

Heavenly Gifts

(for Family, Friends, & Teachers)



Getting to Know Frankincense & Myrrh:

No other biblical oils are as famous, perhaps, as frankincense and myrrh. The gift of the Wise Men to the infant Jesus, these two precious oils have been used throughout history to soften the skin, prevent wrinkles, and as holy perfumes. Esther was covered in oil of myrrh for six months to perfect her skin:

Each young woman's turn came to go in to King Abasuerus after she had completed twelve months' preparation, according to the regulations for the women, for thus were the days of their preparation apportioned: six months with oil of myrrh. . . .
(Esther 2:12)

Myrrh and frankincense are still available today. The unusual aroma of each is rich, spicy and woody, and transports us to biblical days and beloved figures from Scripture.

I buy essential oils of myrrh and frankincense at my local Whole Foods Market®. (Essential oils are simply highly concentrated versions of natural oils extracted from plants and plant matter such as fruit, bark and leaves. Because the oils are concentrated, one tiny bottle will last for a very long time.) I use them to create two beauty treats that you'll want to try:

✿ MYRRH FACIAL SPRITZ

In a small spritzer bottle, combine purified water with 1-2 drops of myrrh essential oil. (Each manufacturer will give more specific diluting ratios on the bottle for their brand of oil.) I use this spritz to set my make-up, refresh my skin throughout the day and replenish moisture, and also for a fast stress-relieving break.

✿ FRANKINCENSE & MYRRH BATH SALTS

Make a batch of these and nestle the package in a gold basket for a beautiful presentation that mimics the Wise Men's gifts of Frankincense, Gold and Myrrh. These make great bathtime luxuries for yourself and wonderful holiday gifts. What a sweet way to share the message of Christmas. The recipe below makes enough for ten baths.

✿ SCENTED SEA SALTS

- 6 cups sea salt (Dead Sea salt is preferable; or use coarse sea salt)
- 3 cups Epsom salt
- 1 cup baking soda

Add 5 drops each frankincense and myrrh, or until the mixture is richly scented. (I also like to add in a sweet scent like lavender or orange to soften the smoky, spicy tones.) Combine well and scoop one cup each into ten containers. (You can use cellophane baggies, colored plastic wrap tied with ribbon, ceramic jars—use your imagination!) Nestle the salts inside a gold basket with a Christmas card from you.

You can customize this recipe by using different essential oils (read the label to choose ones suitable for topical skin application.) For a beautiful effect, you can also stir in dried lavender buds or rose petals, sold in the soap making section of most craft stores.

✿ CHRISTMAS CHEER ROOM FRESHENER

Fill a small spritzer bottle with natural spring water, and add 10-20 drops peppermint essential oil. Shake well. Apply label, including a note that this wonderful scented product should be used as an air freshener only. Tie with a red ribbon and a candy cane tucked at center.

✿ SWEET DREAMS LINEN & PILLOW SPRAY

Fill a small spritzer bottle with natural spring water, and add 10-20 drops lavender essential oil. Apply label, encouraging dreamers to spritz lightly on pillows and linens before sleep.

✿ HEAVENLY GOOD TRAIL MIX

Mix equal parts:

- Raisins
- Dried figs
- Almonds, whole, in skin (the brown papery covering)
- Walnuts
- Darkest chocolate chips

Set out in an attractive bowl and watch disappear. This snack has synergy! The mix features natural foods proven to fight premature aging, excess weight, heart disease, and hunger pangs.



NEED SUPPLY HELP?

If you need containers, bags or supplies, check out these stores:

The Chemistry Store

<http://www.chemistrystore.com>

A supplier of Dead Sea Salts, containers, and fun additives such as glitters to make fabulous gift sets. The prices are truly reasonable and this would make a great project for a ministry, Christmas gifts, or a home based business.

Specialty Bottle

www.specialtybottle.com

Spoil yourself with gorgeous containers for all your cosmetics, at incredible prices. Buy extras to give to friends.

Uline

www.uline.com

I buy plastic bags from Uline which can be used for bath salts or food gifts—try making a scented bath salts or a batch of the Heavenly Good Trail Mix to give as a gift.