHY SPRITZ?

Store-bought linen sprays are jam-packed with a long list of weird ingredients, which is why creating your own natural variety is simple and preferable.

Whether you want to mist the bed linens or the room around you, this spray is intended to make you {and your partner} feel sensual, romantic, and in the mood for love through the combination of essential oils chosen and their various aromatherapy benefits.

### INGREDIENTS

30 drops Sandalwood  
6 drops Ylang Ylang  
20 drops Bergamot  
Witch Hazel + Water  
1/2 tsp Epsom Salt

### INSTRUCTIONS

1. Combine oils in a 4oz spray bottle with Epsom Salts.
2. Top off with half witch hazel and half water.
3. Shake to mix and spray on sheets prior to extracurricular activities.

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## FIND LUXURY IN SIMPLICITY

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A F T E R   D A R K

I N T I M A T E   B O D Y

S E R U M

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YARROW | POM SERUM - LUXURIOUSLY SILKY + FIRMING {AHEM...}  
GERANIUM - PROMOTES INTIMACY + INCREASED CIRCULATION



BYE LITTLE  
BLUE PILL

HELLOOO  
LITTLE BLUE  
BOTTLE

## WHY THIS COMBO OF OILS?

A healthy sex life is an element of overall wellness and with the exhausting demands of modern day life, sex is one of the first things to get dismissed. Stress diminishes sex hormones, anxiousness makes it difficult to connect and lack of sleep can leave us with little to no emotional bandwidth to take the time with our partners. Essential oils can help us release the stress, get better sleep and even help us feel more “in the mood.”

Yarrow | Pom and Geranium both promote healthy blood flow to the region where applied, ensuring that the time you carve out for sex is worthy of the effort!

## INGREDIENTS

Yarrow Pom Body Renewal Serum  
15 drops Geranium Oil

## INSTRUCTIONS

Apply exactly where you think and let the tightening and firming properties take effect. Enjoy!

H A V E M Y H E A R T

# CHOC - O I L - L A T E S

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WILD ORANGE -  
INVIGORATING  
DELICIOUS, AND  
IMMUNO-  
SUPPORTIVE

PEPPERMINT -  
INVIGORATING,  
COOLING EFFECT  
ENHANCES  
SENSES, TASTES  
DELICIOUS

## WHY MAKE YOUR OWN CHOCOLATES?

Valentine's Day is the perfect excuse to enjoy one of the most universally beloved sweets: chocolate. Unfortunately, like most sweet treats, the pre-packaged {and often stale} treats from the store contain a long list of unwanted ingredients like added sugars and additives.

YUCK!

Why not skip the store-bought stuff this year in lieu of making your own, healthier version as a way to satisfy any sweet tooth?

## INGREDIENTS

1 cup Dark Melting Chocolate  
1/4 cup Red or Pink Melting Chocolate {Optional}  
4 drops Wild Orange or 3 drops Peppermint  
Candy Molds

## INSTRUCTIONS

1. In a double boiler, melt the dark melting chocolate pieces, stirring until smooth.
2. Once melted, add essential oils and stir well.
3. Pour into the mold before it cools and begins to harden.
4. Repeat with white and red melting chocolates.





# X-RATED TIPS AND TRICKS REVEALED

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DŌTERRA SPA HYDRATING  
BODY MIST WITH  
BEAUTIFUL BLEND

While at first this may look like an ordinary body mist, upon further inspection you'll discover that it's oh so much more...

Packaged in a convenient spray bottle, it works great as a traditional massage oil that's no fuss and easy to transport {think vacations}!

A good back massage often turns into an entirely different kind of massage, am I right? No need to grab a different kind of oil, just spritz a few pumps into your hand and apply exactly where you think... Then prepare to be amazed!

If used for a specific extracurricular activity, this baby not only tastes amazing but doubles as a lip softener!

NOW THAT WE'RE  
BOTH BLUSHING, I'LL  
LEAVE YOU TO YOUR  
OWN DEVICES, WHICH  
I HOPE INCLUDE THIS  
BODY MIST!

XOXO,

*Jenna Lee*



# RESOURCES

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ALL THE PRETTY LITTLE THINGS YOU'LL NEED

## ESSENTIAL OILS

BEAUTIFUL BODY MIST

BERGAMOT

CINNAMON BARK

CITRUS BLISS {OPT}.

GERANIUM

LEMON {OPT}.

MOTIVATE {OPT}.

NEROLI

PASSION {OPT}.

PATCHOULI

PEPPERMINT

SANDALWOOD

SERENITY {OPT}.

WILD ORANGE

YARROW | POM  
RENEWAL SERUM

YLANG YLANG

## CONTAINERS / JARS

WHIPPED BODY BUTTER JAR

LINEN SPRAY BOTTLE

BATH SALT + BATH OIL BOTTLES

SERUM BOTTLE

## ADDITIONAL SUPPLIES

**CAN BE PURCHASED AT LOCAL GROCERY/ HEALTH FOOD STORE OR AMAZON**

ALMOND OIL

COCOA BUTTER

COCOA POWDER

DARK MELTING CHOCOLATE

EPSOM SALT

EXTRA VIRGIN COCONUT OIL

FRACTIONATED COCONUT OIL

HEART-SHAPED CANDY MOLDS

PINK HIMALAYAN SALT, COURSE

PINK OR RED MELTING CHOCOLATE

SHEA BUTTER

VANILLA EXTRACT

WITCH HAZEL

# R E S O U R C E S

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## A QUICK NOTE ABOUT LABELS

### PRINTING LABELS – AT HOME

1. Download full page label file .
2. Use Avery Full page label 8.5" X 11" {Avery 8165} or check [sheetlabels](#) which offers a weatherproof inkjet label.
3. Print on your computer and carefully cut as even as possible around each label.
4. Use rubbing alcohol to clean jar – let dry
5. Apply label
6. Then apply clear packing tape to protect label
7. [Click here to get the sheet to print at home](#)

### PRINTING LABELS – PROFESSIONALLY

1. Download all the individual labels and contact your local print shop or upload them to an online printer, such as [stickeryou.com](#)
2. The label sizes are as follows just in case you need to know the exact dimensions.
3. XOXO Label Size 1.5"x 1.1"
4. Be Mine Bath Salts Label Size 2.5"x 4"
5. Melt My Heart Whipped Body Butter Label Size 1.5" x 3"
6. Oilgasmic Bath Oil Label Size 2.5"x 4"
7. Between the Sheets Linen Spray Label Size 5"x2.25"
8. After Dark Body Serum. Label Size 2" x 4"
9. [Click here to access the individual labels](#)



## A LITTLE LOVE NOTE FOR YOU!

*Thank you so much for DIYing your Valentine's Day right alongside of me! As always, any project I put into this world is born out of a lot of love and a bit of hard work, and it brings me joy to see you using your oils in fun and exciting ways!*

I HOPE YOU ENJOYED THIS PASSION PROJECT  
AS MUCH AS I DID!



## LET'S CONNECT



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