

Episode 54: Essential Oils Recipes, by Dr Kelley Kacergis

DōTERRA Oils: <https://www.doterra.com/US/en/site/sheribullock>

Hormonal Irritability Blend:

10 ml roller

20 drops whisper blend,

20 drops lemongrass and

10 drops Ylang Ylang

Fill with FCO -Fractionated coconut oil. Apply to pulse points on the wrist, neck, behind the neck and over chest and lower abdomen as needed.

Sensual sheet spray:

In a 4oz spray bottle add

10 drops of patchouli, 10 drops sandalwood,

3 drops lime,

2 drops Ylang Ylang

Fill with water, shake the bottle and spray bed linens.

Sexy massage oil:

10 ml Roller bottle

12 drops patchouli,

5 drops Ylang Ylang,

1 drop cinnamon and

1 drop jasmine

Fill the rest with coconut oil and massage over your partner.

Ecstasy extender blend:

2 oz glass bottle with a dropper

2 drops geranium

1 drop ginger

1 drop lemongrass

1 drop peppermint or cinnamon or both

Combine oils in a bottle and fill the rest with coconut oil. Drop a couple of drops on genitals and massage lightly to extend climax.

Order Glass Bottles here:

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