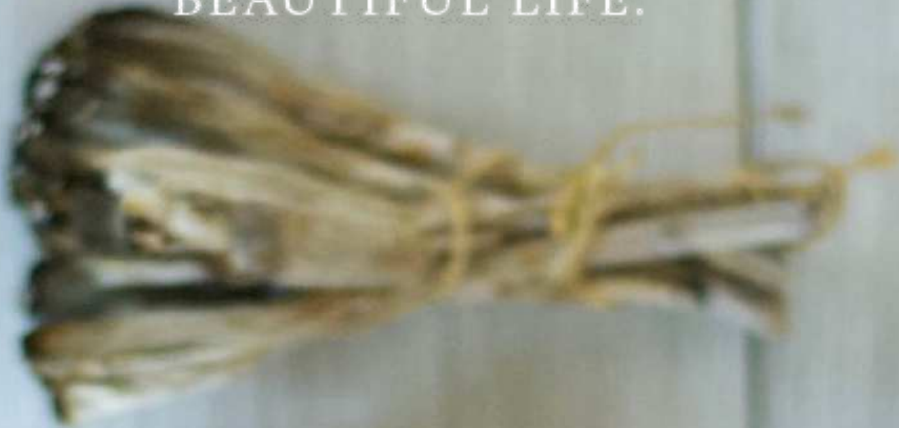


THE SIMPLE SPA

RECIPES & RITUALS FOR A
BEAUTIFUL LIFE.



ANGELLA HAMILTON





HI THERE,
I'M SO GLAD YOU'RE HERE.

Welcome to The Simple Spa!
I feel like the luckiest girl on the planet to share these recipes and rituals with you. Every single ingredient and experience was chosen by design and carefully crafted with purpose and intention.

Having a 'Beautiful Life' isn't about expensive things or vanity in the name of self-care. It's about appreciating the simple beauty in everyday things. I use these recipes and rituals to help my body, mind, and soul stay aligned. I hope you will too.

With Love & Gratitude,
Angella Hamilton
Co-Founder, Simple Jane CBD

Oh, and see this little heart shape? ♥ You might notice it throughout the book. Please consider any text you see next to it a personal note from me. I love you.



This book is dedicated to my daughter, the other half of my Gemini Soul, who never gave up on me. My respect for you is profound. My love for you, immense.

May the recipes and rituals in this book heal, soothe, and nurture you for generations to come. Thank you for giving up so much to be a part of this journey with me. I love you beyond words.





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THE SIMPLE SPA

RECIPES & RITUALS FOR A
BEAUTIFUL LIFE.

Setting up a nook, corner, cabinet, or closet for your own sacred space is an important piece of mindful living and it doesn't have to be fancy or expensive. There are a few 'Must Haves' for your Simple Spa and that's what the first part of this book is about.

Here are the top three things to keep in mind when setting up your mini sanctuary.

1. Choose the best items your budget will allow. Choose quality over quantity and savor every drop. Choose only things you love so that every time you look at them, you feel a sense of comfort, joy, and satisfaction.
2. Change your skincare seasonally. The recipes in this book are designed to be made and enjoyed with the change of the seasons, just like Mother Nature.
3. Don't 'save' or hold on to anything too long. Skincare products don't age like fine wine. The recipes in this book do not contain preservatives so when you make things, try to enjoy them within 2-3 months.

SIMPLE SPA 'MUST HAVES'

Body Oils & Bath Salts are at the core of every great Simple Spa. You can make almost anything to ease your body and mind with the right oils and salts.

Body oils have so many versatile uses. You can use body oils for massage or to seal in moisture after a bath or shower.

Pick a base oil that is right for your skin type and add in herbs and essential oils as needed.

Keep a variety of your favorite herbs and teas to include for drinking, infusing, and bathing.

CBD chocolate is an absolute must for any Simple Spa and not just because it's a sweet treat. Real cacao is a superfood inside and out. As you will see throughout this book, the chocolates are a big part of the daily rituals and recipes. Choose a high-quality brand you love (like Moksha) and you will always have a superfood that feels like a luxurious treat.

SALTS OF THE EARTH

A solid collection of therapeutic salt soaks are a core component of a Simple Spa. You can make just about anything with some real salt and oils.

You won't find any sudsy bubble baths in this book. Unfortunately, the same thing that causes the foamy, sudsy action actually makes your skin dry and itchy. After all, our bodies are made of mostly salts, fats, & proteins. Doesn't it make sense to replenish ourselves with the same?

Start with the highest quality of a few simple items and you can make just about anything your body needs.

REAL SALT VS. PROCESSED SALT

Never use white table salt for a salt bath. If you use a salt that's bleached and stripped of all the minerals your body is craving, you won't get anything but soft water and none of the benefits. Table salt also has iodine added which can cause adverse skin reactions. Some table salts have even been shown to have micro plastics and other anti-caking contaminants to keep it from sticking together, causing skin damage and hormone disruption.

So, what is "Real Salt"? Redmond Real Salt is unrefined sea salt mined from an ancient seabed in Utah where it's safe from modern pollutants. It's pure, unprocessed, and full of trace minerals.



EPSOM SALT

Magnesium is an important mineral playing a role in over 300 enzyme reactions in the human body. It serves many functions, including reducing inflammation, helping muscle and nerve function, and supporting the immune system. Soaking in Epsom salt baths can help ease sore muscles, reduce inflammation, and relieve pain and itchiness due to eczema and psoriasis. Adding additional minerals with Real Salt and CBD can certainly enhance results.

If you're only soaking in magnesium flakes and expecting great results, you might be disappointed. Give your body the extra trace minerals it needs with a soak in Real Salt & CBD.



HIMALAYAN SALT

♥ When I started creating the CBD oils for Simple Jane, I was on a mission to find the perfect massage tool to match. My husband and I were getting ready for a trip to Hawaii, so I thought for sure it would be a lava stone. Imagine my surprise when, at the last minute, I picked up this Himalayan salt stone and it changed my life forever. I know. It sounds like hyperbole but the truth is, this heart-shaped salt stone has eased aches, pains, fevers, anxiety, muscle cramps, motion sickness, headaches, and more. I have walked around with a salt stone in my pocket or purse ever since that day and it has saved my mental and physical health on many, many occasions.



HOW TO USE THIS SALT STONE:

In the Morning: Use with a rose or green tea infused CBD oil for a quick face massage to reduce puffiness and inflammation.

Before or After a Workout: Use with On the Mend or Peppermint massage oil as a pre-class warm-up to increase oxygen uptake or cool down with a salt stone massage.

In the Evening: Use with a relaxing vanilla or lavender infused CBD oil onto the head, neck and chest area to release stress and tension.



BENEFITS OF A SALT BATH

I've loved a great bath ever since I can remember. My Nana used to bring me ice cream and let me watch TV in a big sudsy bubble bath. I felt like a Queen. I didn't realize the full benefits of a good soak until I started researching and creating the CBD bath soaks for Simple Jane.

My mom was passing away and I was sore, sad, and tired. I needed a way to soothe my body and my spirit. I started making mineral soaks a part of my evening ritual to get a good night's sleep and let my body recover. They have been an important piece of my mental and physical health ever since.

01.

SKIN HEALTH

A good salt soak helps the body shed toxins that build up from day-to-day. Rich mineral salt baths allows the pores to open, release buildup, and absorb minerals like zinc— which protects skin and helps it heal faster. Salt baths can also be helpful in treating body acne and oily skin.

02.

MUSCLE & JOINT RELAXATION

Mineral salt soaks have proven effective in the treatment of rheumatoid arthritis, relieving stiff joints, and easing muscle cramps.

Soaking in Real Salt baths can also help the body absorb trace minerals we may be lacking. Our skin can soak up extra magnesium, calcium, zinc, iron, and potassium, and more during a 20–30 min. salt bath.



04.

BETTER SLEEP

Baths in general are known to lull us to sleep but the magnesium in a salt bath makes it especially helpful when you need a good night's rest. Some research has shown that magnesium can also make it easier to fall asleep and minimize restless legs syndrome symptoms.

Soaking in a salt bath can help relax your nervous system and help stabilize cortisol levels which can kick in the zzz's for a great night's sleep.



PLAIN JANE MINERAL SOAK

Good ingredients are at the root of every great recipe. The bath soak and body oil recipes in this book are based on a few simple things.

The recipe below is for Simple Jane's Signature Plain Jane bath soak and makes 32 oz. of bath soak (about 12-15 baths depending on how you use it).

- 16 oz. Himalayan Salt Soak
- 16 oz. Magnesium Flakes or Plain Epsom salts
- 3 oz. Organic Fractionated Coconut Oil
- 1000 mg. Pure CBD Isolate

Mix ingredients together and store in an airtight container.



LAVENDER + VANILLA = SLEEP

Several studies point to lavender's effectiveness for sleep such as improving sleep quality, increasing sleep duration, and elevating daytime alertness.

Vanilla also has a long history of being used for relaxation and stress relief and can reduce restlessness, quiet the nervous system, and lower blood pressure. It also appears to help relieve anxiety and depression while uplifting your mood. A great match to fall right asleep.

03.

ADDING HERBS & OILS

Once the pores are clean and open, adding medicinal herbs and oils can increase benefits depending on the desired result. Adding CBD oil can also enhance results and allows your body absorb nutrients deeper into the skin.

Here are some herbs & oil combos to add to your bath:

- Lavender
- Green Tea
- Rose
- Lemons
- Vanilla
- Mint

05.

RECIPE FOR BETTER SLEEP

- 3 oz. Himalayan Salt Soak
- 15 Drops Lavender Essential Oil
- 12 Sprays of Vanilla Infused CBD Oil

Mix ingredients together or place directly in the bath.

* Enjoy a nice cup of chamomile tea and a CBD Salt Stone Massage with the infused oil to relieve head and neck tension before falling deeply asleep.



CHOOSING THE RIGHT OILS

Choosing the right carrier oils for your magical concoctions is truly based on your skin type and personal preference. I chose fractionated coconut oil for the recipes in this book because it's ultra-light and lets the pure essential oils and CBD really shine through. It's important to choose high-quality, non-toxic oils, so choose the best your budget will allow so they won't break down and turn rancid.



01.

FRACTIONATED COCONUT OIL

Coconut oil is one of the most popular carrier oils used to dilute essential oils and for good reason. Coconut oil, derived from the fruit of the coconut tree, is a super-oil full of naturally present antioxidants and is an excellent antifungal, anti-inflammatory and antibacterial. It is exceptional for nourishing the hair, nails and skin. Its almost 50% content of lauric acid means that coconut oil can retain a long shelf life. It's also good for dry skin and treating skin conditions as it has natural deep moisturizing properties.

03.

ALMOND

Highly rich in Vitamin E and an excellent natural antioxidant, sweet almond oil is extracted from the dried fruit of the almond tree. It's high vitamin E content makes it an optimal choice for nourishing the skin, regenerating new skin cells and keeping in moisture, making it a great choice for dry skin.

The natural antioxidant properties help protect from the damaging effects of the sun, and high concentrations of both oleic and linoleic acids help to relieve inflammation and soothe irritated skin.

05.

HEMPSEED & CBD OIL

With both linoleic and alpha-linolenic acids, hemp seed oil is a fantastic anti-inflammatory and has valuable antioxidant properties to help with skin cell regeneration and prevent signs of aging. Hempseed oil is lightweight and non-greasy so it's great to use on oily skin or for full-body massages. Hemp seed oil is also a natural analgesic (pain reliever), making it a good choice for muscle and joint pain, especially when mixed with essential oils that have analgesic properties.

CBD oil is extracted from the whole hemp plant with many similar therapeutic qualities to relieve skin inflammation and more.

05.

02.

JOJOBA

Jojoba oil is famous for being the carrier oil that is closest to mimicking the natural oil secretions of human skin. This makes it an excellent moisturizer for using on areas like the face and neck that may otherwise feel oily with other carrier oils.

The oil is extracted from the seeds of the jojoba tree and has a light nutty aroma. Jojoba oil is a natural antifungal and works well when combined with essential oils that also have antifungal properties and are used for topical fungal infections.



TOOLS TO SCULPT & SHAPE

In addition to a variety of salts and oils etc., your Simple Spa should include a good combination of tools to exfoliate and shape your body such as:

- Dry Body Brush
- Loofah
- Himalayan Salt Stone
- Gua Sha / Face Rollers
- Maderotherapy (Wood Sculpting Tools)

SCULPTING TOOLS

Maderotherapy (therapy with wooden instruments) is a therapy originating from Colombia based on the use of a special set of wood tools designed to work with the fascia.

This type of manual therapy helps:
Break down cellulite
Speeds up metabolism
Stimulates lymphatic system
Tones & tightens skin

GUA SHA

Gua sha is a traditional Chinese modality that uses a tool, such a stone or scraping tool to break up muscle tension due to water retention, muscle tightness, or other congestion. Gua sha is mostly done for the face and neck area, although you can use it to sculpt any part of the body.

LOOFAH

Natural loofahs come from the fibrous skeleton of the loofah fruit and are used for both skincare household use. Over time, the tiny nooks and crannies fill with nasty bacteria and fungi so it's important to clean your loofah after every use and discard every 3-4 weeks.



NATURAL BRISTLE FOR DRY BRUSHING

Dry body brushing uses of a soft, natural bristle brush on dry skin to exfoliate your skin and activate the lymphatic system. This technique helps to remove dead skin cells and toxins by, stimulating your sweat glands by opening your pores.

A good body brush makes all the difference when it comes to a great dry brush routine. Make sure to always choose a brush with natural bristles made up of hemp, sisal, loofah, or bamboo. Exfoliating with plastic products runs the risk of those particles ending up in your system.

NATURAL BRUSH DISINFECTANT

You can use a variety of essential oils such as peppermint, eucalyptus, lemongrass, and lavender to clean and disinfect your natural brushes.

Here's how to make a simple peppermint oil disinfectant spray for your dry brush:

Ingredients:

- * $\frac{3}{4}$ cup of water
- * 12 drops Frosted peppermint oil
- * $\frac{1}{4}$ cup of witch hazel

Once you have all the ingredients together, put them in a spray bottle, then shake well. Ensure you shake the solution well before every use.

Witch hazel, peppermint, and CBD oil have all been proven to have antibacterial, antimicrobial properties. Spray in a well-ventilated space and let brushes completely dry in the sunlight before using.



SURROUND YOURSELF WITH THINGS YOU LOVE.

Mother Nature is so full of simple beauty, even down to the rocks and stones she gives us to light up the world. While some hard-core crystal lovers report health benefits using certain gems, I believe it is the power of thought and suggestion of what the crystal means that creates the healing power.

I can't say for sure if placing a rose quartz crystal on my heart can improve my cardiovascular system but what I DO know is that when I look at the rose quartz, I feel a sense of love and relaxation. I know the meaning of it so it reminds me to think loving thoughts. The stone itself has a loving vibration. Every time I hold it in my hand, I remember to love more and breathe and open my heart which, in turn, releases cortisol and reduces stress... which, in turn, can deeply improve my cardiovascular system. So, choose the crystals you feel drawn to, research their meaning and have some fun enjoying their sole purpose of bringing beauty to your life.

01.

ROSE QUARTZ

Coined as the "Heart Stone," rose quartz draws new love, strengthens relationships and nurtures friendship. The presence of rose quartz in your home brings emotional, physical and spiritual healing.

Rose quartz belongs to the "Great Mother" stones. It links your heart to the earth and the whole Universe. The spiritual properties are deep and connect deep into your soul. The soft color soothes broken hearts and frees self-resentments.

Use to:

*Strengthen love or romantic relationships: Rose quartz is thought to awaken sensual creativity and is an aphrodisiac that encourages passion and intimacy between you and your partner.

*Release suppressed emotions: Just looking at it is a gentle reminder that you are loved, valued, and remembered.

Set your intention for hope, faith, love, and forgiveness every time you gaze upon it. The unconditional, unselfish and pure love that your heart desires is what you will get in return.

Since CBD opens the heart center as well, rose quartz makes a natural fit to be used in conjunction with CBD products.



ALL THE LITTLE THINGS MAKE A BIG DIFFERENCE.

I believe, that the crystals, incense, and talismans attracted into one's life are things that can help facilitate personal growth and awareness. They may work subliminally for some but for those who are tapped into the magic of the universe, these items become beacons of light and positive energy to be used in daily thoughts, feelings, words, and actions. Here are some of the ones that spoke to me when creating this book, and are used throughout the recipes and rituals.

02.

AMYTHEST

Amethyst stimulates the Third Eye, Crown, and Etheric Chakras. In the spiritual world, an Amethyst crystal is thought to provide a connection to the Divine, enhancing cognitive perception as well as accelerating intuitive and psychic ability. Amethyst's ability to expand the higher mind also enhances one's creativity and passion. It strengthens the imagination and intuition and refines the thinking processes. It helps in the assimilation of new ideas, putting thought into action, and brings projects to fruition. Amethyst is also well-known as a talisman of focus and success.



03.

DESERT ROSE

A Desert Rose is a selenite gypsum that occurs naturally when Selenite and Barite form through a process of moisture condensation. The Selenite clusters together and creates a mass. This mass is then subjected to the elements present around it, like wind erosion and sand. What forms after is the Desert Rose. Every Desert Rose is said to hold a spirit guardian which makes it a powerful talisman.

05.

PALO SANTO

Palo santo is one of the most fragrant woods in the world. The sweet scent of pine, mint, and lemon have been an important piece of healing and good fortune. Shamans, saints, and anyone seeking a stronger spiritual connection with the world use palo santo to protect, experience, and heal.



04.

SAGE

Burning sage, also known as smudging, involves burning sage leaves and letting the smoke purify the air in your home. The purpose of burning sage differs slightly from the reasons for taking it internally. In addition to using sage topically, smudging sage has a long history in spiritual practices. Many traditional users smudge sage for purifying spaces, especially if you are struggling with a transition or making some positive changes for your home or physical health..

06.

JEWELRY & TALISMANS

Having a few personal things such as a piece of jewelry or memento is a special way to make this space your own. I have a few things that remind me to be more of the person I want to be. Choose a few of those things- whatever they are to you, and cherish them every time you look at them.



CBD IN YOUR SIMPLE SPA

CBD products have been showing up on shelves in everything from massage oils to tooth pastes. With so much popularity, one might question if CBD is truly beneficial or just a fad. CBD in spa products might seem like a luxury indulgence until you understand you're actually feeding your body with nutrients it needs. While the endocannabinoid system is still being researched and explored, here are some things we know about the endocannabinoid system and how it relates to our overall health and happiness.

WHAT IS THE ENDOCANNABINOID SYSTEM?

The endocannabinoid system (ECS) is a complex cell-signaling system identified in the early 1990s by researchers exploring THC. Early research proves it plays role in regulating a range of functions and processes, including:

- * sleep
- * mood
- * appetite
- * memory
- * reproduction and fertility
- * skin health & more.

WHAT IS CBD?

CBD is short for cannabidiol- is a compound found in the cannabis plant that helps 'feed' the endocannabinoid system to stay in a state of homeostasis. It is widely taken as an internal supplement that helps a variety of inflammatory conditions. Yet, because it is rich in essential fatty acids and antioxidants, CBD can also help soothe angry skin conditions and help absorb harsh environmental pollutants.

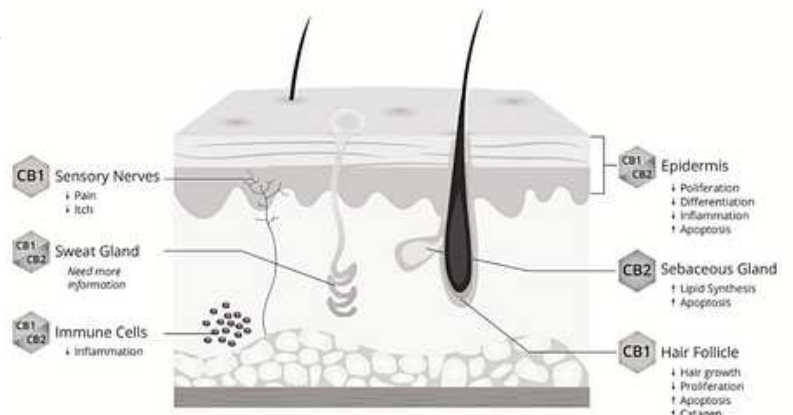
CBD ISOLATE VS. FULL SPECTRUM

Simply put, CBD isolate is the purest form of CBD that's pulled from the plant without all of the other ingredients. Full-spectrum CBD contains all the natural chemicals found in the whole plant, which include various other cannabinoids, and terpenes that work together. Most full-spectrum CBD oil contains some amounts of THC. Most are less than .03 percent but in some cases could show up on a drug test.

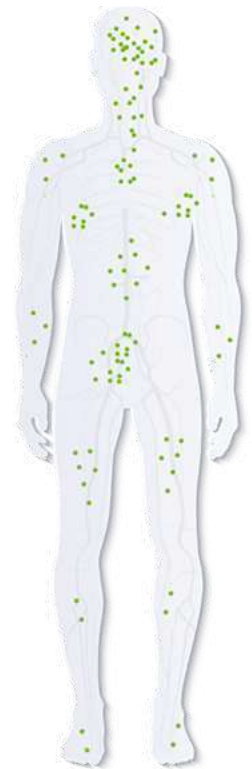
CB1 & CB2 receptors are present in all cell types of the skin

When pores are warm, clean and open, the body is able to absorb nutrients deeply into the skin, feeding the endocannabinoid system and creating lasting change.

- Immune Cells
- Sweat Glands
- Sensory Nerves
- Hair Follicles



Our skin, the largest organ in our body, is full of CBD receptors throughout the body.



BENEFITS OF CBD IN SKINCARE PRODUCTS

The outer layer of our skin has a dense network of CB1 and CB2 receptors. CBD interacts with these pathways and other nerve channels across the epidermis and dermis to modulate antioxidant, anti-inflammatory, neuroprotective, and painkilling effects. As a result, topical CBD can help with a variety of conditions such as:



01.

ECZEMA & DRY, ITCHY SKIN

CBD has been known to regulate histamines causing pain and inflammation in topical dermatitis and eczema. The rich fatty acids and emollients are also beneficial in keeping skin hydrated and healthy.



02.

TOPICAL PAIN RELIEF

CBD help regulate pain signaling and reduce inflammation causing discomfort. Delayed Onset Muscle Soreness (post workout woes) can be eased when topical CBD is mixed with other analgesic essential oils such as peppermint, eucalyptus and lavender oils can further benefits and increase results.

03.

SUN DAMAGE & SKIN REPAIR

CBD's anti-inflammatory, anti-oxidizing effects on the skin can reduce sunburn pain and help minimize harmful UV damage. The rich fatty acids also play a keyhole in keeping skin hydrated.



04.

HEALTHY HAIR & SCALP

Hair follicles are full of CBD receptors which is why our hair responds so well to CBD treatments. Some studies show the combination of CBD, peppermint, and rosemary oils can greatly improve hair and scalp health by increasing circulation and regulating sebum production.



05.

PROMOTES DEEP REST & RELAXATION

Pain from muscle tension, recurring headaches, neck aches, and stomach aches are common symptoms of stress.

Using topical CBD products to relieve tension, reduce muscle aches, and calm the nervous system can all result in a deeper state of relaxation.



A SIMPLE SMUDGE TO CLEAR THE AIR

Smudging is a powerful practice to cleanse your space and spirit, allowing you to center yourself and release any negative energy. In this ritual, you will use creosote and rose quartz, each chosen for their unique properties, to create a grounding and healing experience.

Herbs like frankincense, juniper, and thyme have antimicrobial, anti-inflammatory, and respiratory benefits, providing practical health benefits that complement their spiritual use.

Juniper was used by the Celts and other European tribes for protection and purification. The smoke was believed to drive away evil spirits and disease. Medicinally, juniper is known for its antiseptic and antifungal properties, and it has been used in baths or burned during plagues to disinfect spaces.

Lavender was often burned in European homes for relaxation and to induce sleep. The plant was thought to bring peace and calm to the household while promoting love and harmony. Medicinally, lavender is well known for its calming properties, often used to reduce stress, anxiety, and insomnia.



A Desert Smudge

Creosote, native to the desert, is a powerful herb used for cleansing and protection. It is known for purifying energy, helping to release old patterns and emotions. The earthy aroma of creosote connects you to the desert landscape, grounding your spirit and promoting renewal. It is also revered for healing respiratory issues, antimicrobial and antibacterial properties,

A LOVE SMUDGE

Find a quiet space where you won't be interrupted, whether it's indoors or outdoors. Make sure the space feels safe and comfortable, a place where you can be still and calm. Clear the area of any distractions or clutter, which can disrupt the flow of energy.

Begin by holding your salt stone or rose quartz crystal in your hands. Take a few deep breaths, inhaling deeply through your nose and exhaling through your mouth. Visualize grounding energy flowing from the earth into your body, filling you with peace and stability.

Light the Creosote Bundle: Ignite your creosote bundle and allow the flame to burn for a few seconds before gently blowing it out, letting the smoke rise. Waft the smoke around your body, starting from your feet and moving upward toward your head, symbolizing cleansing from the ground up.





A Love Affair With Chocolate

It wasn't a surprise when I fell in love with pairing chocolate and cannabis together in the bedroom. The idea of using cannabis and cacao as an aphrodisiac has been reported in ancient cultures dating back to as early as 1500 BC.

There's something deeply intriguing and subtly sexy about the mix of CBD and theobromine activating the 'Bliss Molecule' while having a sensual experience. This discovery alone has been beneficial in so many ways.

But, it wasn't until I met Jennifer and Michael Caines, of Moksha Chocolate that the idea of nourishing our bodies inside and out with cacao began to take on a life of its own.

At a client's request, we started working on a CBD chocolate body scrub and Sacred Grounds was created.

Sacred Grounds was not only named for the grounds from which the cacao was grown but to honor our bodies as the sacred temples they are.

I remember the night I discovered it was a phenomenal bath soak. I had been working all day on Sacred Grounds and by the time I got home I was exhausted. I wasn't planning on taking a bath but I needed a shower for sure. I was out of my usual On the Mend scrub so I grabbed some Sacred Grounds instead. I still remember the moment. I started the shower but I was so tired I just wanted to sit down instead. I remember laying there in the bath with the chocolate all around me thinking, 'This feels like soaking in hot chocolate!' Then thinking 'Oh my gawd... I don't want to leave...'

Things changed for me after that evening. I think once you try a Sacred Grounds bath they will change for you too.





MOKSHA: FREEDOM FROM SAMSARA - THE CYCLE OF LIFE AND DEATH.

Based in Boulder, Co. Moksha Chocolate has its roots in an isolated valley on the Rio Mayo in northeastern Peru near the Shanao Valley. Shanao, meaning “New You,” and its adjacent farms are surrounded by the rare Alto Mayo Cloud Forest and Cordillera Escalera Regional Conservation Area of upper Amazonia.

Watch closely, as it only felt right to include this energy throughout many of the spa rituals and treatments throughout this book.

CBD CHOCOLATE IS A 'MUST HAVE' FOR
EVERY SIMPLE SPA.

Real cacao is rich in flavonoids—warriors that fight free radicals that cause disease, cancer, and signs of aging. Dark chocolate contains high levels of fiber for aiding in digestion and balancing blood sugar levels; iron for healthy blood; copper for a healthy nervous system; magnesium for keeping a number of your body’s systems functioning well, and for boosting bone mass and building cells. All of this contributes to a healthy body and beautiful, healthy skin.

Adding CBD into the mix helps your body absorb nutrients and can enhance the benefits of real cacao working in the body..

INFUSING BATH & BODY OILS

Herbal infusions are a great way to enhance the healing properties of both CBD and whatever else it's matched with. Infusions can be as simple as adding a few organic rosebuds in a bottle of Naked or more involved like brewing a green tea infusion or cacao and vanilla pods together. All of them have their own unique purpose and healing qualities. Here are some of my favorites to use throughout the Seasons.



WARM INFUSIONS VS. COLD INFUSIONS

A cold infusion is generally when ingredients are simply placed in the bottle and left in the sun to infuse.

A warm infusion involves gently heating ingredients for a period of time, letting rest, and straining the oil for impurities.



ORGANIC ROSEBUDS

Rose oil is rich in vitamins A,C,and E which are all powerful antioxidants and are necessary for the production of collagen. They also combat visible sun damage and reduce inflammation so it makes a great match to calm skin irritation from dry itchy skin to acne inflammation. Rose oil is also very expensive. So, infusing a bottle of Naked oil with organic rosebuds can be a highly effective way to experience rose oil without the expensive price tag.

HOW TO MAKE ORGANIC ROSE OIL :

Place 12 organic rose buds into a 4 oz. bottle of Naked CBD and let sit for 2-3 weeks in a sunlit area.

ORGANIC GREEN TEA

Beyond being a powerhouse sipper, green tea contains molecules known as polyphenols, which have been proven to reduce inflammation, promote healing, and fight certain types of bacteria. This makes green tea effective for soothing skin inflammation and acne-prone skin. Green tea also contains a bit of natural caffeine to help soothe puffiness and tighten skin.

VANILLA PODS

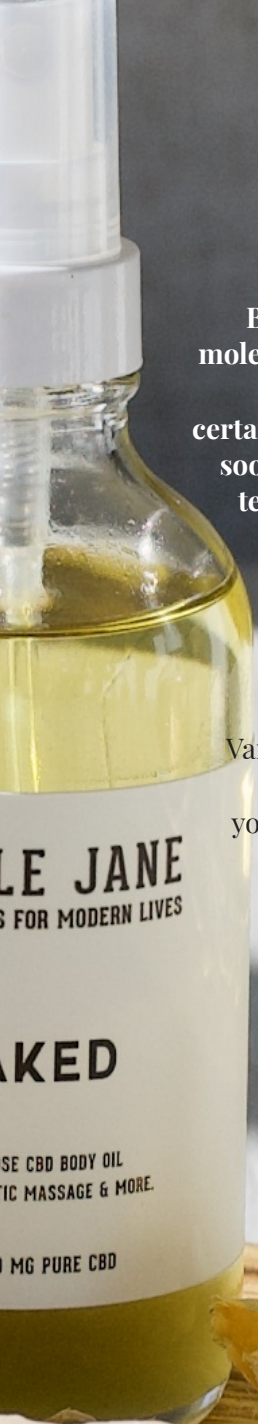
Vanilla, is by far, one of my favorite herbal CBD infusions. It's soft and sexy and I had no idea how good it was for you until much later when I started doing a deep dive for Sacred Grounds Body Scrub.

In addition to being completely lovely in every way, Vanilla is packed with B vitamins for keeping skin and hair healthy and strong.

Vanilla oil contains eugenol and vanillin hydroxybenzaldehyde, two compounds that are very effective in fighting infections and reducing inflammation.

OH HEY, BABE...

Vanilla is also a well-known aphrodisiac: Vanilla promotes arousal by stimulating the secretion of certain hormones like testosterone & estrogen and has even been known to help with erectile dysfunction & loss of libido. The effects can further be enhanced when mixed with CBD and massaged onto erogenous zones.



SE CBD BODY OIL
IC MASSAGE & MORE.
MG PURE CBD

SIMPLE JANE
CBD WELLNESS FOR MODERN LIVES

NAKED

ALL PURPOSE CBD BODY OIL
FOR THERAPEUTIC MASSAGE & MORE.

4 OZ. | 100 MG PURE CBD

INFUSED ROSEMARY OIL

Infused Rosemary oil is packed with great nutrients for both skin and hair. I like to brew a batch once in winter to use for the Love Ur Locks scalp treatment and once in the spring to use for the Love in the Desert body oil.

YOU WILL NEED:

Small Crockpot
Fine Wire Mesh Strainer or Cheesecloth
1 Cup Fresh Rosemary Sprigs
4 oz. Bottle of Naked CBD Oil

- Start with a cup of fresh Rosemary sprigs and 4 oz. of Naked CBD oil.
- Place in a small crockpot and place on low or warm heat for 90 minutes.
- Watch the heat and temperature to make sure the Rosemary doesn't scorch or burn.
- Let cool and keep the infusion overnight before straining with a fine wire mesh.
- Save the leftover springs to put in a bath soak or make your own hydrosol mist.



ADDING FROSTED PEPPERMINT OIL & OTHERS

Adding other essential oils to the Rosemary oil base is a great way to achieve specific results.

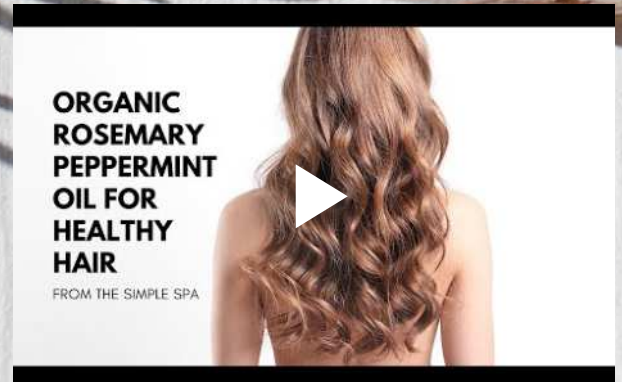
For example, adding Frosted Peppermint oil can be a great treat for healthy hair while adding Lavender or Rose can lull you into sleep. Use a hairdryer to bring out the aromatherapy and seal in the moisture before wrapping in a warm towel.

THIS IS THE RECIPE TO LOVE UR LOCS

1 teaspoon Rosemary infused oil and
12 drops of Frosted Peppermint CBD oil.
Vitamin E Capsule: If my skin is feeling extra dry, mix in a vitamin E capsule for more of a heavier serum and leave on overnight.



15.



WATCH THIS VIDEO ON YOUTUBE @SIMPLEJANECO



GREEN TEA INFUSIONS

I love to make a batch of Green Tea Infusion every spring to help detox and refresh skin. Depending on what kind of tea you use, the aroma and additional benefits can shine through in this oil. Steep lightly! Green tea has a tendency to burn easily and turn bitter.

YOU WILL NEED:

Mini crockpot (1.5 - 2 qt.)
 3 teaspoon. of organic green tea
 (The Road Less Traveled is used here with Calendula leaves)
 4 oz. Pure Naked CBD Oil

Start with a 3 teaspoon. of organic green tea and 4 oz. Naked CBD oil into the mini crock and set on warm to low temp for 90 minutes. Try to avoid getting the tea leaves too hot and risk scorching and burning the tea. Periodically swirl the oil so nothing is stuck on the bottom or getting too hot. Once the time has finished, let the oil sit in the pot overnight. Using a fine-mesh strainer, strain the oil into a sterile container.

GREEN TEA COMBOS

Green tea+ Citrus: Lemons, Grapefruit and Orange peel smell wonderful and help the lymph system get moving.

Green tea + Chamomile+ Honey : Calm and soothe sunburns and skin inflammation.

Green tea + Citronella + Geranium : A perfect combination for enjoying Summer Nights without the bug bites.

ROASTED CACAO INFUSION

Studies show applying real cacao to the body offers a lot of the same benefits as eating it! The high levels of antioxidants protect and repair the skin while the natural oil from the cacao and CBD contains healthy fatty acids to keep skin hydrated. Cacao oil can be used by itself or paired with Vanilla Infused oil. You can also use this oil to make body scrubs and sensual massage oils like Love Potion. (Recipe found in the Fall section of this book)

YOU WILL NEED:

Mini crockpot (1.5 - 2 qt.)
 3 teaspoon. of roasted cacao nibs (Moksha Nibs are preferred ;)
 4 oz. Pure Naked CBD Oil

Start with a 3 teaspoon. of cacao nibs and 4 oz. CBD oil into the mini crock and set on warm to low temp for 90 minutes. Try to avoid getting too hot and risk burning the nibs. Periodically swirl the oil so nothing is stuck on the bottom. Once the time has finished, let the oil sit in the pot overnight.

Use a fine-mesh strainer to strain the oil into a sterile container and let rest for a day or two. Sediment will settle to the bottom. You can strain again if you don't like the floaties or gently shake each time you use for an even application of nutrients.



A SEASON FOR EVERYTHING

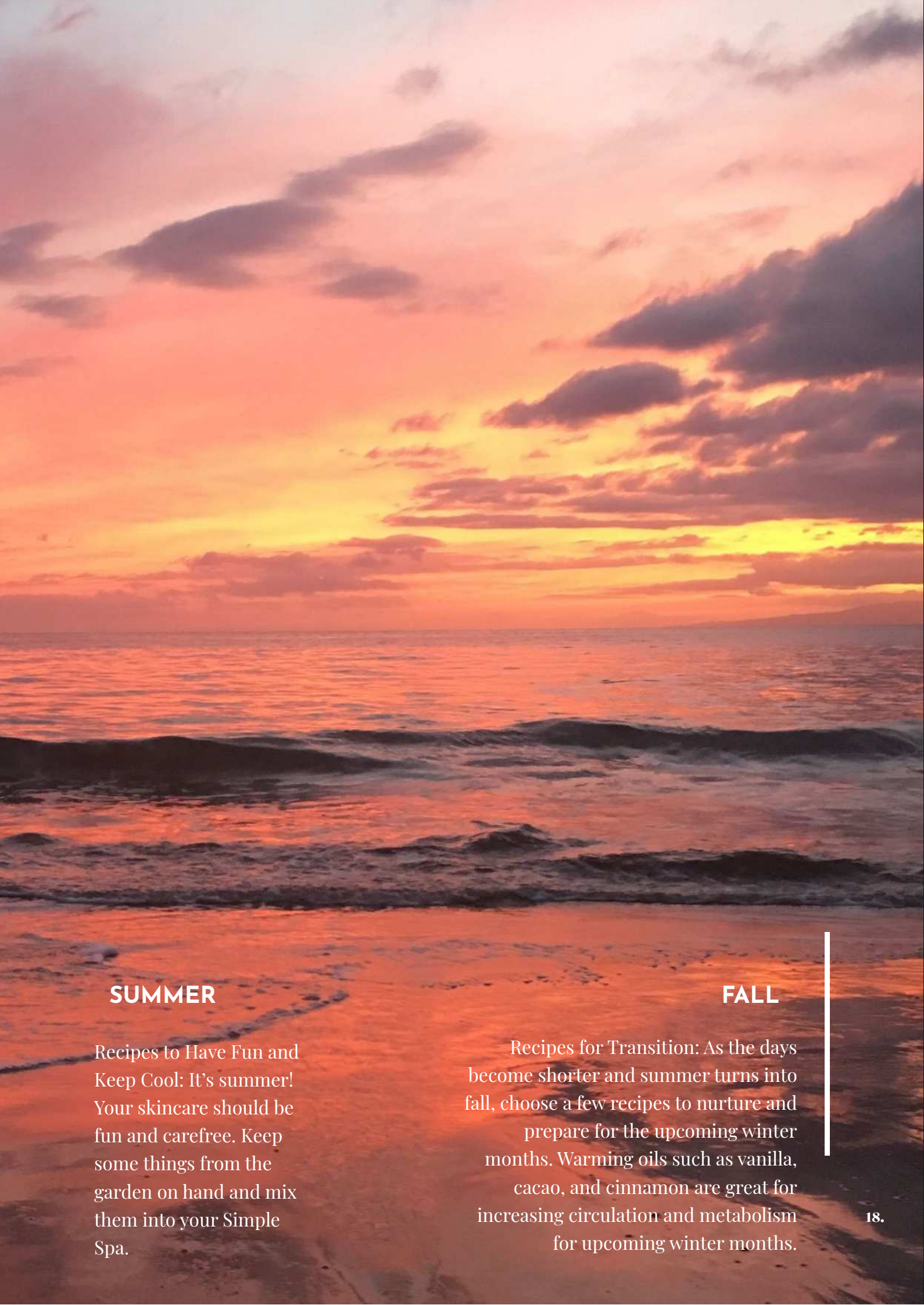
As you travel through the seasons of this book, discover the many ways Mother Nature can help you rest and recover.

WINTER

Warming oils, deep mineral soaks & rich cacao all help to keep the body warm and nourished during the winter season.

SPRING

Recipes & Rituals to Refresh & Renew: Organic green teas, fresh lemons and CBD all help to give a fresh step into spring. Try a Dry Brush session or 'Smells Like a Spa' shower steam to exfoliate your skin and invigorate your lymphatic system for better health



SUMMER

Recipes to Have Fun and Keep Cool: It's summer! Your skincare should be fun and carefree. Keep some things from the garden on hand and mix them into your Simple Spa.

FALL

Recipes for Transition: As the days become shorter and summer turns into fall, choose a few recipes to nurture and prepare for the upcoming winter months. Warming oils such as vanilla, cacao, and cinnamon are great for increasing circulation and metabolism for upcoming winter months.



THE SIMPLE SPA

WINTER

RECIPES TO
COMFORT & SOOTHE

Winter can be incredibly beautiful and harsh at the same time. Having a few spa items to comfort your body and soothe your soul can help keep you happy, healthy, warm, and cozy all season long.

SALT SOAKS

Salt soaks are an important part of a winter regimen. The high mineral content helps skin stay hydrated and absorb nutrients deep into the layers of skin. Salt soaks are also a great way to stay warm and help recover faster from colds and flu.

OILS FOR RECOVERY

Peppermint, Eucalyptus, Lemongrass, and Vetiver essential oils are all great essential oils for winter recovery from colds and flu or a tough day on the mountain. When paired with high-quality CBD, the oils will complement each other and work even better.

WARMING OILS

Warming oils such as Vanilla, Cacao and Cinnamon are great winter massage oils to increase circulation and metabolism.

HERBAL TEAS & CIDERS

Rich rooibos red teas and ciders are a great way to warm up and feel great. The Solstice Cider in this picture is an apple cider brew that pairs really well with the rich dark chocolate undertones of the Moksha CBD chocolates.

CLEAR QUARTZ CRYSTAL

A Master Energy Healer that exemplifies everything it comes in connection with. It's such a great crystal to have around the Holidays to increase joy and happiness.

SACRED GROUNDS CACAO SOAK

Want to keep your skin soft all winter long? Keep a rich cacao scrub like Sacred Grounds in your Simple Spa and keep your skin hydrated and healthy. Cacao is incredibly soothing to dry, irritated skin and the CBD helps build a healthy skin barrier.

STAY ON THE MEND

While seasonal flu viruses are detected year-round, most of the time, flu activity peaks between December and February. This, in conjunction with a plethora of sweets and treats around the Holiday Season is all the more reason to stay on top of your health and happiness. Use these few simple things to stay "On the Mend."

01.

MAKE A VAPOR RUB

Mix a few drops of Frosted Peppermint oil with On the Mend and rub into chest, neck and head to relieve nasal congestion .



PEPPERMINT OIL

- * Naturally antibacterial and powerfully potent. Skip the harsh chemicals that dry out your hands and opt for an all-natural hand sanitizer.
- * Nasal decongestant: Clear sinuses and soothe sore, runny noses with a few drops of Frosted peppermint oil with On the Mend balm or organic shea butter.
- * Use this mixture for a soothing neck rub and chest decongestant with a Himalayan salt stone.

02.

WARM UP BEFORE YOU HEAD OUT

Before heading out in the cold, apply On the Mend balm on to cheeks, lips and nostrils to provide a protective barrier against cold & wind.

03.

SOOTHE BODY ACHES & PAINS

Use On the Mend oil, balm, or soak to relieve body aches and fever pains.



AFTER A LONG DAY ON THE MOUNTAIN

THE SIMPLE SPA

après-ski

Social events or activities that take place after skiing

A day on the mountain can be invigorating and fun but it can also leave you feeling achy and tired. This little combo is just the thing to rest and recover.

WHAT YOU'LL NEED:

On the Mend CBD Oil
On the Mend Balm
Himalayan Salt Stone
Frosted Peppermint Essential Oil

* Optional

On the Mend Mineral Soak
Moksha Dark CBD Chocolates
Solstice Cider (with or without whiskey ;)

WHY I LOVE THIS RECIPE

I love the mountains in the winter but I love the views soaking in a hot mineral bath even better. I created this post-ski treat when I first started going to Park City, UT. Whenever I would go skiing, I would end up pretty sore after the first day. I would end up spending the second-day doing rehab. I needed to find a way to reward myself and replenish my body with goodies and this was it.

HOW TO ENJOY :

START WITH A SIP & SNACKS

Snack on something light and sip on something warm. Hot tea or cacao can warm you up and restore your body with nutrients and trace minerals. Add some nuts and CBD chocolates to restore rich, essential fatty acids.

ENJOY A SALT STONE MASSAGE

Apply some On the Mend oil or balm to the back of the neck and massage with the Himalayan salt stone.

Start to relax and unwind.

Apply the oil on legs and feet and massage using the salt stone. Use the Frosted Peppermint Oil to add to any extra sore spots.

FINISH WITH A SOAK

If time and space allow, use some On the Mend salt scrub and soak your legs and feet. If a bath or foot soak is not available, use the scrub on your feet and legs and use warm towels to remove any excess.

To use the scrub without a soaking tub, use a warm towel to wipe down feet and legs. Apply On the Mend oil and massage 1-2 scoops of scrub into your feet and legs. Remove with a warm towel and finish with a salt-stone massage.



ROOT PROBLEMS: DRY, DAMAGED, WINTER HAIR

Winter is definitely not a friend to your hair. Cold dry air sucks the moisture out of your hair leaving you with static frizz, split ends, dandruff, and itchy scalp conditions.

While most hair loss is a result of normal aging and genetics, dry flaky skin and product build up can clog pores and can even lead to premature hair loss. Here are a few other things that may be causing your locs to leave.

EXTREME EMOTIONAL & PHYSICAL STRESS:

Physical and emotional stress can both impact hormones and can trigger hair loss.

- * Viral infections
- * Hospitalization
- * Surgery
- * Childbirth
- * Death of a loved one
- * Job loss
- * Covid hair loss

PRESCRIPTION MEDICATIONS

Some anti depressants such as Prozac, Lithium and many “tricyclic” antidepressants pose the highest risk of increased hair fall. Betablockers and thyroid medications such as levothyroxine and methimazole also can cause hair thinning.

HORMONE & THYROID CONDITIONS

Alopecia is an autoimmune condition often seen with thyroid conditions. When hormone production is disrupted, specifically of hormones T3 and T4, it affects other processes in the body, including the development of hair at the root.

DOES YOUR HAIR NEED A DETOX?

Smoking, heat, harsh chemicals, and environmental toxins can all result in dry hair and scalp irritation.

If you have dry hair follicles, dandruff, hair loss, or have product build-up from a long winter season, it might be time to detox your hair and scalp.

Detoxing your hair and scalp can be as simple as rinsing hair with rosemary-infused apple cider vinegar water or a full detox hair and scalp treatment from a haircare professional. * See the Love UR Locs recipe for the full treatment.

It's important to note, persistent hair loss is often a sign of an underlying health condition. Your doctor or dermatologist can determine the cause of your hair loss based on your symptoms.

HEALTHY HAIR ESSENTIALS:

The effectiveness of rosemary oil, CBD, and peppermint oil all have been cited in multiple studies to improve hair health and promote growth. These ingredients can be used by themselves or in conjunction with one another. Using a hair rinse, oils, and products that contain these ingredients are all ways to keep your hair healthy and happy.

Follow this recipe to make Rosemary Water Rinse in advance and use with the Love Ur Locs recipe for healthy hair.

ROSEMARY HAIR RINSE

1 cup fresh rosemary sprigs- Rinse rosemary and place in a crockpot. Cover the rosemary with a cup of water and cook on low for 90 minutes. It should be light but not burned. Use immediately or let rest in the refrigerator overnight and strain the next day into an empty container or spray bottle.



03.

CBD

Our hair follicles are full of CBD receptors which is why our hair responds so well to CBD treatments. In one study, 35 subjects with androgenetic alopecia used a topical hemp oil once a day averaging about 3-4 mg per day of CBD for six months. A hair count of the greatest area of alopecia was carried out before treatment and again after six months. The results revealed that men did slightly better than women, and the vertex area did better than the temporal areas. On average there was a statistically significant 93.5% increase in hair after 6 months. All subjects had some regrowth with no reported adverse effects.

04.

PEPPERMINT OIL



Peppermint oil contains menthol, which is a vasodilator, and vasodilators improve blood flow. In many cases, hair loss occurs due to starved blood flow to hair follicles. Increasing circulation with a vasodilator like peppermint oil could potentially improve hair growth and prevent some hair loss.

*If you are using Rosemary or Peppermint essential oil instead of the infused CBD recipe, then make sure to use a carrier oil such as jojoba or fractionated coconut oil. Essential oils can be powerful and cause slight irritation when applied directly to the scalp.

01.

ROSEMARY

Rosemary oil is great for both winter and spring skin and hair conditions. Using Rosemary oil topically helps balance sebum secretion and can reduce break outs, skin irritations, and improve scalp conditions. The herb is rich in calcium, iron, vitamin B6, and many micronutrients that have positive effects on the nervous system, which in turn, could be one of the reasons it's thought to ease stress related hair loss. Rosemary oil improves blood circulation to the scalp and destroys bacteria that clog hair follicles, and control sebum production.



02.

VITAMIN E

Vitamin E supports the scalp and gives your hair a strong base to grow from by reducing oxidative stress and preserving the protective lipid layer.

THE SIMPLE SPA

LOVE UR LOCS

RECIPE FOR HEALTHY HAIR

YOU WILL NEED :

Wide-tooth Comb
Hair Towel
LOVE UR LOCS Rosemary Oil
Rosemary Water Rinse :
1 Cup Rosemary Sprigs
2 Cups Water
Mini Crockpot
Spray Bottle

♥ WHY I LOVE THIS RECIPE

I took my healthy hair for granted until 2020 when surgery and Covid caused major hair loss and a season of “bad hair”. My hair is back on track now but it took some effort and the experience led me to do a lot of research about hair loss. I was surprised to learn the effectiveness of using Rosemary oil, CBD, and Peppermint oil is just as effective as using prescription hair medications. Try this recipe 1-2 x per week until hair gets healthier. Then follow up 1-2 x per month to maintain.

HOW TO PREPARE:

01.

START WITH A SCALP MASSAGE

Start with a scalp massage using the Love UR Loes Hair Oil. Place 5-6 drops into your hands as you gently rub your hands together. Place your hands to your nose and take a few deep breaths. Place your hands at the base of your neck, gently start massaging into the neck and scalp, working your way up to the crown of your head. Spend extra time at the temporal area and any problem areas. Massage into scalp for at least 3- 5 minutes or as long as needed.

02.

COMB THROUGH & LET SOAK IN

Next, use more oil if needed and take your fingers through your hand, covering each strand. Use the wide tooth comb to draw the oil through the hair and stimulate the scalp.

Wrap hair in towel and leave in overnight or continue with the rosemary water rinse and wash as usual.

03.

FINISH WITH A ROSEMARY WATER RINSE

Follow the recipe to make Rosemary Hair Rinse in advance and use the water to rinse over hair before washing out the oils. Place the remainder in a spray bottle to refresh hair when needed between washes. Store in the refrigerator and use within 6-8 weeks.

THE SIMPLE SPA

SACRED HANDS & HEART



I had no idea I was going to love this self-care spa ritual so much. I was working on Sacred Grounds late one night- trying different ways to use the scrub etc. when I got a flash of my mom. She worked so hard with her hands all of her life. She had carpal tunnel, arthritis, and inflammation. She would have loved this hand treatment. I got a little teary so I gazed at the candle and took a deep breath. I felt her love surround me.

I lit the Palo Santo to stay grounded and took a sip of tea.

As I massaged the stone into my hands, I smiled and gave thanks for all the love that filled so many hearts and hands. I placed the salt stone to my chest and said a silent prayer. "From my Sacred Heart to Yours, may you always feel the love I have for you."

YOU WILL NEED:

- Sacred Grounds Body Scrub
- Moksha Dark Chocolate
- Infused CBD Vanilla or Rose Oil
- Warm Cider or Tea
- Wide bowl or sink to soak hands
- Warm water to dissolve scrub
- Himalayan Salt Stone
- Warm Hand Towels
- Palo Santo Stick
- White Candle

SACRED HANDS & HEART

A Ritual to Soothe Heavy Hearts & Tired Hands

WHITE CANDLE

Stay focused on the light and let it shine from within.

MOKSHA DARK CHOCOLATE

Take a bite of chocolate. Place the tip of your tongue to the roof of your mouth and feel the dark chocolate and CBD activate your 'Bliss Molecule' in the brain.

HIMALAYAN SALT STONE

Massage love and trace minerals into your hands and body.

SOLSTICE CIDER

Sip and warm up from the inside, out.

SACRED GROUNDS SALT SCRUB

Sacred Grounds for Sacred Hands. Let the rich cacao and minerals heal your heart and hands,

PALO SANTO

Inhale. Exhale. Light the Palo Santo to clear the air around you.

CREATING THE RITUAL:

Clear the air, My Love: Light the Palo Santo and feel the air swirl around you.

Light the candle to stay centered.

Take a bite of chocolate & sip of tea.

Now, close your eyes and savor the moment.

Place 3 scoops of Sacred Grounds into the bowl and pour the warm water over the scrub to dissolve a bit and release the chocolaty aroma.

Remove rings, bracelets, etc., and place a bit of Sacred Grounds scrub into your hands. Breathe in the earthy aroma, Feel the soft, sandy texture into your hands and gently 'wash' your hands with the mixture.

Rest and let your hands soak for 2-3 minutes., closing your eyes and feeling the warmth comfort you.

Rinse and gently pat hands dry.

Spray 3 sprays of rose or vanilla oil into your hands and start to massage into your hands. Place your hands on the back of your neck and feel where there is any tension or tightness. Massage a little more.

Take the stone to your heart and take 3 deep breaths. Gently start to massage you neck, chest, arms, and hands, with the salt stone releasing all tension and stress.

Stay as long as you'd like but when you finish, take the salt stone into your hands and place them at your heart. Send blessings to your hands and heart. Now smile as you open your eyes and feel comfort and joy.

THE SIMPLE SPA

SPRING

Recipes & Rituals
to Refresh & Renew.

After a long season of heavy lotions and winter skin conditions, your skin is probably looking for a refresh.

The skin is the body's largest organ, and it's constantly in contact with the elements of daily life. Pollutants and dirt from the environment can clog your pores while toxins from diet and daily skincare products can build up in the layers of skin. All of this can clog your lymph system and make you feel sluggish and blahhh.

Certain things can really help with getting ready for that springtime glow such as:

- A good Dry Brush routine
- Deep mineral salts soaks & all over body scrubs
- Lymphatic salt stone massage
- Organic green tea to sip and to soak

LOCAL, RAW, UNPASTUERIZED : CHOOSING THE RIGHT HONEY FOR YOU

I prefer using raw, local honey because I like to support the local farmers and bees but there are many types of unfiltered honey that are very good. Manuka honey has special enzymes and nutrients that make it very good for skin conditions.

When honey is pasteurized, it destroys the yeast found by applying high heat. This helps extend the shelf life and makes it honey smoother and more appealing for sale. Heating the honey also removes beneficial nutrients like pollen, enzymes and antioxidants.

HONEY

Raw, unfiltered honey contains anti-inflammatory, anti-fungal and antibacterial properties. It has traces of natural hydrogen peroxide to help kill surface-level bacteria

LEMON

Fresh lemons are such a great source of vitamin C to help support your immune system and promote collagen growth in skin. When lemons are in season where you live, buy them by the basketful to freeze for juices and make bath soaks.

SPRING ESSENTIALS

Mix and match these simple ingredients for optimal springtime wellness.

ORGANIC GREEN TEA

If chocolate is the super hero for winter and fall, green tea is its counterpart for spring and summer.

A study from the National Institute of Health in 2000 found 'polyphenolic compounds present in green tea as anti-inflammatory, antioxidant, and anticarcinogenic in skin.' And while there are no studies on the effect of combining green tea and CBD, we do know the two share many similar qualities and are thought to work synergistically at combating skin cancers, acne, and many other skin concerns.

CBD

Internal and topical CBD plays an important role in springtime wellness. Not only is CBD a highly effective antibacterial and anti fungal, CBD oil has been found to help rebalance oil production in the skin cells and help rebuild the skin's protective barrier.

SALT SOAKS & SCRUBS

Salt soaks and scrubs are an important part of any detoxing process as they can help eliminate any residual toxins brought to the surface of the skin. Using a Himalayan salt stone for a massage tool gently exfoliates the skin drawing toxins to the surface to be removed. Soaking in warm salt baths and/or sipping a cup of warm salty lemon water can act as a natural antihistamine to control allergy symptoms and balance PH levels.



ESSENTIAL OILS FOR SPRING

Certain ingredients work better together: CBD works synergistically with your body to further enhance the benefits of essential oils. Because of this, less essential oil is needed than you would normally use. Hemp has similar profiles to other plant terpenes, so certain essential oils interact with CBD better than others, such as the ones listed here:



01.

PEPPERMINT

Peppermint oil is a strong analgesic, antimicrobial, agent that can be used topically to treat skin conditions or as an inhalant to clear cold and sinus congestion.

02.

EUCALYPTUS

Eucalyptus contains citronellal, which works by reducing inflammation and improving detoxification of harmful bacteria, parasites, and other microorganisms.



03.

LAVENDER

Lavender is a potent antibacterial, antifungal, and antiviral agent with a soothing scent that works well by itself or in the background with other essential oils.



04.

LEMONGRASS

Lemons and Lemongrass work as natural diuretics to detox and draw excess fluid from connective tissue. Both are also great sources of vitamin C for immune support and to help stimulate new collagen growth in skin.

05.

ROSEMARY

Rosemary oil is great for skin and hair conditions. Using rosemary oil topically helps balance sebum secretion and can reduce breakouts, skin irritations, and improve skin tone and texture.



#THESIMPLESPA

SPRING AWAKENING

Polyphenols in green tea have been used for the prevention of melanoma and nonmelanoma skin cancers, alopecia, acne, keloids, dermatitis, candida, and even genital warts. But you don't have to drink tea all day long to reap the benefits for your skin. Adding topical green tea can feed your skin important nutrients to stay happy and healthy.



BREW THE PERFECT POT

Green tea is a delicate tea and is often ruined by heating too hot or steeping too long. Unlike black teas, green tea works best at a lower temperature and doesn't require as long to steep.

For the perfect pot, bring water to boil and let rest before pouring water over tea leaves. Only steep for 3-5 minutes and make sure to remove the tea bag after steeping.

01.

BREW A POT FOR SIPPING & SOAKING

Start with brewing a pot of organic green tea to taste.

Then brew an extra pot with the leftover leaves to be used for the bath.



A NOTE OF CAUTION:

Green tea contains tannins that can increase the amount of acid in your stomach. Some green teas may cause stomach irritation when brewed too strongly or consumed on an empty stomach. If you suffer from diabetes, Irritable Bowel Syndrome, or are taking heart medications, drinking green tea may not be an option for you. Please check with your Doctor and consider using green tea as a topical application instead.

02.

SAVOR THE MOMENT

Take a little break while waiting for the tub to fill with a lemon honey tea and Moksha Green tea Chocolate: Just mix a teaspoon of honey with the juice of a lemon and warm water and enjoy the Moksha green tea chocolate with CBD.



03.

SIP & SOAK

Place 6 scoops of Plain Jane bath soak in the tub along with the remaining green tea and add lemon rinds.

*sometimes I throw the whole lemon in the tub but that's up to you :)

Soak for at least 30 minutes and finish with a salt stone massage with Green Tea Infusion or On the Mend Massage Oil.



MORNING, SUNSHINE

Ready to feel like stars are on your skin? Try this lymphatic dry brush session to stimulate collagen growth and refresh your body for a springtime glow.

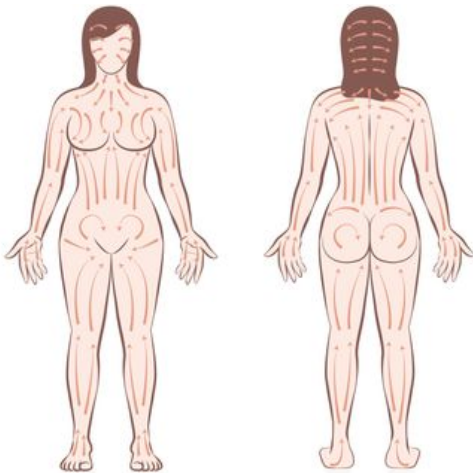
YOU WILL NEED:

- Dry Body Brush or Exfoliating Mitt.
 - On the Mend Body Oil,
- Green Tea Infused CBD oil or Naked Oil
 - Frosted Peppermint Spray
- Optional *
 - Organic Green Tea
 - Organic Lemon
 - Himalayan Salt Stone

For a full-body DIY Spa treatment, start with sipping some green tea before a gentle dry brush session. Finish with a salt stone massage with On the Mend or other infused body oil.

HOW TO DO IT:

Start with a few sprays of Frosted Peppermint Oil to awaken the senses and cleanse any bacteria that might be on your skin.



Continue with the dry brush, moving in the directional pattern above. There are different schools of thought about where to start brushing. Generally speaking, I start at the chest, then work my way to the abdomen, thighs, down the legs, and back toward the heart.

Try to remember to move lightly and not 'scrub' too hard.

Finish with a light CBD body oil to keep skin hydrated and seal in moisture.

33.



VICHY SPA

You don't have to 'love baths' to receive the benefits of hydrotherapy. A great shower experience can help:

- **Improved circulation**
- **Detoxifies the body**
- **Improves metabolism**
- **Firm and tone the skin**
- **Loosens tight muscles**

The city of Vichy, France, contains five natural mineral springs that inspired the design of the Vichy shower. A Vichy shower includes five to seven shower heads that are placed in a row over a cushioned table. During the treatment, a client lies down while water showers over you.

Traditional Vichy Showers use both pressure and temperature to induce relaxation. By switching between hot and cold temperatures, the body's circulation alternately goes inward and outward. Think of it as your body's circulation becoming like an accordion.

Vichy showers are usually part of a larger spa treatment used with body scrubs & clay masks. Here is an at home version that will make you feel like you're at the spa.

SMELLS LIKE A SPA

16 oz. Spray Bottle
12 drops Eucalyptus
24 drops Lemon or Grapefruit essential
12 drops Lavender essential oil
1 oz. Witch Hazel
Mix in a spray bottle and fill the rest with water.

YOU WILL NEED:

Smells Like a Spa Spray
On the Mend Body Scrub
On the Mend Body Oil

Optional Hanging Eucalyptus
Organic Green Tea

HOW TO DO IT

Start with a sip and a spray: Fix a bit of green tea and spray the Spa Mist around you to clear the air. Close your eyes and breathe deep. Aromatherapy is a large part of the shower experience. Turn on the shower and feel the heat and steam start to open the lungs.

Use a CBD body scrub: Place 2-3 scoops of On the Mend in the palms of your hands and take a deep breath. Start at your chest and abdomen area and work in a circular motion.

Continue throughout your body, giving special attention to any areas that are sore, tight, or tired. Gently use on the head, neck and chest area to relieve any sinus congestion and clear respiratory issues.

Finish with a cool rinse for 3 minutes. This is not intended to be hot and cold therapy so you can go at your own comfort level.

Use a towel to briskly dry off and apply a light body oil to seal in the moisture and keep skin tingling.

TURN ANY SHOWER INTO A SPA EXPERIENCE



SEASONAL ALLERGIES



GREEN TEA

Green tea is full of EGCG, a chemical that reduces histamine levels and works by reducing mucous and phlem.



PEPPERMINT OIL

Peppermint is an expectorant and provides relief for allergies, as well as colds, coughs, sinusitis, & bronchitis.



35.



The only negative thing about the spring season is the allergies it brings with it. Seasonal allergies can often feel like having the flu. But unlike the flu, allergies can last for a span of months, not weeks.

Allergies happen when your immune system identifies a usually harmless airborne substance as dangerous. It responds by releasing histamines into your bloodstream. Those chemicals can produce the symptoms of an allergic reaction.

Most seasonal allergies occur between spring and fall, depending on where you live and what's in bloom.

- * Tree pollen (especially from birches, oaks, elms, and maples) typically appears in spring.
- * Grasses shed pollen in late spring and summer.
- * Ragweed produces pollen in the fall.

Here are some things to include in your summer spa for seasonal allergy relief:

Start the day with salty lemon water to reduce sinus inflammation and keep your body hydrated with Real Salts and vitamin C.

Drink 2-3 cups of green tea per day: Hot to cold, it's all good! Just try to fit it in throughout the day to keep histamine levels in check.

Take a salty soak to cleanse the allergens from your skin and breathe in the warm salty air to open lungs and thin mucus.

Use a Frosted Peppermint Spray to clear your sinuses and the air around you.

LEMONS

Lemons are high in vitamin C and helps support the immune system. Drinking warm lemon water can also help loosen mucus.



SALT SOAK

Clears the sinuses and acts as a powerful antihistamine. Soaking in a salt bath can also cleanse pollen from skin and hair and helps clear a stuffy head and chest.



LOCAL HONEY

Honey has been used as a natural expectorant to relieve cough and congestion since ancient times. Some people take local honey to desensitize the immune system to certain allergens. Honey is also highly antibacterial and helps clear the allergens caused by certain pollen and pet dander.

THE SIMPLE SPA

ON THE MEND

ALLERGY 'BREW'

RECIPE TO SOOTHE STUFFY HEADS & MORE

YOU WILL NEED:

On the Mend CBD oil
On the Mend bath soak
Eucalyptus essential oil
Frosted Peppermint essential oil
Boiling water
Wide bowl

* Optional
Local honey
Organic green tea
Lemons
Moksha Match Green Tea Chocolates

WHY I LOVE THIS RECIPE

This 'magic brew' was created during one of the worst allergy seasons in 2020.

When we launched our Frosted peppermint oil, we noticed a big difference in allergy relief. The peppermint spray really clears sinuses and congestion.

This combo continues to evolve. I even made a local honey scrub with On the Mend for a hydrating treat for dry, itchy skin.

This same recipe can be used for relief from cold and flu symptoms.

HOW TO PREPARE

Start by boiling water and placing a teaspoon of On the Mend scrub into a wide bowl. Dissolve the scrub with the hot water and let it rest until the steam subsides. Place 6- 12 drops of Frosted Peppermint Oil into a small spray bottle and use to clear and spray the air around you. Spray a few pumps into the bowl and place your nose and face close to the water and take a few deep breaths. This might make you cough at first and that's o.k. - the peppermint oils and eucalyptus are both expectorants - meant to loosen mucus and ease congestion. Try to keep a steady flow of inhales and exhales until you can breathe clear.

Finish with a salt stone massage using On the Mend Oil and a Himalayan salt stone. The lemongrass, peppermint, eucalyptus, lavender, and vetiver oils mixed with CBD allows your body to absorb nutrients and work in a synergistic way that's unique to you.

Enjoy a warm cup of warm lemon water with a Moksha Green Tea Chocolate and enjoy the weather without the stuffy head.



LOVE IN THE DESERT

A Ritual for
Springtime Renewal.



I had a dream the night I finished taking all of the pictures for 'Love in the Desert', Right as I was falling asleep, Christ came to me. It wasn't him as a 'person' per say, it was His Energy. His Presence. His Light. We didn't talk, but we were communicating with thoughts and images...He showed me one of the pictures I took of 'Love in The Desert ' and we smiled... I said 'I'm so glad you like it.' He said "The Hibiscus... the blood of the desert to nourish and restore the body and soul."

I said 'Yes! Yes, It is! ' so happy He was pleased...

Then, He showed me the picture of the Moksha chocolate... Moksha, literally meaning: Release from samsara and liberation from life and death ... and we smiled again and I said 'Oh... Moksha...CBD... literally connecting to the anandamide and 'Bliss Molecule' ..to the 'Christ Light' inside of you...

I started to cry because it all started to make sense to me what was happening: I was channeling His Energy through this experience... He showed me the bath salts and said "Don't cry My Love....wash away your tears with LOVE (roses) and soak in the healing waters for you ARE the salt of the earth. Burn the incense. Keep the candle (Christ Light) lit, and be reminded every time you gaze upon the Desert Rose, of my Presence within you."

You don't have to be religious to enjoy Love in the Desert. This combination of things is a beautiful way to treat yourself from life's frantic pace. I hope you will feel the love and intention in every drop of 'Love in the Desert'

May your body and soul be restored with this ritual made from LOVE.

HIBISCUS TEA TO NOURISH & GENERATE NEW GROWTH.



THINGS YOU WILL NEED:

- Hibiscus Tea
- Moksha Dark CBD Chocolate
- Plain Jane Bath Soak
- 12 Dried Roses
- 1 Desert Rose Crystal
- Rosemary Infused CBD Oil
- White Candle
- Sage

MOKSHA CBD
DARK CHOCOLATE TO
STIMULATE YOUR BLISS.






**DESERT SAGE TO
CLEANSE THE AIR.**



**CBD SALT SOAKS
MADE WITH 12 ROSEBUDS AND A
DESERT ROSE CRYSTAL.**



**ROSEMARY
INFUSED CBD
OIL W/ ROSES**



**HIMALAYAN
SALT TO
CLEANSE THE
BODY & SOUL.**



**WHITE
CANDLE
FOR FOCUS
& CLARITY.**

CREATING THE RITUAL

Brew a pot of Hibiscus Tea and take a bite of Moksha Chocolate.

Start to slow down here and enjoy the process.

Be present.

Light the candle & burn the sage to clear the air.
Pause for a moment and set an intention.

Prepare the bath and place 6 scoops of Plain Jane soak into a small bowl with 12 dried roses.

Spray 6 sprays of the CBD infused oil and gently mix together before placing in the bath.

Soak for at least 20-30 minutes. Pat dry and finish with a Himalayan stone massage using the infused body oil with another cup of tea.

THE SIMPLE SPA

SUMMER

RECIPES TO HAVE FUN
& KEEP COOL



My daughter and I are both Gemini Twins so summer is truly the season of fun. From the end of May through August, it's all about finding a fine balance between getting 'out of the heat' and 'fun in the sun' so we usually end up in the mountains or at the beach. It's a fun time and usually full of adventures.

Growing up in Ohio, summers were a different kind of adventure:
Catching lightning bugs and getting eaten alive by mosquitos.
Hiking in the woods and somehow always finding the patch of poison ivy.
Swimming all day and 'laying out' in the sun.
Picking your own strawberries in a hot sweaty garden.
Laying in the grass looking at stars.

It doesn't sound like fun when I write it out, but it was! It was so much fun. I just wish we would have known about CBD and the 'recipes' to feel better. I still love summer adventures but now I have the things to make them feel better.

So, cheers to summer and staying cool. May you always find some grass to sit and watch the stars shining down on you.



Summer skincare should be easy. Create a few recipes to stay cool and have fun with whatever is growing in the garden.
Here are a few things to make sure to have on hand:

SUMMER ESSENTIALS

01.

SUNBURN SOOTHERS

If 'Fun in the Sun' is your summer motto, then you'll want to keep some sunburn soothers on hand:

- Aloe Vera Gel
- Oatmeal
- Vanilla Oil
- CBD Balms & Butters
- Raw Honey

03.

FROM THE GARDEN

Have some fun and bring the garden into your Simple Spa for the summer. Grab some basil to make a fresh hydrosol or pick some extra strawberries for a sweet pedicure and face mask.

05.

CBD INFUSED OILS

Vanilla and Green Tea infused CBD oils can help with a variety of summer skin conditions such as bug bites, poison ivy, sunburns, and dry skin.

02.

SALTS & SOAKS

Keep a variety of salt soaks and scrubs on hand for DIY pedicures and sunburn relief.

04.

ESSENTIAL OILS

From mosquito bites to soothing sunburn, here are a few of the essential oils for summer:

- Geranium
- Lavender
- Citronella
- Lemongrass
- Vanilla

Summer Nights

- 4 OZ. NAKED CBD OIL
- 24 DROPS CITRONELLA
- 9 DROPS LAVENDER
- 3 DROPS



SUMMER FUN



THE SIMPLE SPA

TEQUILA TOES

#SOLEREVIVAL

Invite your friends for margaritas & a DIY spa treatment. Get your feet ready for toes in the sand with this bubbly foot soak treat.

YOU WILL NEED:

- On the Mend Body Scrub
- Agave Syrup
- Fresh Limes
- Topo Chico Sparkling Water

Start by mixing 3 scoops of On the Mend scrub with agave syrup to make a foot mask. Why agave? Using an organic agave instead of processed sugar is rich in antioxidants and contains vitamins B1, B2, B6, and C.

Place 2-3 scoops of On the Mend soak in a foot soaking tub and fill with lukewarm water. Apply the foot mask and let your feet soak in the cool water for a 5- 10 minutes before rinsing off with some fresh lime slices.

Place a squeeze of the lime juice with some Topo Chico sparkling water in a spray bottle and use as a mist for fresh feet and tired legs. * Make sure to use unsweetened Topo Chico as the sweetener in some syrups can attract insects and bugs.

STRAWBERRY SHORTCAKE FACE MASK

Strawberries are a fun way to add an extra boost of vitamin C and antioxidants to your summer skincare regimen. They contain alpha-hydroxy acid and salicylic acid, which helps remove dead cells and refresh skin.

Here is a recipe for a strawberry face mask that will leave your skin feeling hydrated and smooth:

1 Strawberry

1 tsp. Raw Honey

6 sprays of Vanilla infused CBD oil

*Optional Bentonite Clay to firm up mask

Mash the strawberry into the honey in a small cup and spray the oil to smooth out the texture. If you prefer a thicker mask, add a teaspoon of Bentonite Clay to firm things up and draw out toxins. Apply a thin layer on your face as you relax or rest in a bath. Leave on for 10-15 minutes and rinse off when you finish. This mixture is also great to apply to your neck and chest ~~area~~ to help repair UV skin damage. It gets kind of sticky so make sure your hair is tied up and out of the way.



WATCH HOW TO MAKE ON
YOUTUBE @SIMPLEJANECO

STAY COOL



HYDROSOLS & HERBAL MISTS

Hydrosols and Herbal Mists are a great way to clear the air and cool down. True hydrosols are made from distilling fresh herbs, flowers, or other plant matter whereas herbal mists are made with essential oils and/or infused herbs.

The hydrosol process is a little more involved than just infusing herbs into water but can make a big difference in overall effectiveness and use.



I keep a bottle of Frosted Peppermint Spray around for almost everything. It's refreshing, antibacterial, calming and yet stimulating. I use it as a body mist to cool down after a workout, to wake up in the morning, to clear the air and many more. The following recipe made with Topo Chico is a fun treat in the summer. Make sure to use the unsweetened variety as the sweeteners can attract bugs.

FRESH HYDROSOLS

01.

BASIL

The basil plant is antifungal, antibacterial, and also works as an insect repellent so it makes a great summertime body spray.



02.

LIMES

Lime oil smells amazing and is a powerful astringent used to treat many types of bacterial and fungal infections. *Be careful when using in direct sunlight as lime oil might cause photo sensitivity for people with sensitive skin.

03.

LAVENDER

Lavender hydrosols are helpful for healing cuts, scrapes, burns, and itchy skin. It makes a great household cleaner, insect repellent, and natural antibacterial spray.

04.

PEPPERMINT

Fresh mint from the garden is always in abundance in the summer. Making a hydrosol body spray can be just the cool down you need for hot summer nights.

FROSTED PEPPERMINT SPRAY

Hydrosols are commonly used as face toners, mood boosters, and body mists. You can use almost any herb, plant or root depending on what you need. Both rosemary and peppermint are loaded with antimicrobial, anti-inflammatory properties to fight fatigue and stress in the body and mind.

HOW TO MAKE IT:

1 16 oz. spray container

15 Drops Frosted Peppermint essential oil

16 oz. Bottle of Lime Twist Topo Chico

Place essential oil and Topo Chico into the spray bottle. Store in the refrigerator for a cool mist.

* Frosted Peppermint is very potent. If you are using another type of peppermint oil, you might need more to achieve the desired result.

SUNNY DAYS



SKIN SAVIOR




The Skin Savior balm was originally created to reduce swelling from lymphedema and radiation burns. The original balm didn't contain Emu oil but it had organic shea butters, CBD, frankincense, and lavender essential oils. I knew it was really good for skin repair but I didn't realize how much of a difference the Emu oil was going to make. The combination of everything just really seemed to amplify the healing benefits. Turns out, Emus have endocannabinoid systems too. Maybe that's why our system seems to resonate with the rich emollients and fatty acids in the Emu oil to deeply heal our skin. I make a small batch of this in summer and winter. Make sure to store in an airtight container and try to use within 2-3 months.

HOW TO MAKE IT:

1/3 Cup Organic Shea Butter,
3 tsp. Organic Emu Oil
12 drops Lavender Essential Oil
3 drops Frankincense Essential Oil
12 sprays Naked CBD oil or Vanilla Infused oil
Melt the butter in a small dish and add the Emu and essential oils. Stir and pour into a sterile squeeze tube or container. I have made this recipe also adding geranium essential oil and lime oil. Both work really well to support the lymphatic system and soothe inflamed skin conditions.

*To make more of a serum, replace the shea butter with a 4 oz bottle of Naked oil and mix ingredients in the bottle with extra Emu oil.

ALOE'D BE THY NAME

My aunt had aloe plants  all over her house. Any time we had a cut, scrape, or burn, the first thing we did was go get an aloe leaf and apply the gooey texture. I didn't like the feel of it on my skin but I did it anyway because it felt better. This sunburn soother is an evolved recipe for relief made with aloe juice and CBD. You can still use the actual plant in conjunction with this recipe if you don't mind the gooey feel on your skin.

HOW TO MAKE IT:

4 oz. empty spray container
3 oz organic aloe juice
1 oz. Witch Hazel
12 sprays of Naked or Infused Rose Oil
6 drops of Lavender essential oil
3 drops of Frankincense essential oil
Mix ingredients well in the bottle and gently shake before each use.



SUMMER NIGHTS



“Those summer nights, I do remember from my youth. I do recall, those were the best times, most of all.”

-Journey

♥ When I was little, we would play outside all summer and I would just be eaten alive by the bugs. Mosquitos just loved me. Even as an adult, I would always be the first to get attacked while my husband sat directly next to me with nothing. When I started using On the Mend oil I started to notice the bugs didn't like me as much so I dove into more research. I found the essential oils that work to repel insects and paired them with pure CBD and 'Summer Nights' was born.

There was something I didn't realize when I was little: Sweating, eating sweets, and snacking on salty foods can make you more attractive to mosquitos and other insects. Turns out, balancing the PH levels in your skin with CBD can make you virtually invisible to bugs. Match this with a few essential oils to repel those nasty bugs and you'll be able to relax outside all summer long.

HOW TO MAKE IT:

Studies on geranium, citronella, and lavender oil as a mosquito repellent have shown to be effective ranging from one hour to as much as seven hours.

A SOOTHING COMBO

Turn your evening into a soothing spa experience with a chamomile-oatmeal bath soak. Adding this soothing bath mixture provides deep nurturing and skin repair for summer sun conditions and more.

- 2 pots chamomile tea
- 1/3 cup organic oatmeal
- 1/3 cup Plain Jane bath soaks
- 12 sprays Naked or infused vanilla CBD oil

- Shea butter CBD balm
- *Optional Emu Oil
- Himalayan salt stone

Brew 2 pots of Chamomile tea: One to Sip and one to Soak. Place 1/3 cup of organic oatmeal into the chamomile tea and let rest for 10-15 minutes. Drain off the mixture and discard the sediment so the oatmeal doesn't clog your drain. Pour into your bath with 1/3 cup Plain Jane bath soaks and 12 sprays of infused vanilla CBD oil. Finish with a rich CBD shea butter balm and salt stone massage to seal in the moisture keep skin hydrated. The Emu oil is an optional ingredient here but really helps the skin heal faster. I try to keep some in my cabinet throughout the year.

- 1 oz. of Naked CBD Oil
- 15 Drops Citronella essential oil
- 3 Drops Geranium essential oil
- 6 Drops Lavender essential oil



MIDNIGHT SUMMER DREAMS

On a hot summer night when you just can't sleep, soothe yourself with this soft, silky bath soak that will soothe sunburned skin and lull you into sleep.

UNFILTERED HONEY

Raw, unfiltered honey contains anti-inflammatory, antifungal and antibacterial properties that can help soothe itchy skin conditions and heal sunburns faster.

CHAMOMILE TEA

Chamomile tea works as a natural antihistamine so it works well for allergies, rashes, bug bites and sunburns.

Drinking chamomile tea has also been shown to ease menstrual cramps and boost cranky moods.



MACADAMIAN NUT MILK

Rich fatty acids and essential minerals and vitamins like E and A keep skin smooth and hydrated.

VANILLA OIL

Vanilla oil is a powerful antioxidant packed with B vitamins good for repair and prevent skin damage. Vanilla is also a natural relaxer for menstrual cramps and PMS because it balances hormone levels like estrogen and cortisol.

HIMALAYAN SALT SOAKS

Repair skin and stay hydrated with trace minerals like potassium, iron and calcium. All of these minerals help the natural detoxification process while promoting healthy connective tissue and collagen.

HOW TO PREPARE:

Items Needed:
Chamomile Tea
Vanilla Infused Oil
Raw Honey
Himalayan Salt Soaks
Macadamia Nut Milk
*Himalayan Salt Stone

Brew 2 pots of organic chamomile tea: One for you to sip and one for you to soak.

Prepare the bath: Mix 1 cup Macadamia milk, chamomile tea, 6 scoops of bath soak, one teaspoon of raw honey and 12 sprays of Vanilla Oil. Pour into a lukewarm bath and soak for at least 20-30 minutes. Finish with a salt stone massage with vanilla infused CBD oil to send you into sleep.

THE SIMPLE SPA

FALL

Recipes & Rituals
to Nurture & Prepare.

Vanilla Infused CBD oil is one of the most versatile massage oils in this book. It can take you through all four seasons and help your skin heal in a variety of ways.



SIMPLE JANE
CBD WELLNESS FOR MODERN LIVES

NAKED

ALL PURPOSE CBD BODY OIL
FOR THERAPEUTIC MASSAGE & MORE.

4 OZ. | 100 MG PURE CBD

A BEAUTIFUL BATH

The simplicity of this bath is so light, delicate, soft and smooth, all I could say when I was soaking in it was "Really Beautiful.... this bath is really, really beautiful." I couldn't stop saying it as I was soaking in this mixture, I hope you feel that way too.

1- 2oz. Plain Jane Mineral Soak
12 Sprays of Vanilla infused Naked Oil
12 Drops of Orange Essential Oil



STAY WARM & COZY

As the days get cooler and nights get longer, choose the things to warm you from the inside out.

- Things Needed:
 - Sacred Grounds cacao soak,
 - Palo Santo incense,
 - Vanilla Infused oil,
 - Cinnamon tea.

Light some Palo Santo and brew a pot of cinnamon tea.

Save a cup to sip and pour the rest into your bath.

Pour the cinnamon tea, 6 scoops of Sacred Grounds and 12 sprays of vanilla oil into the warm tub and soak for 20-30 minutes or as long as needed.

"SO, THIS IS LOVE...."

*Mmmm...So this is love So this is what makes life divine...
I'm all aglow, Mmmmmm...
And now I know...the key to all Heaven is mine."*

- Cinderella



LOVE POTION

Studies show applying real cacao to the body offers a lot of the same benefits as eating it! The high levels of antioxidants protect and repair the skin while the natural oil from the cacao and CBD contains healthy fatty acids to keep skin hydrated. Cacao oil can be used by itself or paired with Vanilla Infused oil. You can also use this oil to make body scrubs and sensual massage oils.

Items needed:

Mini crockpot (1.5 - 2 qt.)

3 teaspoon. of Moksha roasted cacao nibs

1 Vanilla pod

2 Cinnamon sticks

4 oz. Pure Naked CBD oil

Start with cacao nibs, vanilla, cinnamon, and 4 oz. CBD oil into the mini crock and set on warm to low temp for 90 minutes. Try to avoid getting too hot and risk burning the nibs. Periodically swirl the oil so nothing is stuck on the bottom. Once the time has finished, let the oil sit in the pot overnight or use immediately for a warm, sexy treat.

Use a fine-mesh strainer to strain the oil into a sterile container and let rest for a day or two. Sediment will settle to the bottom. You can strain again if you don't like the floaties or gently shake each time you use for an even application of nutrients.

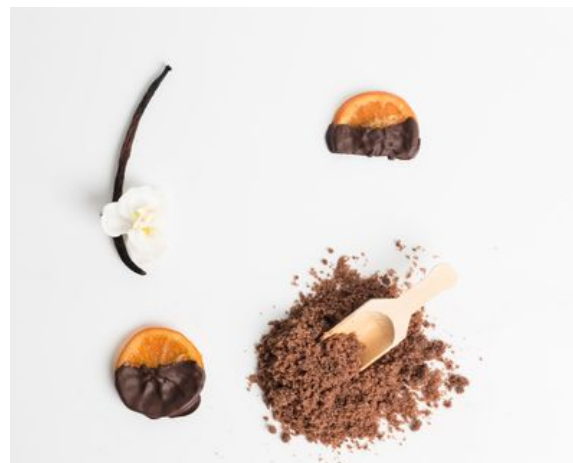


A SEXY SPA DATE

Connect with your Lover on a deeper level and create a sexy spa date.

Start with a sip or a soak: Gather the ingredients for Love Potion and get the recipe started while you take a soak or a scrub with Sacred Grounds. Let stress melt away and dopamine kick in with the super soft chocolate scrub made with rich cacao powder, vanilla, and orange essential oils.

Finish with a salt stone massage and Love Potion massage oil for one of the most sensual date nights you'll ever have.



Soft, Subtle, Sensual.

The smell of chocolate, vanilla, and CBD are all mild aphrodisiacs. Engage all your 'scent-es' and stimulate your erogenous zones with this warming massage oil.



Dark chocolate is also thought to increase serotonin levels, and contains phenethylamine, a natural stimulant that is said to create the euphoric feeling of falling in love.

WEEKENDS IN WINE COUNTRY

SIP, SAVOR, REST, & RECOVER ENJOYING FRUITS OF THE VINE. ♥

I have some of my very best memories (and also some of my worst hangovers) sipping and soaking in wine country. I have a soft spot for Napa, but I love all kinds of wine country. I love all kinds of wine, too which can give me a terrible hangover the next day. I didn't discover how to 'Sip, Savor, Rest & Recover' until just a few years ago. It completely changed things for me. Here's how you can do it too:

WHAT YOU'LL NEED:

- Sacred Grounds Cacao Soak
- Moksha Dark Chocolate
- Plain Jane Mineral Soak
- Naked, Vanilla, or On the Mend Massage Oil
- Himalayan Salt Stone
- On the Mend Balm

MOKSHA DARK CBD CHOCOLATE

Not only is Moksha chocolate good for sipping and soaking with a glass of red, it's a great snack the next day to balance out a headache and settle your stomach.

HIMALAYAN SALT STONE

Massage away your aches and pains.

NAKED MASSAGE OIL

A gentle massage is the perfect way to relax in wine country.

HIMALAYAN SALT SOAKS

Relax and soak up toxins with a deep mineral soak.





SACRED GROUNDS CACAO SCRUB

Soak in the deep, rich, cacao minerals and sip a bottle of red. This combination is a full sensory experience.



ON THE MEND MUSCLE BALM

The Real Secret To Curing a Hangover: Salty Lemon Water, A CBD Soak & Salt Stone Massage with On the Mend.

Muscle balm to relieve headaches and sore muscles from biking through the vines.



START WITH A SIP & SOAK

It took me nearly 25 years but I finally found the perfect combination for a 'full flight' experience in wine country.

First, you have to make sure you have a good soaking tub in your room for this to be really spectacular.

Second, if the area you are visiting offers an ebike tour that visits different wineries, try it if you can! It's a great way to visit several places and get a little exercise.

In Napa, they have a self-guided bike tour that visits some of the most coveted wineries in the world. It's my favorite but most regions are similar in many ways.

As you plan your day, try to start with a sparkling, then move on to something white and find a bottle of red while you're out to end your day with Moksha CBD chocolate and a warm cacao bath.

Of course, this only applies if you have a good soaking tub, so make sure your room has something in advance.

You can use Sacred Grounds as a body scrub in the shower but It's not quite the same experience as sipping, tasting, and soaking in the tub.

If you happen to still be awake after this relaxing treat, finish the day with a salt stone massage with Vanilla Infused CBD oil and settle into sweet dreams.

THEN, REST & RECOVER

Rest and recover with a CBD mineral soak and On the Mend salt stone massage. The CBD and salt replenish trace minerals and help stay hydrated. The refreshing scent of lemongrass, mint, and lavender is soothing and helps ease head pain and muscle aches.

THE SIMPLE SPA

MORNING

RITUALS TO WAKE UP
& GLOW

I love the idea of getting up in the morning but my body doesn't always agree. It took me way too long to figure out that having a solid morning routine was the key to having a good day. Here's my morning ritual to 'Wake Up & Glow.'

A 12-minute routine can change the way you move through life.



HOW TO DO IT:

Start with lots of warm lemon water and a lymphatic LUV UR Face massage.

Then, 'Stretch, Rock, and Roll' your way to feeling great with a salt stone massage, and a quick body roll with wood sculpting tools.

Finish up with a 'Vichy Spa' experience with a Dry Brush session with On the Mend body scrub.



Morning Mantras

Increased Positivity and Reduced Stress
Mantras and affirmations create a mental environment that promotes positivity, especially upon waking up. Researchers found that self-affirmation activates the brain's reward centers, improving emotional regulation and reducing stress .

- I am full of energy and ready to conquer the day.
- Today, I choose happiness and peace.
- I am grateful for this new day and the opportunities it brings.
- I trust in my abilities and embrace challenges with confidence.
- I radiate positivity, good things are coming my way!
- My mind is calm, my body is healthy, and my spirit is strong.
- I believe in myself and my ability to achieve great things.
- I attract abundance and positivity in all areas of my life.
- I choose to be happy, healthy, and whole.

WAKE UP & GLOW, BABE!

MORNING RITUALS FOR A GREAT DAY

ON THE MEND OIL

Lemongrass, peppermint, eucalyptus are all essential oils that help wake up the nervous system and start your day.

DRY BRUSH

A quick dry brush session to stimulate cells and nervous system.

ON THE MEND BODY SCRUB

Finish your morning routine in the shower with On the Mend body scrub to fully engage all your senses and keep you humming along all day.



THINGS YOU'LL NEED:

- On the Mend Body Scrub
- On the Mend Body Oil
- Natural Dry Brush
- Frosted Peppermint Spray
- Himalayan Salt Stone
- Gua Sha or Wood Sculpting Tools
- Optional * Stretch Strap to assist with morning stretches.

*OPTIONAL STRETCH STRAP

HIMALAYAN SALT STONE

Use to massage away morning puffiness and water retention.

PEPPERMINT SPRAY

A fresh peppermint spray can help clear the air around you and energize your body and mind.

WOOD SCULPTING TOOLS

Might sound crazy, but you can substitute a rolling pin for this exercise. :)

HOW TO DO IT:

This quick morning routine is such a great way to energize your body and bring your senses alive.

Start with spraying Frosted Peppermint spray to clear the air around you.

Give a swift gentle brush all over the body to open the pores and remove dead skin.

Apply the On the Mend oil before stretching to help improve mobility and flexibility.

Use the salt stone to massage any tight spots and finish with a few minutes of body rolling with the wood sculpting tools.

Body rolling in this way is more about getting the energy moving than it is about addressing cellulite. Spend some extra time on your thighs, butt, and belly but save the full body sculpting treatment for a session with a pro.

Now that you have the energy moving, step into a cool shower and use the On the Mend body scrub all over your body starting at your chest. Feel tingles all over when you step out of the shower and finish sealing it all in with ultra light On the Mend body oil.

LOVE UR FACE LYMPHATIC FACE MASSAGE.

YOU WILL NEED:

- Naked, Green Tea, Rose Infused CBD oil.
- Gua Sha Tools / Himalayan Salt Stone
- Warm Face Towel



You can locate taiyang in the region of your temples. If you massage this acupoint, it can relieve your one-sided headache, dizziness, and eye problems.



Yintang is located between your eyebrows, which is the area otherwise known as your “third eye.”

Use it for:

- * reducing anxiety
- * improving sleep



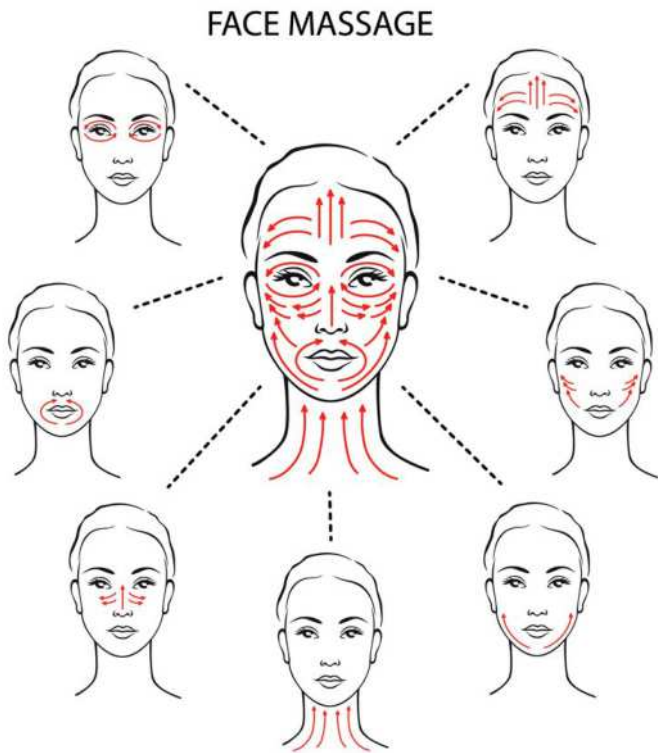
GV26 is located right in the center between your lips and your nose.

Use it for:

- * restoring focus
- * calming your mind

- ♥ Feng Chi or the Wind Pool pressure points can be found at the base of the skull and help with headaches and eye strain. Slide your thumbs past the base of your skull, and you should feel two slight indents on either side of the vertebrae in your neck muscles. Apply deep pressure here for a few seconds at a time to activate the feng chi point.

LOVE UR FACE



HOW TO DO IT:

Use light pressure - just enough to move the skin without pressing too deep - at the rate of about one movement pre second.

Start with a lightweight oil in the palms of your hands.

Place your fingers at the notch where your clavicle meets your breastbone. Slide the fingers up and down for about 60 seconds.

Place your fingers and palms on the sides of your neck with pinkies at a 45 degree angle under your ears. Pull does at an angle towards your collarbone. Repeat for about one minute or 50-60 times.

Place your hands on the back of your neck and pull down towards your shoulders. Then lift your hands pulling the skin towards your ears. Repeat 50-60-times.

Place fingers on either side of each ear. Place your thumb and pointer finger on one side and the rest on the other. Pull down towards your collar bone.

Perform the steps in reverse, ending back at your collarbone, draining the excess fluid from head and neck.

Facial Reflexology was discovered in Vietnam by Professor Bui Quốc Châu and his team of doctors and acupuncturists in 1980. His method includes elements based on acupuncture, Western medicine, neurology, and reflexology. Dr. Chau studied the relationship between the face and the body and found more than 500 points to stimulate in the face for better health. Love UR Face is a combination of facial massage and facial reflexology for happy, healthy, glowing skin. Start by placing a light face oil into the palms of your hands massaging the pressure points on the previous page in a circular direction, slowly breathing in and out for 10 deep breaths.

After stimulating these acupressure points, continue to massage the direction outlined in the picture. Use the Himalayan salt stone for some or all of the massage depending on how your face feels.





STRETCH, ROCK & ROLL

Did you know that topical CBD oil can increase your flexibility? Yep! It's true. Applying a topical CBD oil before stretching can stimulate your Golgi Tendons found in muscle fibers to relax into a deeper stretch. Apply a little On the Mend Oil before you start your next stretch session to 'Wake Up & Flow'.

3 STRETCHES TO START EVERY MORNING

Everyone should know at least 3 yoga poses. You don't have to 'Do Yoga' to get the benefits from deep stretching and better mobility. Here are 3 stretches to get pumping and loosen tight muscles.

1. Forward Fold
2. Downward Dog
3. Warrior Pose

Before you start your stretch session, place some On the Mend oil in the palms of your hands and take a few breaths before you apply onto any tight spots on your body.

HOW TO DO IT:

Start with a Forward Fold to feel where things are tight.

Gather Energy on your way up and clasp your hands together above your head. Stretch over to the left side, giving your entire side of your right body a good stretch. Keep your right heel firmly planted and hold for a few deep breaths.

Come back to center and repeat the sequence for the right side. Repeat 2x on each side

Come back to a resting position and take 3 deep breathes deeply filling your lungs, holding at the top and then exhaling like a deflated balloon.

Step forward with your left foot and raise your arms above your head, clasping your hands together into a Warrior 1 position. Stay here and feel the stretch into your right hip. Take 3 deep breaths. Bring your hands behind your back into a chest opening position. Repeat on the opposite side.

Come back to a standing resting pose and do another forward fold into a downward dog position. Slightly bounce the hips and 'shake' out any stale or stagnant energy. Walk your hands back and come to a standing position. Gather new energy one more time and bring the arms across your chest to give yourself a huge hug. It's going to be a great day!



MADEROTHERAPY

I learned about fascia when I was teaching Pilates but it wasn't until I found Ashley Black's 'Cellulite Myth' that I finally learned how to piece it all together. Ashley confirmed what I had suspected all along: You can address a lot of structural issues but unless you change the fascia, nothing really changes at all.

And while I definitely recommend trying a lymphatic sculpting session with a Pro, if that's not an option, you can do a little sculpting for yourself.

You can purchase a basic set of tools online to get started but make sure to use the CBD oil with it. It's important to use a body oil with the wood tools. It's even more important to use an all natural CBD oil if you want to make a difference. Using the combination of topical CBD with the wood therapy tools can greatly improve skin texture and appearance.



WOOD BODY SCULPTING

HOW TO DO IT:

I first learn about Wood Sculpting treatments from our clients at CURV Body Lounge who were using the tools for lymphatic and cellulite treatments.

I tried it once. I was hooked forever.

Maderotherapy (body therapy with wooden instruments) is thought to have originated from Colombia based on the use of a special set of wood tools designed to work with the fascia.

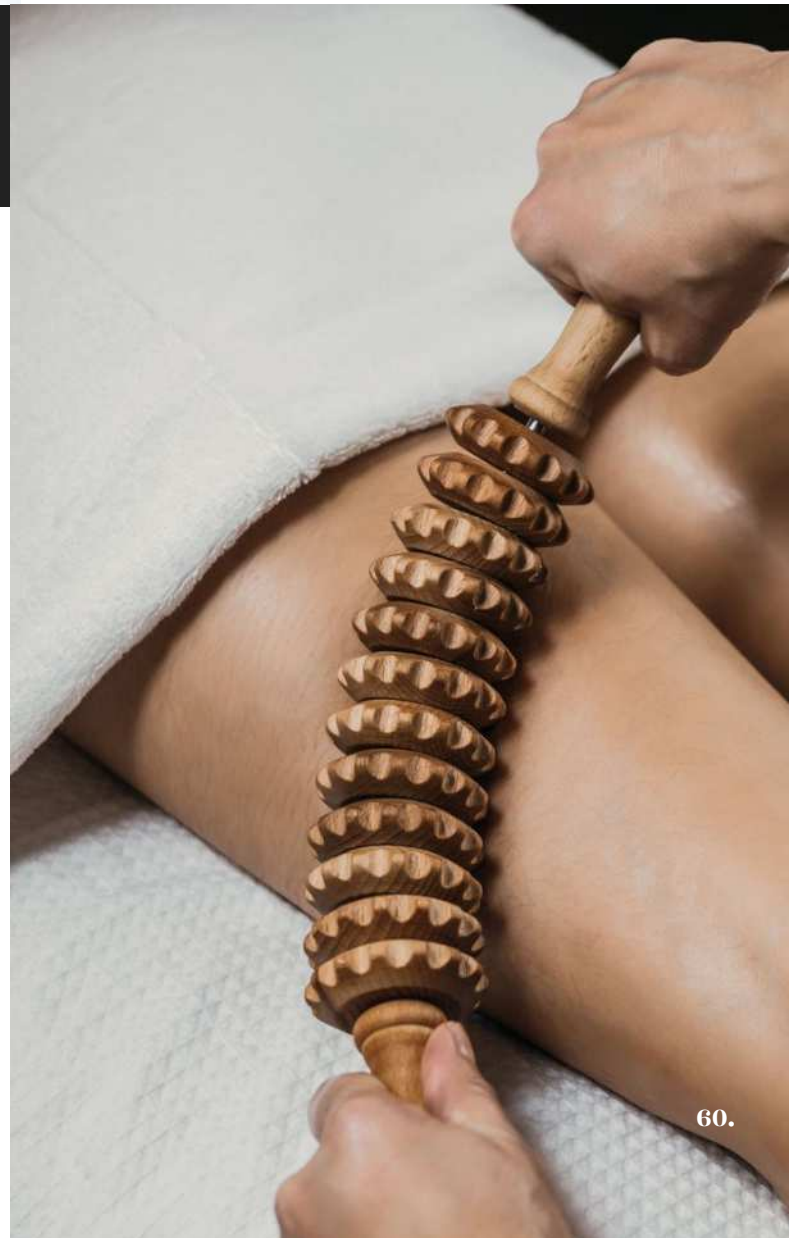
The skin is massaged and sculpted with the wood tools to release fibrous adhesions and give skin a smooth appearance and texture.

YOU WILL NEED:

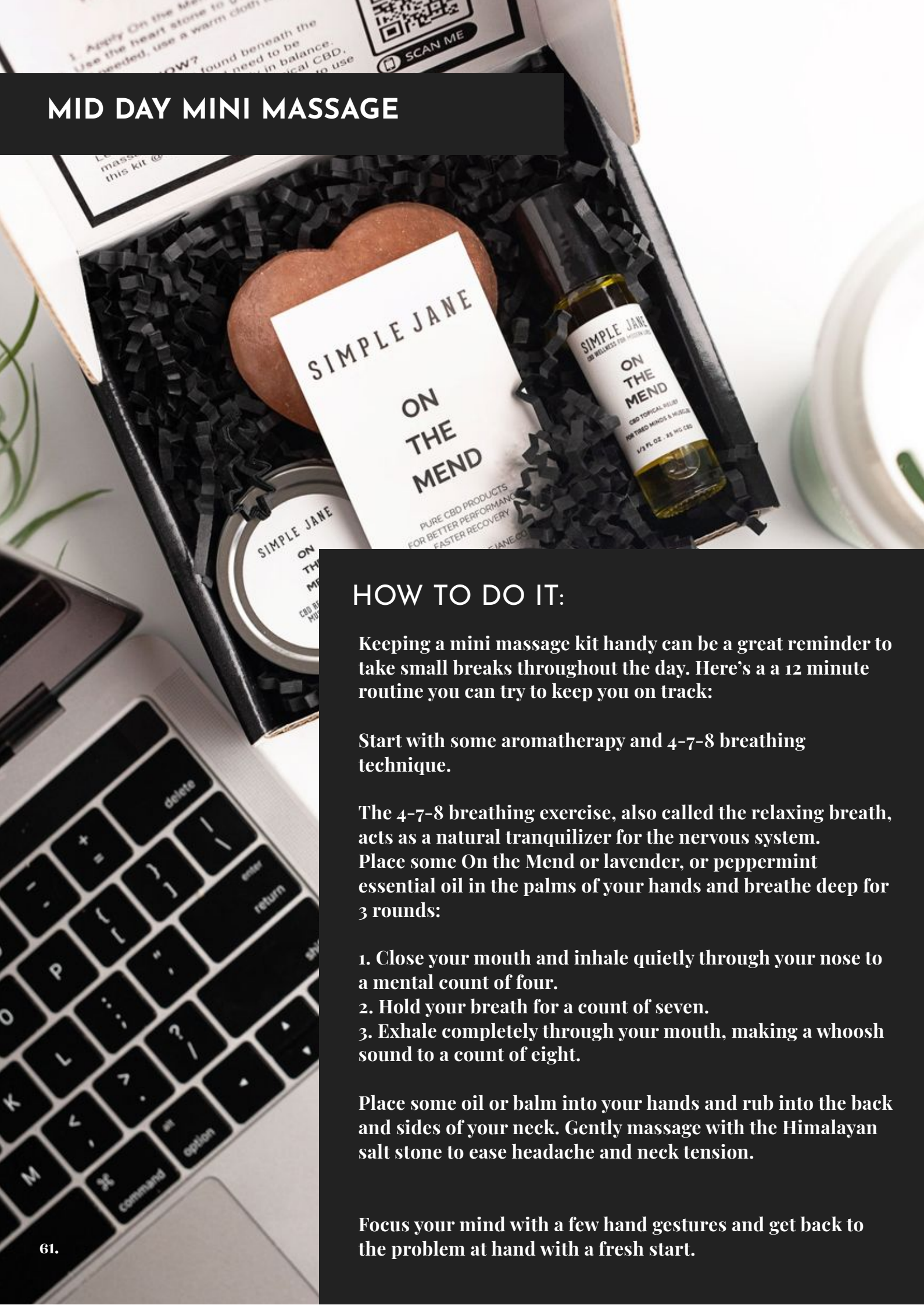
Wood Sculpting Tools
CBD Infused Massage Oil:

On the Mend oil is good for lymphatic drainage and to help relieve aches and pains.

Infused Green Tea oil is really good to use for extra fat-burning benefits and healthy skin.



MID DAY MINI MASSAGE



HOW TO DO IT:

Keeping a mini massage kit handy can be a great reminder to take small breaks throughout the day. Here's a 12 minute routine you can try to keep you on track:

Start with some aromatherapy and 4-7-8 breathing technique.

The 4-7-8 breathing exercise, also called the relaxing breath, acts as a natural tranquilizer for the nervous system. Place some On the Mend or lavender, or peppermint essential oil in the palms of your hands and breathe deep for 3 rounds:

1. Close your mouth and inhale quietly through your nose to a mental count of four.
2. Hold your breath for a count of seven.
3. Exhale completely through your mouth, making a whoosh sound to a count of eight.

Place some oil or balm into your hands and rub into the back and sides of your neck. Gently massage with the Himalayan salt stone to ease headache and neck tension.

Focus your mind with a few hand gestures and get back to the problem at hand with a fresh start.

A POWERHOUSE COMBO

Mudras are hand gestures used to awaken energy centers within the body. Think of it as activating acupuncture points with your fingers. When you stretch and press certain areas within the fingers and hands, you can activate energy centers throughout the body.

While most mudras are associated with yoga and meditation, combining these hand gestures with a few simple stretches and massages can deeply relax your body and reset your mind.

POWER UP AND MATCH WITH AROMATHERAPY

Using peppermint essential oil has been shown to improve concentration and focus. Try a few drops of Frosted Peppermint in the palms of your hands and take a few deep breathes before continuing massage and hand mudras or try the Powerhouse blend from Simple Jane and repeat after me:

**'I am POWERFUL, PASSIONATE,
CONFIDENT & CALM.'**

TO TRY:

For a Powerhouse Essential Blend, try this mini recipe :

4 oz. Naked CBD Oil

12 Drops of Orange Essential Oil

9 Drops of Lavender Essential Oil

3 Drops of Bergamot Essential Oil

Mix together and use for massage and to relieve tension.

Ganesh Mudra:

Place your hands on top of one another and clasp your fingers holding them in a half-bent position like a claw. Pull your hands 'apart' creating energy at your heart space.

Hakini Mudra:

Join the tips of your fingers of your right hand to your left hand. Press and hold for 12 seconds. Relax and make sure not to strain the neck when pressing.

Ksepana Mudra:

1. Begin with hands at the heart center, elbows bent.
2. Bring the index fingers flat against one another, and interlace the remaining fingers.
3. Cross the thumbs, resting the pad of each thumb on the back of the hands.
4. Press the index fingers together, but ensure that there is a small hollow space between the palms of the hands.

POWER UP BUTTERCUP!

MID DAY MUDRAS TO POWER THROUGH YOUR DAY

The Ganesha mudra is said to be a remover of obstacles. Similarly, this mudra is great for relieving yourself of all types of obstructions in your life; it can help you regain positivity and courage when dealing with hard times. By performing this mudra, you bring your attention and energy into the heart center, opening up your lungs and heart to the subject of your meditation.

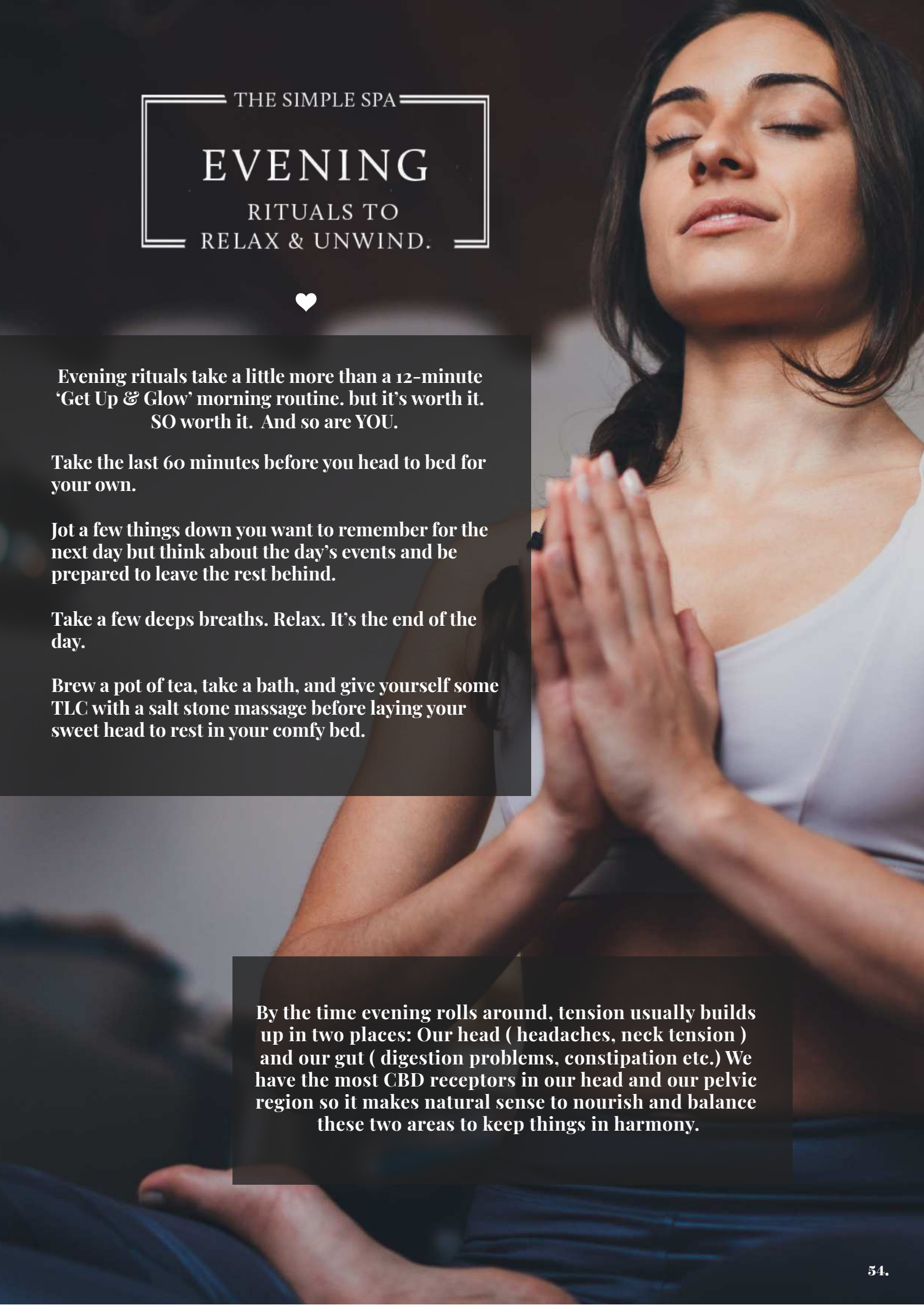


Hakini Mudra is well known to aid concentration, focus and improve brain power by helping to bring together the right and left sides of the brain.



This mudra helps to let go of negative energy absorbed by other people, and restores low energy levels through the absorption of fresh and positive chi.





THE SIMPLE SPA

EVENING

RITUALS TO
RELAX & UNWIND.



Evening rituals take a little more than a 12-minute 'Get Up & Glow' morning routine. but it's worth it. SO worth it. And so are YOU.

Take the last 60 minutes before you head to bed for your own.

Jot a few things down you want to remember for the next day but think about the day's events and be prepared to leave the rest behind.

Take a few deeps breaths. Relax. It's the end of the day.


Brew a pot of tea, take a bath, and give yourself some TLC with a salt stone massage before laying your sweet head to rest in your comfy bed.

By the time evening rolls around, tension usually builds up in two places: Our head (headaches, neck tension) and our gut (digestion problems, constipation etc.) We have the most CBD receptors in our head and our pelvic region so it makes natural sense to nourish and balance these two areas to keep things in harmony.

SIPS TO SAY GOODNIGHT WITH

Incorporating a tea ritual into your nightly wind-down routine signals to your body and mind that it's time to relax and prepare for sleep. The act of brewing tea, inhaling the aroma, and savoring its warmth creates a sense of comfort and tranquility that can help you transition from the busyness of the day to the serenity of the night.

Additionally, the ritualistic aspect of drinking herbal tea can serve as a form of mindfulness practice, encouraging you to be present in the moment and let go of the stress and worries that may be weighing you down.



Chamomile tea is renowned for its calming properties, thanks to the presence of the antioxidant apigenin. It can help reduce anxiety and induce sleepiness.

Digestive Aid: Digestive issues can often disrupt sleep patterns. Fortunately, chamomile has anti-inflammatory properties that can soothe the stomach and alleviate discomfort, making it easier to settle down for the night without distraction.

Muscle Relaxation: Chamomile tea contains glycine, an amino acid known for its muscle-relaxing properties. By relaxing tense muscles, chamomile can alleviate physical tension, allowing the body to unwind fully and prepare for restorative sleep, which is why it's so good for taking a soak too.

Add a bit of lavender herbs, peppermint leaves and a bit of local honey for the ultimate relaxation blend.

Antioxidant Rich: Full of antioxidants, chamomile helps combat oxidative stress and reduce inflammation in the body.

SEDONA SUNSET

The Sedona Sunset Cocktail isn't just a delicious treat; it's a powerful blend of ingredients designed to help you unwind and drift into peaceful sleep.

How to Make:

Ingredients

- * 1 cup tart cherry juice
- * 1 hibiscus tea bag
- * 1-2 teaspoons honey (optional, for sweetness)
- * Sparkling Water
- * Mint
- * Ice

1. Brew the Hibiscus Tea:

* Begin by boiling 1 cup of water. Once boiled, pour it over the hibiscus tea bag in a mug or teapot. Let it steep for 5-7 minutes to extract the full flavor and benefits of the hibiscus.

2. Combine Tart Cherry Juice:

* Once the tea has cooled, add tart cherry juice and mix well with the other ingredients. Finish with a splash of sparkling water and a mint garnish.





WHY IT'S GOOD FOR YOU:

1. Tart Cherry Juice:

Tart cherry juice is rich in melatonin, the hormone responsible for regulating sleep-wake cycles. Studies have shown that consuming tart cherry juice in the evening can improve sleep duration and quality, making it an ideal ingredient for a bedtime beverage.

2. Hibiscus Tea:

*** Hibiscus tea is known for its calming properties and is caffeine-free, making it a great choice for an evening drink. It helps to lower blood pressure and has a mild sedative effect, which can help you relax and prepare for sleep.**

3. Honey or Maple Syrup:

*** A touch of honey or maple syrup adds natural sweetness and a small amount of glucose, which can help your brain produce more serotonin—a neurotransmitter that improves mood and helps regulate sleep.**

SOAKS FOR FALLING ASLEEP FASTER





WHY IT'S GOOD FOR YOU:

Here's Why a Bedtime Bath Can Help You Fall Asleep Faster:

Promotes Body Temperature Regulation: Our bodies naturally cool down as we prepare for sleep. Taking a warm bath raises your body temperature, and when you exit the bath, the rapid cooling mimics the natural drop in body temperature that occurs during the onset of sleep. This drop in temperature signals to your body that it's time to wind down and prepare for rest, making it easier to fall asleep and stay asleep throughout the night.

Calms the Mind and Reduces Anxiety: A warm bath isn't just beneficial for the body; it's also a powerful tool for calming the mind and reducing anxiety. The soothing sensation of warm water enveloping your body can help to quiet racing thoughts and promote a sense of tranquility. Research published in the journal *Complementary Therapies in Medicine* suggests that soaking in warm water may have anxiolytic effects, helping to alleviate symptoms of anxiety and promote relaxation.

Enhances Sleep Quality: According to the National Sleep Foundation, establishing a bedtime routine that includes relaxing activities such as bathing can help signal to your body that it's time to wind down and prepare for sleep, leading to improved sleep quality and overall well-being.

CANDLELIGHT MEDITATION FOR DEEP REST



What is Candle Gazing Meditation?

Candle gazing meditation involves focusing your gaze on the flame of a candle, allowing the mind to quiet and the body to relax. Traditionally, this practice has been used to develop concentration, strengthen the eyes, and promote deep mental clarity. To begin, find a quiet, dimly lit space, light a candle, and sit comfortably at eye level with the flame about an arm's length away. Softly gaze at the flame without blinking, letting its gentle light draw your attention inward.

How to Get Started

Light the Sleep Tight candle or small white, unscented candle. Take a seat, and let the gentle glow guide you to a place of calm and clarity.

Create a Calm Space: Find a quiet, dimly lit room where you won't be disturbed.

Position the Candle: Place the candle at eye level, about an arm's length away.

Set a Timer: Start with a 5-10 minute session and gradually increase the time as you become more comfortable.

Focus on the Flame: Sit comfortably, take a few deep breaths, and gently focus your gaze on the flame. Allow your thoughts to come and go without judgment, bringing your attention back to the flame whenever your mind wanders.



WHY IT'S GOOD FOR YOU:

The Benefits of Candle Gazing Meditation

1. Enhanced Focus and Concentration

In our multitasking world, maintaining focus can be a challenge. Candle gazing meditation helps train the mind to concentrate on a single point, improving overall focus and attention. This practice can be particularly beneficial for students, professionals, and anyone looking to boost their productivity.

2. Reduced Stress and Anxiety

The soft, flickering light of a candle creates a calming ambiance, which can help reduce stress and anxiety. As you focus on the flame, your mind begins to quiet, allowing worries and tensions to melt away. This practice can be a wonderful addition to your evening routine, helping you unwind after a busy day.

3. Improved Sleep Quality

Candle gazing meditation can prepare your mind and body for sleep by promoting relaxation and tranquility. The soothing ritual of lighting a candle and focusing on its flame can signal to your brain that it's time to wind down, making it easier to transition into a restful sleep.

4. Enhanced Vision and Eye Health

Staring at screens for prolonged periods can strain our eyes and lead to discomfort. Candle gazing meditation, when practiced regularly, can strengthen the eye muscles and improve overall vision. The gentle exercise of focusing on the flame helps relieve eye strain and promotes better eye health.

MOVES TO FALL ASLEEP FASTER

Incorporating gentle movements into your bedtime routine can help release muscle tension, calm your mind, and prepare your body for deep, restful sleep. Apply Sleep Tight Magnesium Oil to help release muscle tension and further relax body and mind.



Why Use Sleep Tight Magnesium Oil? Magnesium is known for its ability to relieve muscle cramps and soreness. When applied topically, Sleep Tight is quickly absorbed through the skin, targeting muscle aches and promoting relaxation.

ROLLING LIKE A WAVE

Spray Sleep Tight or On the Mend Oil into the palms of your hands and take a few deep breaths.

Start with your feet in a parallel position, arms by your side. Gently step to the front with your left foot and continue shifting weight back and forth, creating a rocking movement.

Let your arms float out in front of you to create a wave like motion.



RELAX WITH LEGS UP THE WALL

Legs Up the Wall Pose is a restorative pose that can improve leg circulation, calm the mind, and even help with headaches and digestion problems at the end of the day. This simple pose involves lying on your back with legs extended up against a wall for a certain period of time: It's the easiest of 'exercises' to do and almost* everyone can do it.

Setup: Find an open wall space and sit with your right hip against the wall.

Lie Down: Apply Sleep Tight Magnesium oil on legs and swing your legs up the wall as you lie back, scooting your buns closer to the wall.

Arm Position: Place your arms by your sides, palms facing up, or rest them on your belly.

Relaxation: Close your eyes and focus on your breath. Hold the pose for 5-15 minutes, breathing deeply and allowing your body to relax.

Exit the Pose: To come out of the pose, bend your knees, roll to one side, and gently push yourself up to a seated position. Take a few deep breaths to readjust and hit the sack, Babe.



RECIPES FOR DEEP SLEEP & SWEET DREAMS



SWEET DREAMS: BATH SOAK RECIPE FOR GREAT SLEEP.

6 Scoops Plain Jane Bath Soak
12 Sprays Vanilla Infused CBD oil
12 Dried Rosebuds

Soak for 20 -30 minutes in a warm bath and finish with a salt stone massage with Vanilla oil.

GATHER ZZZ's

Recipe for a Great Night Sleep



YOU WILL NEED :

- Sweet Dreams bath soak
- Nighttime tea of your choice
- Love UR Locks Hair Oil
- Vanilla CBD Massage Oil
- Himalayan Salt Stone

For most of my life I was a 'Night Owl.' Even as a kid, I would try to stay up all night as often as I could. Then, I became a parent and that happened anyway. By the time I had a good sleep pattern down, I was diagnosed with breast cancer and that wrecked everything for several years. Prescription medications and sleeping pills robbed my health for a solid decade before I had no other choice but to find another solution. Once I was off everything, I vowed I would never, ever go back to pharmaceuticals no matter how tired or 'bad' things became. The following is one of the 'recipes' I use to get to sleep. Hope you have Sweet Dreams.

HOW TO PREPARE:

01.

START WITH TEA & A WARM BATH

Brew a cup of Sweet Dreams tea and start to relax.

Place some infused Vanilla oil into your hands and take a few deep breaths. Close your eyes, inhale and imagine the events of the day balled up into the palms of your hands at your heart center. Exhale and let the events roll out as if the ocean is right there in front of you. Release the old and let the positive energy come back to you. Repeat as many times as needed before you step into the bath.

02.

THEN MASSAGE YOUR BELLY

After your body is warm from the inside out, it's time to massage your belly. Start with a Vanilla infused massage oil to deeply relax or use a peppermint oil if you're suffering from menstrual cramps or an upset stomach.

03. FINISH WITH A SCALP MASSAGE

If you're still awake by this time, finish your evening with a soothing aromatherapy scalp massage and drift off to dreamland to 'Gather ZZZ's.'

SCALP MASSAGE



HOW TO DO IT:

Acupressure is a technique that originated in traditional Chinese medicine. It works by stimulating certain acupressure points on your head and body to improve overall health. It is thought that adding certain essential oils and topical CBD can further enhance the benefits and overall wellness.

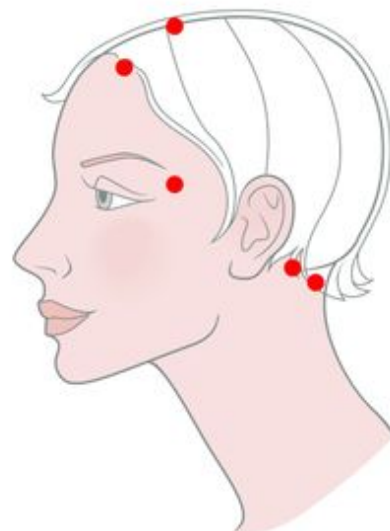
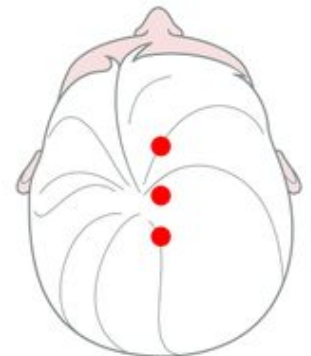
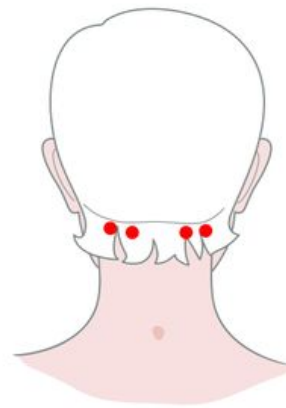
Start with a scalp massage using the Love UR Locks Hair Oil. Place 5-6 drops into your hands as you gently rub your hands together. Place your hands to your nose and take a few deep breaths. Place your hands at the base of your neck, gently start massaging into the neck and scalp, working your way up to the crown of your head. Spend extra time at the temporal area and any problem areas. Massage into scalp for at least 3- 5 minutes or as long as needed.

ACUPRESSURE POINTS FOR HEADACHES TENSION & RELAXATION

WHAT YOU'LL NEED:

Peppermint Rosemary Infused CBD oil or favorite all-natural massage oil.

APPLY OIL TO THESE SPOTS AND GENTLY MASSAGE.





BELLY MASSAGE

Abdominal massage is an ancient technique that's still used today. Massaging the belly has been thought to promote health and wellness in many ways, including overall improvement of digestive issues and stress.

Because we have the most CBD receptors in our head and gut, it makes natural sense to balance these two areas before heading to bed.

HOW TO DO IT:

Doing it is incredibly easy. Start with a warm CBD massage oil in your hands and take a few deep breaths. Place your hands on your stomach and start to slow down.

Just hold here a few minutes before you begin.

With one hand on top of your navel and the other below, start to hands in a horizontal direction for 8-10 times.

Continue with a circular motion moving in a clockwise direction.

YOU WILL NEED:



Himalayan Salt Stone
Warm CBD Oil

Using a salt stone for a portion of the massage can help further relax muscles and help the body absorb the CBD deeper into the top layer of skin.

Mantras Matter:

Give yourself some extra love and send your belly good vibes when massaging when you repeat a few sweet words:

" I love you. Thank you for all you do for me. Thank you for keeping me happy and healthy."



PUTTING IT ALL TOGETHER



Friends, I want you to live the very best life and feel great doing it. Please visit SimpleJane.co and use promo code SPA when checking out for 25% off any Simple Spa product.



HONOR YOURSELF ♥ WITH LOVE ♥

I hope you loved every minute of this book as much as I did putting it together for you.

I love you. I want you to live the very best, most beautiful life ever and feel great doing it.

Best of health & happiness to you always,

-AH.





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