

Thyme For Me/May

Aroma Therapies Spa/814-443-1217

APPLE TARTS

1 2/3 cups flour
3/4 cup butter, slightly softened
1/2 tsp. salt
3 1/2 tbs. water, cold
1/2 tsp. vinegar
1 egg
3 apples
1 tbs. lemon juice
1 tsp. ground cinnamon
1 drop clove oil
1 tbs. granulated sugar
1/8 tsp. salt

Preheat oven to 350 degrees. Combine flour, butter, and salt. Use your fingers to sift through the mixture until the butter turns into pea-sized balls. In a cup, whisk water, vinegar and egg together. Pour over dry ingredients and mix with hands until just combined. Do not over mix. Roll out into thin pieces on a floured surface. Place into tart pans. Refrigerate tarts while prepping apples. Core apples and thinly slice lengthwise. Place in bowl with lemon juice, ground cinnamon, clove oil, sugar and remaining 1/8 tsp of salt; toss. Arrange apples in tart pan, overlapping slightly. Brush some melted butter over the apples and edges of the crust. Bake for about 1 hour or until the edges are golden brown and apples are baked all the way through. Cool for 15 minutes before serving.

SPOTLIGHTING 'WINTERGREEN' ESSENTIAL OIL

In addition to Wintergreen being used in small amounts as a minty flavoring in candies, toothpaste, and chewing gum as an oil it also has therapeutic properties.

Wintergreen can be used aromatically or topically. By adding 3-4 drops to your diffuser, you'll provide an uplifting and refreshing aroma. Topically, Wintergreen provides warming relief when applied to skin and is excellent to use as part of a soothing muscle massage. Dilute with fractionated coconut oil to minimize any skin sensitivity, and apply one to two drops to desired area. Apply to temples and back of neck for relief from head tension.



Hydration is the most important thing you can do to keep your skin healthy. Below are some recipes to add to your skin care routine.

Body Scrub: 2 cups raw sugar, 1/2 cup grapeseed oil, 5-7 drops Peppermint oil

Soothing Facial: 2 tsp. pumpkin puree
1/2 tsp. honey
1/2 tsp. milk or milk alternative
5-7 drops Yarrow/Pom

Lip Scrub: 1 tbs. brown sugar
1 tbs. olive oil
1/2 tsp. honey
2-4 drops Rose or Vetiver oil

Moisturizing Face Mask: 1 cup dry oats
1/2 cup water
1/4 cup honey
5-7 drops Lavender oil

ESSENTIAL OIL SUBSTITUTES FOR EVERY BUDGET

Many essential oils can be interchanged and only slightly affect the fragrance of a blend. These substitutes, however, can significantly reduce the cost of your project. Sometimes, these budget-friendly tips can make all the difference. Here are a few handy replacements to know when it comes to essential oils.

THIS FOR THAT

Grapefruit for Bergamot

Lavender & White Camphor for Tea Tree

Lavender for Chamomile

Ylang-Ylang for Jasmine

Peppermint for Spearmint

Petitgrain for Neroli

Lemon for Lime

Sage & Nutmeg for Clary Sage

Cedarwood for Cypress

Geranium/Rosewood for Rose