

Stinky Feet, Bad Breath & Dryer Sheets Recipes!

*Credit for these recipes goes to
Youngevity Aroma Share Club
to which I belonged and
Learned so much*

Anti-Static Dryer Sheets

Ingredients:

- 1 old white washcloth or men's white handkerchief (the hankie is best)
- 1-2 drops Orange-Sweet Essential Oil

Directions:

Put oil drops on cloth. Rub the cloth together to spread the oil around a bit.
Throw it in the dryer instead of the chemically treated, store-bought dryer sheet.
Recharge your cloth each time you use it.

Orange-Sweet Essential Oil (pure) can be purchased [HERE](#)

Cinnamon Breath Freshener

Ingredients:

- 10 ml. filtered water
- 1 drop Cinnamon Essential Oil

Directions:

In a mister (spray) bottle, add 5 ml of water and essential oil, cap and shake 50 times. Add 5 ml more of water, cap well and shake 50 more times. Squirt once or twice to freshen breath, or to help with a sore throat.

Cinnamon Essential Oil (pure) can be purchased [HERE](#)

Taurus Mountain Climbers Shoe Powder

Ingredients:

- 2 oz PET plastic shaker bottle (or I have alternative idea – below)
- 2 oz arrowroot powder or cornstarch
- 6 drops 1st Defense Essential Oil Blend

- 6 drops Oregano & Lavender Essential Oil Blend

Directions:

In the shaker bottle, add half of the arrowroot powder and the essential oil blends. Put the lid on the bottle and shake well 50 times. Open the bottle and add the remaining arrowroot powder up to the shoulder, where it starts to round up towards the top. Put the lid back on and shake again 50 times. Sprinkle in sports shoes and work shoes where fungal spores may reside.

Idea for shaker bottle – use a small mason jar removing the metal inner part of lid and cut a piece of stiff cardboard to fit it. Poke holes in the cardboard to allow shaking powder to come out as you wish. Use the metal piece when mixing the items and shaking them up, then substitute the cardboard to use it as a shaker.

1st Defense Essential oil (pure) can be purchased [HERE](#)

Oregano & Lavender Essential Oil Blend can be purchased [HERE](#)

Food and dietary supplement products sold by Youngevity are intended to contribute to the daily diet and overall health and are not intended for use in the prevention, treatment, mitigation, or cure of any disease or health-related condition. Individuals who have or suspect they have an illness or who wish to commence a diet or exercise program should consult an appropriately licensed health care practitioner for a medical history evaluation, diagnosis, treatment, and health recommendations.