



simple syrup PEPPERMINT CREAM



- 2 C. raw sugar *
- 1 C. filtered water
- 1 tsp. vanilla extract
- 10 drops YL Vitality peppermint

* May substitute w/ Honey



simple syrup CHACHAI



- 2 C. raw sugar *
- 1 C. filtered water
- 1 tsp. vanilla extract
- 1 whole allspice berries
- 5 drops chai blend

* May substitute with Honey or Maple Syrup.



simple syrup LEMON BASIL



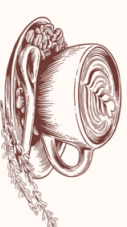
- 2 C. raw honey
- 1 C. filtered water
- 10 drops YL Vitality lemon
- 1 drop YL Vitality basil

Combine sugar & water in sauce pan and simmer for about 5 minutes. Let cool completely, and add essential oils.

* May substitute with raw sugar



simple syrup LONDON FOG



- 2 C. raw sugar
- 1 C. purified water
- 1 t. Vanilla Extract
- 5 drops YL Vitality bergamot
- 1 drop YL Vitality lavender

* May substitute with Honey or Maple Syrup



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Combine sugar and water in saucepan and simmer until sugar is dissolved. Let cool completely, then add essential oils. Add to lemonade, mixed drinks, carbonated water, or use to make Italian Sodas.



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Combine sugar and water in saucepan and simmer until sugar is dissolved. Let cool completely, and add essential oils. Use in coffee, tea, hot cocoa, mixed drinks, or to make a Peppermint Latte (recipe on website).



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Combine sugar and water in saucepan and simmer until sugar is dissolved. Let cool completely, and add essential oils. Use in coffee, tea, hot cocoa, or to make a London Fog Latte.



Chai Blend
6 drops cinnamon
2 drops cardamom
2 drops ginger
1 drop clove
1 drop nutmeg

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Combine sugar and water in saucepan and simmer until sugar is dissolved. Let cool, and add 8 drops Chai blend. Add to coffee or black tea to make a Chai Latte (latte recipe on website).