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THE ESSENTIAL

# Morning Glow Recipe Book

Learn about the amazing anti-fatigue benefits  
Magnesium provides for the tired, sore muscles that  
keep you away at night. Discover 10 sleep supporting  
recipes - and learn how to reclaim your sleep!

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[www.ouessentialliving.com](http://www.ouessentialliving.com)

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## INTRODUCING MAGNESIUM

You know how there are some products that make you want to shout from the rooftops and tell everyone you see about? That's how Magnesium Oil has become for me. I want people to just give it a chance so they can feel as good as I do!

I tried Magnesium Oil because I started getting pounding headaches every afternoon. I would take a few pain relievers and go about my day. After awhile I started to worry about the effects of taking these medications everyday. So I pulled out some Magnesium Oil spray my brother-in-law gave me, sprayed a little on my forehead, and it was gone!

I know, this sounds crazy, it was too simple and too fast! But I continued to use Magnesium Oil every day before the headaches would start, and they never came back! It turns out I was magnesium deficient. Along with the disappearance of my headaches, I also noticed that I was getting a better night's sleep. No tossing and turning anymore! I decided to try it on my sore muscles post work out and my recovery time was cut in half!

On top of being an avid fan of Magnesium Oil, I love creating my own body care recipes. So you know I had to come up with some great, new recipes to not only moisturize and care for my skin, but also receive the needed Magnesium my body was clearly craving. I am thrilled to share my favorites with you in the Essential Living Morning Glow Ebook!



*Margaret Hinkle*

DiY Coordinator,  
Essential Living

## *EASY NIGHTTIME BATH BOMBS*

These bath bombs are magnesium rich and will help you relax and get an amazing night's sleep!

### **Ingredients:**

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup cornstarch
- 1/2 cup Magnesium Flakes
- 2 tbsp Almond Oil (you can also substitute with Olive, Jojoba, Castor, or Vitamin E Oil)
- 10 drops ylang ylang
- 10 drops clary sage
- 10 drops sandalwood

Mix together your dry ingredients: baking soda, citric acid, cornstarch, and magnesium flakes in a large bowl. In a separate bowl mix together all your wet ingredients: almond oil and essential oils.

Very slowly incorporate your wet ingredients into your dry ingredients, whisking as you do so. The result should be similar to clumpy sand. If it seems too dry you can add a few drops of witch hazel or water, but not too much or you will activate the citric acid!

Immediately put into greased muffin tins or molds, pressing very firmly to help it hold its shape.

Wait for several hours for the bath bombs to form its shape. Enjoy a relaxing bath with fizzing bath bombs! Try not to fall asleep in the tub!





## *MAGNESIUM BATH SALTS*

I decided to create a bath salts recipe for people who have as hard of a time making homemade bath bombs as I do! Simple, yet effective these bath salts create a relaxing, luxurious scent with your essential oils and vanilla extract, while getting the nutrients your body needs from the Magnesium flakes and Himalayan salt.

### **Ingredients:**

- 2 cups magnesium flakes
- 1 cup Himalayan or Epsom salt
- 1 tsp vanilla extract
- 20 drops Essential Oils (Ylang Ylang is great for all skin types and alleviates stress)

Mix all ingredients together and keep in an air tight container out of direct sunlight. I enjoy lavender and mint essential oils or ylang ylang for a nice relaxing bath experience. If you are suffering from sore muscles you can try vetiver or juniper berry essential oils.



## *MAGNESIUM BODY SCRUB*

I created this recipe because I needed a good in-shower body scrub. While the salt is exfoliating your body, the almond oil moisturizes, and the magnesium flakes absorb into your skin. I love it because you come out with the softest, most moisturized skin and you don't even need to lotion afterwards.

### **Ingredients:**

- 1 cup Magnesium flakes
- 1 cup Himalayan salt
- 1 cup Almond oil
- 15 drops of Essential oils

Mix equal parts Magnesium flakes, Himalayan salt, and Almond oil. Add 20 drops of essential oils. Chop up the larger Magnesium flakes with a spoon or fork. Keep in an airtight container so it doesn't get watered down while showing. Scrub all over, avoiding any sensitive areas (if you suffer from psoriasis or eczema I suggest steering clear of those areas as well). Be careful getting out of the tub as the oils will make it slippery!



## *MAGNESIUM BODY CREAM*

I decided to come up with a nighttime body cream because my good friend suffers from restless leg syndrome at night. This body cream not only put her legs to rest, but also moisturized without that oily texture.

### **Ingredients:**

- 1/2 cup magnesium oil
- 1/2 cup mango butter
- 2 tbsp white beeswax pellets
- 2 tbsp coconut oil
- About 15-20 drops of Lavender essential oil

Melt the mango butter, beeswax pellets, and coconut oil on the stovetop at medium heat. Once it has melted remove from the heat and add your Magnesium oil and Lavender essential oil. Let this solidify, then using a mixer whip it to get that perfect consistency.

If you don't have mango butter, you can also use shea butter or cocoa butter. The coconut oil can also be substituted for any other carrier oil you have on hand, such as almond, jojoba, castor, or olive oil.



## *ANTI-INFLAMMATORY CREAM*

My mother has issues with inflammation on her legs. I decided to help combat this with a soothing spray that wouldn't cause any itching or burning by adding some aloe vera.

### **Ingredients:**

- 1/2 cup Magnesium Oil
- 1/2 cup Aloe Vera
- 10 drops Arnica Montana Extract (anti-inflammatory)
- 10 drops Birch Sweet Oil

Mix all ingredients together and place inside a spray bottle. Apply to any inflammation occurring on your skin or sore muscles. Magnesium has also been known to help combat hormonal acne so this recipe has potential to help that as well, though we do not recommend direct application to your acne.



## *HEADACHE ROLL-ON*

Don't be intimidated by a roll on recipe! You can easily find roll on containers on Amazon for a great price (just be certain to get colored glass to protect your essential oils from UV light). Trust me, you will be happy to have this on hand when you get your next headache! They travel easily in your pocket, purse, car, or luggage.

The main ingredient to help with your headaches is the magnesium oil, which absorbs into your skin and provides the minerals your body is lacking. The additional essential oils help to alleviate headaches with their scent. We suggest peppermint, rosemary, or eucalyptus, but there are even more blends that can help attack a headache.

### **Ingredients:**

- 10 mL roll on container
- 8 mL magnesium oil
- 5 drops of peppermint oil

Mix ingredients together and pour into your roll on container. Insert the roll on top and combat those headaches!





## *MAGNESIUM SLEEPY SPRAY*

Trouble sleeping? Magnesium helps you fall asleep faster, and stay that way! We suggest adding relaxing essential oils to your magnesium oil spray if your number one problem is not getting a restful night's sleep.

You can pour your magnesium oil into a smaller spray bottle and add your essential oils, or simply pour them straight into the spray bottle we provide! We suggest combining lavender and jasmine, they not only help you relax, but they create a beautiful scent together!

### **Ingredients:**

- 1 cup Magnesium Oil
- 15 drops jasmine essential oil
- 15 drops lavender essential oil

Mix together all ingredients, place inside a colored glass spray bottle. Use just before bed for an amazing night's sleep!



## *ANTI-INFLAMMATORY SPRAY*

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## *ANTI-CRAMP SPRAY*

I love taking this spray with me on long runs to spray before or during my run to help prevent future leg cramps. For any ladies out there, this spray is amazing at combating menstrual cramps as well! Simply apply to the direct area that the cramps are the worst and you will feel better instantly.

### **Ingredients:**

- 1/4 cup Magnesium Oil
- 30 drops Viburnum Opulus (Cramp Bark Extract)
- 10 drops Vetiver essential Oil
- 10 drops Juniper Berry essential oil

Mix all ingredients together and keep in a colored glass bottle. You can even use the spray bottle that your Essential Living magnesium comes in, and adjust the amount of essential oils accordingly.



## *CHILDREN'S NIGHTTIME BLEND*

If you have children then you definitely want to make this recipe! I have three children, but my middle child doesn't believe in ever stopping. He would be up all night without this amazing night cream!

### **Ingredients:**

- 1/2 cup magnesium oil
- 1/2 cup shea butter
- 1/4 cup aloe vera
- 2 tbsp coconut oil

Melt your shea butter, coconut oil, and beeswax pellets in a double boiler on medium heat. Remove from heat and stir in your magnesium oil, aloe vera, and lavender essential oil. Let sit until it has begun to solidify. Use a mixer to whip into a light, creamy texture. Store in a container with a lid and keep out of direct sunlight. Apply to your child's back and neck area or the bottoms of their feet to help them relax before bed or nap time.

