

# Recipes and Health Tips

## Some of the benefits of Green Smoothies are:

- Whole food nutrition from the fruits and veggies you choose, better than juice because you get all the fiber as well.
- You can get your veggies in without even noticing the taste of the veggies is usually covered up by the flavors of the fruit.
- They are easy and inexpensive to make with a few basic ingredients and a blender.
- Because they have fruits and veggies green smoothies give you longer lasting energy than just eating fruit.
- Green smoothies are low calorie, filling and hydrating.

So let's get started! You will need:

1. Greens - baby spinach (that is the best one for beginners), or "juicing greens" mix, kale, turnip greens
2. Fruit - I always use at least half a banana for sweetness, berries, pineapple, apple, peaches, mango, ect...Carrots are good too
3. Liquid - milk (almond,coconut, cashew, soy) juice or water
4. A blender or Ninja

5. Optional - Protein powder, yogurt or super food like [Spirulina](#)

I use 1 cup - 1 & 1/2 cups of greens, half a banana, 1 cup of other fruit put all that in the blender smash it down, cover with your liquid and blend on high until smooth. I add about 1/2 teaspoon spirulina and sometimes protein powder too and I use some frozen fruit because they taste better nice and cold!

## Spa Recipes

Body scrubs are very easy to make, you simply mix the ingredients together store and store them in a glass container. Plastic containers are fine as long as you use your scrub within a couple of months. Essential oils will start to break down the plastic.

### Lemon & Rosemary Salt Scrub

- 2 cups Sea Salt
- 1 cup Sweet Almond Oil
- Zest of One Lemon
- 4 Drops of Lemon Essential Oil
- 1 Teaspoon Rosemary Chopped

## Citrus Morning Scrub

- ½ cup light olive oil
- 1 cup sea salt
- lemon zest from one lemon
- 2 drops grapefruit essential oil

There isn't much that is more relaxing to me than a bath at the end of a long day! Well sometimes at the start of a long day they are nice too. To make a bath extra special try some of these ingredients & enjoy!

**1. Milk or Milk & Honey** The lactic acid in the milk will gently exfoliate your skin and the honey is softening to the skin. Just add a few cups of milk with 1-2 tablespoons of honey to your warm bath water. You can also add powdered milk straight to the water. Relax and enjoy!

**2. Herbal Bath** Use a few herbal teabags to create a soothing or energizing bath. You can add the teabags straight to the tub, or brew a strong tea (4 bags in a small pot of water) and add the tea to your bath, Try Chamomile for relaxation, lemon zinger for uplifting, or a green tea bath for detoxing. You can also buy blended "bath tea." Like this Lavender and Oatmeal bath tea.

**3. Epsom salts bath** Epsom salts are made from magnesium sulfate magnesium helps keep enzyme activity regular in your body and that helps your bodies functions to run smoothly. Sulfate is also important, and helps with the formation of brain tissue, joint proteins, and strengthening the walls of the digestive system. Epsom salts can also soothe sore muscles, relieve stress and soften your skin. It can also relieve psoriasis and eczema. Who knew a bath could do all that! For more information check out this article or the Epsom Salts Council.

**4. Hot Oil Bath** This one is my personal favorite! All you need is a tablespoon or two of a quality carrier oil (like light olive, coconut, sweet almond or apricot kernel) and add a few drops of your favorite essential oil or essential oil blend. Then just add to your bath. Be careful getting in and out, your tub will be slippery. Also I pour a large pot of boiling water down the drain every week or two to prevent oil clogged pipes.

**5. Bubble Bath** Bubble baths are a quick and fun way to relax try a natural bubble bath such as this one from California Baby and add a couple drops of lavender essential oil to up the relaxation. The bubble form a layer on the surface of the water and help to keep your bath from getting cold.

**6. Oatmeal Bath** If your skin is dry, itchy or irritated try an oatmeal bath. Oatmeal balances the skins PH, and has natural cleansers. You can buy packets of oatmeal bath at the drugstore, or to save money just make your own at home. Fill a sock or nylon stocking with one cup of old fashioned oats, soak the sock in your bath water squeeze it every few minutes to release the oatmeal starch into the water. If you are trying an oatmeal bath for a skin condition, don't make the water too hot, that can further irritate your skin.

To make your bath even more relaxing I recommend: candles or an aromatherapy diffuser, a bath pillow, relaxing music, and a good book!  
Happy Soaking!