



Holiday Guide to Giving 2018

PI IN THE SKY :: THE ESSENTIALS

e-guide
Holiday Guide to Giving // December 2018
Essential Oils for Every Home

HOLIDAY GUIDE TO GIVING

THIS TIME OF THE YEAR IS SUCH A BEAUTIFUL OPPORTUNITY TO SPREAD JOY.

I love to consider what will surprise and delight my loved ones. Not joining the throngs of shoppers grabbing another 'something' just to tick a name off the list. But to really put love and thought into the person.

WHAT WOULD THEY LOVE?

I have gathered some ideas here for you to give something to inspire a healthy lifestyle while basking in beautiful self care and aromas to delight everyone. There is something in here for everyone on your list!

Now, can you somehow add that personal touch? Since having a child, getting crafty has become a part of our planning. But don't get me wrong. I am really not a natural DIY-er and need these things to be simple and done with limited ingredients!

Adding a little something you made with your oils is such a lovely touch! Oh and what would make the holidays complete but some yummy nibbles on hand for family and friends who may drop by. Easy snacks, with a Christmas flare.

So I have lovingly put together this guide for you, my community, to inspire, to delight and to make this holiday season a little easier for you.

May your days be merry + bright!

LOVE ELIZABETH X





Gifts for everyone on your list

YOU LOVE YOUR OILS.

WHY NOT SHARE WITH SOMEONE YOU LOVE?

GIVE PRESENCE

GIVE YOURSELF AND YOUR LOVED ONES
THE GIFT OF PRESENCE THIS YEAR
WITH DOTERRA ESSENTIAL OILS.

*holiday
gift ideas*

**UNDER
\$100**



FOR THE ACTIVE PEOPLE IN YOUR LIFE

HOLIDAY GIFTS UNDER \$100

The gym bunnies or active lifestylers will love this gift of health.

- Deep blue rub
- Peppermint Beadlets (because breath mints are not healthy)
- Deodorant
- Past Tense Roller (to ease those tense shoulders and headaches)

Practical, thoughtful and healthy and fits in the gym bag.

holiday gift ideas

UNDER \$60



HOLIDAY GIFTS UNDER \$60

The goddess in your life will love this combo gift.

Whisper + doTERRA's light but nourishing hand and body lotion. Healthy, inspired + all round gorgeous.

FEMININE + NOURISHING

holiday gift ideas

UNDER \$50



HOLIDAY GIFTS UNDER \$50

Get someone started with some practical, healthy and uplifting oils - for under \$50!

Here's a great gift idea with SO much value and so many uses.

GET SOMEONE STARTED WITH AN INTRO TO OILS

holiday gift ideas

UNDER \$20



NOURISH + CLEANSE. PERFECT FOR TEACHER'S GIFTS OR A STOCKING STUFFER.

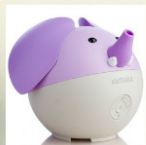
HOLIDAY GIFTS STOCKING STUFFER UNDER \$20

Here's an idea for a \$20 gift of health + intention perfect for teachers, friends, stocking stuffers or loved ones.

Lemon is the perfect oil to start with - nature's happy oil and SO multi use. I wouldn't want to be without this oil, everything from cleaning your home, to cleansing your body, to flavouring your water, to uplifting your mood.

Wrap into a cute bon-bon shape!!

Stocking Stuffers



ELEPHANT DIFFUSER
(LIMITED AVAILABILITY)



PETAL DIFFUSER



MINI KIT (3 OILS)



YOGA COLLECTION

THESE ARE A FEW OF OUR FAVOURITE THINGS!

CANADA

Wholesale costs. Add a membership to this to give the gift of doTerra all year around for \$42

- Elephant \$56
- Petal \$60
- Intro kit \$25.50
- Yoga kit \$55 USD

AUSTRALIA

Wholesale costs. Add a membership to this to give the gift of doTerra all year around for \$35

- Elephant \$65
- Petal \$58
- Intro kit \$26.50
- Yoga kit \$77

Stocking Stuffers



ICE BLUE ATHLETIC RUB



HAND LOTION



LIP BALM 3 PACK



EMOTIONAL AROMATHERAPY

A LITTLE SOMETHING EXTRA SPECIAL.

CANADA

Wholesale costs. Add a membership to this to give the gift of doTerra all year around for \$42

- Deep Blue Rub \$37.25
- Hand Lotion \$8.50
- Lip balm pack of 3 \$19.25
- Essential Aromatic Touch Kit \$129

AUSTRALIA

Wholesale costs. Add a membership to this to give the gift of doTerra all year around for \$35

- Deep Blue Rub \$38
- Hand Lotion \$11
- Lip balm pack of 3 \$22
- Emotional Aromatherapy Touch Kit \$160

If you are looking for a beautiful gift that gives more than once, how about dōTERRA's gorgeous **HOPE BLEND!**

A distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute.

It's inviting scent is only one thing that makes dōTERRA Hope Touch truly unique.

Through the dōTERRA Healing Hands Foundation, a donation is made with every purchase of dōTERRA Hope Touch to OUR Rescue, an organization of the world's experts in extraction operations and anti-child trafficking efforts who have come together to bring an end to child slavery and sex trafficking.



With each application of dōTERRA Hope Touch, breathe in its uplifting scent while knowing your purchase is part of a bigger cause—to help rescue precious children throughout the world.

A meaningful, healthy and aware gift to give the women in your life, Perfect as a pure-fume.

THIS IS AN AMAZING WAY TO BEGIN SOMEONE'S ESSENTIAL OIL JOURNEY!

Give the gift of the TOP TEN + a membership + diffuser.

CANADA + AUSTRALIA

Wholesale costs. Add a membership to this to give the gift of doTerra all year around for \$42

- Home Essentials Kit \$330





I love the Mood Blends and so do most everyone I know. This **LUMO DIFFUSER** is my all time favourite. So basically, this package is a dream come true!

CANADA

Wholesale costs. Add a membership to this to give the gift of doTerra all year around for \$42

- Lumo \$89
- Balance \$25.50
- Elevation \$47.25
- Serenity \$38.25
- Citrus Bliss \$19.25

AUSTRALIA

Wholesale costs. Add a membership to this to give the gift of doTerra all year around for \$35

- Lumo \$104
- Mood Management Kit includes : \$124
- Balance, Elevation, Serenity, Citrus Bliss.



THE FAMILY ESSENTIALS are literally the Ten Essential Oils needed in any home looking to live toxin free and uplevel their wellbeing.

It's a great starting point for those unsure that want to dip a toe in. I travel with mine everywhere, and I love gifting this kit with a membership, because let's face it, once you start someone, they will be back for more!

CANADA

Family Essentials and Peppermint Beadlets \$185

AUSTRALIA

Family Essentials and Smart & Sassy Enrolment Kit \$174

How to Get Started? [Click Here.](#)

LOYALTY REWARDS PROGRAM (LRP)

HOW AMAZING IT IS TO RECEIVE ALL OF THESE POINTS WHILE DOING YOUR SHOPPING?

You can use some of them towards your gifts, making this year less of a financial burden. Or accumulate points to use up for yourself in the New Year!

Not on LRP yet? Ask me how today! Let's make sure you are getting the most from all your gift giving this year!

Are you rewarded for your Christmas Shopping?

THE LOYALTY REWARDS PROGRAM	
SPEND	RECEIVE
\$100	APPROX \$55 IN PRODUCTS
\$200	APPROX \$95 PRODUCTS
\$300	APPROX \$140 IN PRODUCTS
\$400	APPROX \$190 IN PRODUCTS

YOU'LL RECEIVE YOUR POINTS ON THE 15TH OF THE FOLLOWING MONTH
IN YOUR DOTERRA ONLINE SHOP



How to Buy

GO TO MY DOTERRA WEBSITE

CLICK "JOIN AND SAVE" FOR THE BEST PRICES

SELECT YOUR LANGUAGE + COUNTRY AND CLICK "CONTINUE"

SELECT "OTG" AND CLICK "CONTINUE"

SELECT "WHOLESALE CUSTOMER"

ENTER YOUR PERSONAL DETAILS

CHOOSE YOUR STARTER KIT AND ADD ANY ADDITIONAL ITEMS AT

THE 25% OFF PRICE TO YOUR CART.

CLICK "PROCESS ORDER NOW & CONTINUE"

OR EMAIL ME DIRECTLY FOR SHOP SUPPORT

D.I.Y.



DIY POTPOURRI

MADE WITH DOTERRA ESSENTIAL OILS

POTPOURRI is an easy way to bring the essence of fall into your home.

Gift Giving Idea: makes a great present to neighbours, friends, and co-workers during the holidays.

Just place in a decorative box with a bottle of essential oil. All you need to do is gather some of your favourite spices and herbs, place them in a bowl, and then add a few drops of essential oil for an amazing aroma.

Once the aroma starts to fade, simply add a few more drops of your favourite essential oil.

WHAT YOU NEED

- Your favourite whole spices and herbs
- Recommended: Orange Peels, Star Anise, Bay Leaves, Cinnamon Sticks, Vanilla Beans, cut into small pieces, Cardamom Seeds, Dried Apple Slices, Candied Ginger, Whole Cloves, Allspice, Whole Nutmeg
- 3-5 drops of your desired essential oil : Recommended: Cinnamon Bark, Cassia, On Guard Blend, Vetiver, Wild Orange, Clove, Ginger, Cardamom

DIRECTIONS

- Place desired herbs and spices into a container or bowl. Mix and assemble as desired.
- Add 3-5 drops of essential oil on top of potpourri.
- Once the aroma starts to fade after a couple weeks, add more essential oil.
- Place in a pot of simmering water for a stove-top potpourri that will make your entire house smell like the holidays.



A good **SALVE** can be the base to many amazing recipes. Similar to the texture of petroleum jelly but without the toxins!

- You can customize this salve with essential oils to meet your needs.
- Great for eczema or even just to rub on your chest before bed.
- Add Breathe to help open up airways, Serenity or Lavender to help you sleep better, or Citrus Bliss for an invigorating moisturizer.

WHAT YOU NEED

- 1/2 cup grapeseed oil
- 1/2 cup almond oil
- 2 tablespoons beeswax
- 1/2 tablespoon vitamin E oil
- 5 drops Lavender, Cypress, Melaleuca, Frankincense, and Eucalyptus essential oils

Note: This salve recipe has an aroma that will help open up your airways. This is a must have during winter months!

DIRECTIONS

- Melt beeswax in double boiler.
- Once melted, add grapeseed, almond, and vitamin E oil until melted.
- Once combined, set aside for 2-3 minutes.
- Add essential oils and stir.
- Pour in container and allow to set for 2 hours.
- You're done! Tie with twine & a pretty label for a rustic look.

Everyone can use some extra peace and tranquillity this holiday season, Try this...

AROMATHERAPY EPSOM SALT bath treatment as a festive Christmas ornament. When it's not decorating your tree, this ornament will double as a therapeutic addition to your warm bath. Just take off the top off and pour it in. Customize the colour and aroma of each ornament for everyone on your Christmas list.

WHAT YOU NEED

- Round Plastic Ornaments (I found at the Dollar Store
- 1 Cup Epsom Salt (you may need more or less depending on the size of your ornament)
- 5-10 drops of your favourite dōTERRA essential oil

INSTRUCTIONS

- Mix desired amount of Epsom salt in bowl and add some skin-safe colorant if desired.
- Add dried herbs or flower petals to mixture for colour and added aroma.
- Add the essential oils of your choice; mix well.
- Add the bath salt to plastic ornaments until full.
- Once full, put the top of the ornament back on. Decorate with some ribbon.
- When ready to use, add desired amount to warm bath

HAND & FOOT SUGAR SCRUB

Cold weather isn't all sleigh rides and hot cocoa sipping; it can also be very harsh on your hands and feet, causing them to become dry, flaky or itchy.

Exfoliating your hands and feet 1-2 times a week will keep them healthy, soft, smooth and moisturized throughout fall and winter months. This scrub will not only exfoliate to reveal healthy, glowing skin, but is also sure to stimulate or calm your senses (depending on which oil(s) you use).

See suggested essential oils at the bottom of this post).

WHAT YOU NEED

- 1/2 cup white sugar
- 1/2 cup fractionated coconut oil (you can also replace with olive, jojoba, or sunflower oil)
- 10-12 drops of your favourite dōTERRA essential oil or essential oil blend



DIRECTIONS

- Measure out 1/2 cup of white sugar and fractionated coconut oil into a small or medium mixing bowl.
- Add 10-12 drops of your favourite dōTERRA essential oil or blend in the sugar/oil mixture and stir.
- Rub mixture onto hands and feet, especially on dry spots.
- Rinse and pat dry.
- Pair with a moisturizing lotion! dōTERRA's Spa Hand & Body Lotion is a great option and comes unscented so you can customize it with whichever essential oil you prefer.

POSSIBLE DōTERRA ESSENTIAL OIL COMBINATIONS

- Peppermint
- White Fir
- Holiday Joy
- Lavender + Peppermint
- Rosemary + Peppermint
- Wild Orange + Peppermint
- Citrus Bliss
- Bergamot + Ylang Ylang
- Bergamot + Sandalwood
- Elevation + Grapefruit





BUBBLE BATH is great to use for all ages so it makes for a great gift!

However, most commercial bubble baths are full of artificial chemicals and fragrances and can be irritating to your skin.

Natural bubble bath will not produce large fluffy bubbles, but it is free of the toxic chemicals that produce them. It will provide just enough bubbles for a lovely therapeutic bath you will enjoy!

Customize with your favourite essential oil. Use Lavender or Serenity for relaxing benefits or Citrus Bliss or Peppermint to help wake you up.

WHAT YOU NEED

- 1 cup unscented castile soap
- 1/2 cup vegetable glycerin
- 2 tablespoons water
- 15 drops of your favourite essential oil

NOTE: Castile soap and vegetable glycerin can be purchased at your local health food store.

DIRECTIONS

- Combine castile soap, glycerin, and water into glass bowl.
- Add essential oils.
- Stir until well combined.
- Pour into glass container. To use, add 1/4-1/2 cup of bubble bath mixture to warm, running bath water.



DIY GINGER LIME BROWN SUGAR SCRUB

Don't be a culprit of dry skin this winter. Make this to help exfoliate and soften your skin.

- Use 1-2 times a week on hands, feet, legs, or arms.
- You can also add your favourite essential oils and give this scrub as a gift.

WHAT YOU NEED

- 1/2 cup brown sugar
- 1/2 cup turbinado sugar
- 1/4 - 1/2 cup Fractionated Coconut Oil
- 10 drops Lime essential oil
- 5 drops Ginger essential oil
- Note: Turbinado sugar is a large grained sugar that helps with deep exfoliation. If you don't have turbinado sugar, you can use all brown sugar.

DIRECTIONS

- Combine brown sugar, turbinado sugar, Fractionated Coconut Oil, and essential oils into bowl.
- Stir until well combined.
- Store in airtight container.
- To use, apply a small amount to hands and scrub for 30 seconds or until sugar dissolves. Rinse with warm water and pat dry. For extra soft skin, apply doTERRA's Hand and Body Lotion.
- Use as needed.

DIY HAND SOAP

A simple and thoughtful teachers gift. Who doesn't love those popular nice smelling hand soaps?

They can be found in almost every bathroom around the holidays. Unfortunately, these antibacterial products are full of chemicals like Triclosan, and highly toxic fragrances which are disrupting our hormones as well as making us more susceptible to superbugs.

Give your teachers **SAFER** and **CHEAPER** options for their home and classroom. Effectively wipe out germs, kill harmful bacteria, and stop the spread of viruses this winter. DIY Foaming Hand wash is incredibly inexpensive, quick and also easy to make with dōTERRA essential oils.

On Guard blend is a much safer antibacterial option, and you can mix it with a few drops of other essential oils to customize the scent. Try Wild Orange or Holiday Joy blend.

Download these super cute free printables and tie on with ribbon for an extra special touch.

<http://www.darlingdoodlesdesign.com/2011/12/12-days-of-gift-mas-gift-1.html>

WHAT YOU NEED

- 2 tablespoons liquid castile soap (unscented)
- 1 tablespoon Fractionated Coconut oil
- 10 drops essential oils of choice

Order Containers online at www.myessentialbusiness.com

DIRECTIONS

- Pour castile soap and Fractionated Coconut Oil into bottle.
- Add essential oils.
- Slowly add water into bottle making sure to leave room for the foaming pump.
- Add lid, shake, and you are good to go!



GINGERBREAD PLAYDOH!!

Give kids this super cute gift complete with a gingerbread man cookie cutter!

Other fun essential oils to pair with different colours could include: Wild Orange, Peppermint, Lemon, Rosemary, or Lavender.

WHAT YOU NEED

- 2 cups flour
- 2 cups coloured water (with brown food colouring or cocoa powder for gingerbread)
- 1 cup salt
- 1 tablespoon olive oil
- 1 teaspoon cream of tartar
- 5 drops essential oils (Ginger + Cinnamon Bark for Gingerbread)

DIRECTIONS

- Combine all ingredients, except for essential oils, in a large saucepan and stir until combined.
- Once combined, put over medium heat. Using a spatula, continue to stir ingredients together until it forms a ball.
- Remove from heat and cool on parchment paper.
- Once cool, add 5 drops of your favourite essential oil and knead until thoroughly combined.

NOTE: Don't overcook as it will lead to dry play dough.

BATH BOMB RECIPE

Makes about 10
(depending on mould size).



WHAT YOU NEED

- 1 cup citric acid
- 1 cup baking soda
- ½ cup cornstarch
- ½ cup doTERRA Fractionated Coconut Oil
- 8-10 drops favorite essential oil

DIRECTIONS

- In bowl, place citric acid, baking soda, cornstarch, and oil.
- Add eight to 10 drops of the essential oil or blend of choice.
- Mix well with spoon until soft dough is formed. It should have the consistency of damp sand.



- ***NOTE:** If the mixture is too wet, try adding a little more baking soda and cornstarch until consistency is correct.
- At this point, you may add food coloring, dried herbs, or flower petals to mixture.
- Place mixture in silicone molds. Let sit 24 hours before removing from mold.
- To use, drop in tub or shower and allow to dissolve.
- ***NOTE:** Choose an essential oil to best suit your needs.

Recipes



SWEET ONGUARD POPCORN

What is Christmas without cozying up with some great family movies?

Why not boost your immune system without anyone realizing?

This is a sweet popcorn with an OnGuard twist!

[Link Here](#)



MULLED WINE

Christmas Eve, kids in bed, presents wrapped, Santa's cookies and milk set out, fairy lights on, Micheal Buble on repeat and a glass of Mulled Wine to enjoy while you write a gratitude list for the year that's been and intentions for the upcoming one. Perfection?

INGREDIENTS

- 6 drops wild orange Essential Oil
- 4 drops lemon Essential Oil
- 3 drops lime Essential Oil
- 3 drops cinnamon Essential Oil

- 1 cinnamon stick
- 3 bay leaves
- 1 nutmeg grated
- 2 star anise
- 1 vanilla pod

- 1 orange
- 200 grams sugar of choice
- 2 bottles of Dry Red Wine

DIRECTIONS

- Peel large sections of peel from your oranges, lemon.
- Put the sugar in a large saucepan over a medium heat, add the pieces of peel and squeeze in the orange juice.
- Add the cinnamon stick, bay leaves and about 10 to 12 gratings of nutmeg.
- Add the halved vanilla pod and stir in just enough red wine to cover the sugar.
- Let this simmer until the sugar has completely dissolved into the red wine and then bring to the boil.
- Keep on a rolling boil for about 4 to 5 minutes, or until you've got a beautiful thick syrup to create a wonderful flavour base by really getting the sugar and spices to infuse and blend well with the wine.
- It's important to make a syrup base first because it needs to be quite hot, and if you do this with both bottles of wine in there you'll burn off the alcohol.
- When your syrup is ready turn the heat down to low and add your star anise both bottles of wine and the Orange, lemon and lime Essential Oil.
- The oils are added last so they don't lose their quality.
- Gently heat the wine and after around 5 minutes, when it's warm ladle it into glasses and serve. Or allow to cool and rebottle.



SIMPLE HOMEMADE COOKIES

This is a holiday tradition of ours. My daughter and I bake cookies together that we leave out for Santa.

We both look forward to this and I love making this memory for years to come. [Link Here](#)



HOT COCOA

After a day playing in the snow, make a lovely hot drink to warm off the chill.

[Link Here](#)

PUMPKIN SMOOTHIE

Make this healthy smoothie even better by adding some Flax seeds, Hemp seeds, and your fav protein powder. [Link Here](#)





PEPPERMINT BROWNIES

You can never have too many excuses to make these. They are simply delicious! Try them with Wild Orange too! [Link Here](#)



MOCK-TAILS (OR NOT!)

Want to join in the festivities without the headache in the morning? Are you the designated driver? Keep these ingredients handy. If you want the booze, this mixes beautifully with Vodka! [Link Here](#)



BLISS BALLS

So handy having healthy snacks on hand to feed the kids! These are easy and yummy! [Link Here](#)

JALAPEÑO AND GOAT CHEESE HUMMUS

Heading to a party and no idea what to bring? Having last minute guests over? This is fast and easy. Keep the ingredients on hand just in case, grab whatever veggies you have and you've got a plate to share. [Link Here](#)



Diffuser Blends and Roller bottle blends



Alpine Awakening
DIFFUSER BLEND

- 2 drops Bergamot
- 1 drop Cedarwood
- 2 drops Wintergreen

dōTERRA

This card features a white background with a sunburst graphic behind the title. At the bottom, there is a silhouette of a row of green evergreen trees.



Santa's Workshop
DIFFUSER BLEND

- 3 drops *Wild Orange*
- 2 drops *Peppermint*
- 2 drops *Cypress*
- 2 drops *Holiday Joy*

dōTERRA

This card has a white background with a red bell and pine branches at the top. On the right side, there is a small illustration of Santa Claus carrying a tree.



Forest Breeze
DIFFUSER BLEND

- 3 drops Wild Orange
- 3 drops Juniper Berry
- 3 drops Spikenard

dōTERRA

This card has a dark blue background with a yellow moon and white stars. The ingredients are listed next to three yellow oil drop icons.



Holiday Fir
DIFFUSER BLEND

- 3 drops *Holiday Joy*
- 2 drops *Douglas Fir*

dōTERRA

This card has a white background with a sparkling effect. At the bottom, there is a small illustration of red stars and pine branches.

WINTER

Diffuser Blends

WINTER WONDERLAND

4 drops Peppermint
3 drops Bergamot
2 drops Cypress

SUGAR & SPICE

2 drops Wild Orange
2 drops Lavender
3 drops Frankincense

FROSTED TREES

4 drops Siberian Fir
2 drops Peppermint
1 drop Wintergreen

CRYSTAL SNOW

5 drops Peppermint
2 drops Ylang Ylang

BY THE FIRE

3 drops Cinnamon Bark
2 drops Siberian Fir
2 drops Clove

HOT SPICED TEA

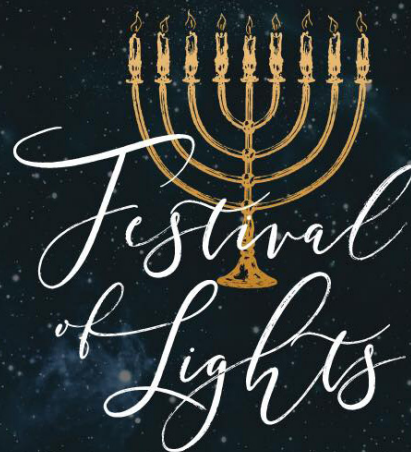
3 drops Wild Orange
2 drops Cinnamon Bark
1 drop Cardamom
1 drop Clove

FIRST SNOWFALL

4 drops Cypress
2 drops Siberian Fir
2 drops Sandalwood

CITRUS ICE

2 drops Citrus Bliss®
2 drops Spearmint
2 drops Bergamot



- 🔴🔴🔴 CITRUS BLISS®
- 🔴🔴 JUNIPER BERRY
- 🔴🔴 FRANKINCENSE

ABOUT PI IN THE SKY



I leave you with a few thoughts...

The holidays are a time to give to the people you love, consider your impact in the world by how you choose to spend your dollar, and share THE best gift you could give - your time.

So buy gifts with meaning from the *heart*, get organized early, and spend those hectic weeks leading up to the big day, snuggled inside with your *loved ones*.

Why join the madness? Let's give *presence* instead.

You can get started [HERE](#) or please feel free to [CONTACT ME](#) if I can be of any help.

With love + light,

Elizabeth and the whole Pi in the Sky team.

XOX