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Homemade Holistic Wellness Recipes and Tips



Dayna Colvin

Hi friends, I'm a holistic herbalist and I've been using pure organic therapeutic-grade essential oils and herbs for 30 years and I've enjoyed many healing benefits with aromatherapy. I've been studying essential oils and aromatherapy for 30 years and I've enjoyed making various blends for my holistic self-care. I compiled my favorite essential oil and herbal wellness recipes I created over the years and I'm sharing my holistic wellness tips with you as a gift of love.

Enjoy the information I'm sharing with you. All I ask is that you show your gratitude by clicking on the affiliate links at the end of this ebook and order some lovely wellness and clean beauty products from the natural living brands I'm working with. I also appreciate your checking out my ecourse: Blueprint For Holistic Organic Natural Living. You can read the information about it at the end of this ebook.

One of my favorite essential oil recipes is one that I use for my relaxation and rejuvenating aromatherapy. I diffuse them into the air and I pour five drops into the palms of my hands and rub them together and wave my hands through the air to spread the aromatherapy through my home. Essential oils are the life blood of all plants and are distilled from foliage, flowers, herbs, fruits, bushes, leaves.

The aroma smells so wonderful and feels so invigorating and uplifting. Essential oils amaze me and are full of magical healing surprises. I love every element of plant medicine. I love the ease of blending essential oils and making various holistic herbal blends. I feel like a magical green herbalist alchemist and I feel like a young child experimenting and having fun playing with various mixtures. I love using and working with natural plant essences and it helps me

connect deeply with Mother Earth and connect with the natural elements. I'm a nature lover and I love allowing natural plant remedies to nurture and support my holistic wellness self-care.

Here are a few recipes I enjoy making and I'm happy to share them with you for your enjoyment. I'd love to hear about your positive experiences with these essential oil blends and wellness recipes and enjoying them.

Invigorating

Ingredients

- 7 drops lemon oil
- 6 drops orange oil
- 5 drops sandalwood oil
- 4 drops ylang ylang oil
- 5 drops patchouli

You can pour them into reused glass essential oil and tincture bottles and gently shake them to mix them well. You can experiment and see if the amount of each essential oil is sufficient and you can double or triple it if you want to. The benefits are wonderful and it's an ongoing learning experience. I speak from personal experience. Enjoy the natural organic aromatherapy.

Relaxing

Ingredients

- 5 drops Hawaiian sandalwood oil
- 5 drops Roman chamomile
- 5 drops neroli oil
- 5 drops frankincense oil
- 4 drops lavender oil
- 4 drops ylang ylang oil
- 4 drops cedarwood oil

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personal experience. Enjoy the natural organic aromatherapy.

This is my favorite recipe to hydrate my skin and moisturize it naturally. It feels good and helps me feel better and it smells wonderful. I love the aromatherapy and you will love it, too. You will love how wonderful it feels and how invigorating it feels.

Invigorating Aromatic Hydrating Moisturizer

Ingredients

2 tbsps organic aloe vera juice
1 tbsp mashed ripe avocado into cream
8 drops orange oil
6 drops Hawaiian sandalwood oil
6 drops lemon oil
6 drops frankincense oil
6 drops patchouli oil
6 drops spearmint oil
1 tsp. organic extra virgin coconut oil

Mix well and store in a container and refrigerate until ready to use and Enjoy!

Ayurveda Golden Milk

Ingredients

1/2 C naturally sweetened vanilla almond milk
pinch turmeric powder
pinch cinnamon powder
pinch ginger powder

Instructions: Heat the almond milk in a small or medium size pot and when it's warm or hot enough, turn off the burner and pour it into your favorite cup or mug and add the herbal spices, mix and stir well. Enjoy!

I use Mountain Rose Herbs and Earthley pure organic therapeutic-grade essential oils and they are high quality and 100% natural. I highly recommend them and I'm an affiliate. When you order, I will earn a percentage of the sales. Enjoy these lovely tips and recipes and let me know how your experience was. I'd

love to hear your thoughts about your positive experiences.

I'm a very sensitive Vata Dosha and this aromatherapy blend saves my life everyday. This wonderful soothing blend is a true God-send. This is the hardest time in my life and I'm feeling very stressed and filled with grief. I'm heartbroken, missing my dear sweet beloved Mother, who died 10 years ago and my dear sweet beloved Father, who died a few months ago plus I'm a Mama of a very challenging little boy and I need all the gentle healing soothing self-care I can enjoy now. My dear sweet adorable kittycat my best friend furry baby died a month ago and I feel heartbroken and very depressed and I'm painfully grieving. I love and miss him and his sisfur very much.

If you are a Vata Dosha and you need some gentle soothing holistic healing wellness support and you'd love to order some Vata Aromatherapy blend, you can tap on the link in my bio. I'm an affiliate and I earn a % of every sale. Maharishi Ayurveda Products, Inc. (MAPI) has many products for Pitta and Kapha Doshas as well. We all need extra gentle natural holistic healing support and we are blessed to have an abundance of healing plant wellness in our lives. Ayurveda is an ancient holistic modality and is 5,000 years old. Ayurveda is Sanskrit and means science of life. Sanskrit is an ancient language in India.

I'm also taking natural herbal organic ashwagandha gummies daily. I've been crying a lot everyday. I'm very grateful for my lovely collection of herbs and essential oils. I'm very grateful for natural holistic plant wellness. Nature heals me everyday in every way and I'm very grateful.

I love using pure natural organic essential oils for my self-care and housecleaning. I love learning about their amazing healing benefits in my life and I'm very grateful. A very important benefit of using natural ingredients for green cleaning is the positive impact it has on the environment. Every time we pour something down the sink and spray something into the air, we have an opportunity

to make a choice that will positively or negatively impact the environment.

This is especially important for people who suffer from breathing difficulties. I'm chemically sensitive and asthmatic and I stopped using laundromats 30 years ago. When I learned about the terrible toxic chemicals that are in mainstream products, I felt very distressed and I dedicated myself to greening my life and home and I became an avid label reader. We share the planet with many walks of life and we all need to breathe healthy clean air and drink healthy clean water.

I'd like to share a tip with you that will help you clean your home using natural nontoxic ingredients. I use baking soda, white distilled vinegar, and pure organic lemon and orange essential oils. I also use fresh squeezed lemon juice. When I clean the sink, the toilet, and other hard surfaces, I pour a measured 1/2 C each of baking soda and vinegar. I use two tbsps for smaller messes. I wait for the combination to fizz, which creates an awesome sound, and I pour four drops of lemon oil and orange oil and I let it sit for five minutes and then I clean and wipe it down efficiently.

When I wash my clothes, bedding, and towels, I pour 1 measured C each of baking soda and vinegar and sometimes, I add fresh squeezed lemon juice for an extra cleaning boost. Wow, the aroma is amazing and fills the air with crisp clean vinegar and citrus and cleans instantly with ease. This combination is so easy and affordable. It makes cleaning pleasant without all the terrible stinky toxic chemicals to ruin it. For stubborn sticky grimy messes, repeat the process and allow the vinegar and baking soda to sit for ten minutes. I often let things soak for 20 minutes or longer for best cleaning results.

When I do my monthly shopping for my housecleaning needs, I buy three gallon bottles of white distilled vinegar, three four-pound boxes of baking soda, and 10 lemons. Natural green cleaning is great for self-sufficient frugal off-grid

living and prepping. Living in harmony with nature in a healthy manner creates a positive ripple effect all over the planet.

Holistic natural wellness is very beneficial and invaluable. When you put your Faith and trust in plant wellness, it's a win in every way. I'm very grateful I woke up early in my life in my young twenties when I realized that living with toxic chemicals was unnecessary and they were making me very sick. I had an affinity for holistic herbal wellness at the young age of 16 and I intuitively knew that alternative holistic clean green living was the wise approach to take so I could enjoy feeling healthy and good.

I'd love to share my journey with you and I'd love to help you invest in your health and make healthy wellness choices. I feel called by God to serve and help many people green their wellness and enjoy living naturally holistically. I'm offering 4 beta testers to enroll in my ecourse: Blueprint For Holistic Organic Living and enjoy the positive experience and receive fabulous juicy FREE Bonuses for the discount price of \$250, regularly \$499. I have a beta tester enrolled in my ecourse and she is very happy. I have four spaces left and when I have five beta testers, the price will go back up to the original price of \$499. You can learn about my ecourse by going here to my wholeearthmama link and then go to the top of the website where the green section with white lettered headings are and then click or tap on the heading, "Enroll In My Holistic Ecourse".

<https://wholeearthmama.com/enroll-in-my-holistic-ecourse/>

Feel free to contact me if you have any questions. If you are interested in enrolling in my ecourse and you think you can benefit from it, I'm offering FREE 15-minute consultations to answer any questions you have about alternative holistic wellness and clean green living. You can email me at: permadeva@yahoo.com and you can follow me on Instagram and message me. My nickname is [holisticherbsmama](#). I'm very happy you want to live naturally

holistically healthy. Thank you for supporting my small holistic wellness business. God Bless you and much Love Blessings Gratitude Peace

I enjoy using natural wellness products from these wonderful brands. I'm an affiliate for all of these brands. You can shop for these products via my Whole Earth Mama blog website affiliate page.

<http://www.wholeearthmama.com/affiliates>

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