

A young girl with blonde hair, wearing a red Santa hat with white fur trim and a red turtleneck sweater, is smiling and looking down at a gift box she is opening. The gift box is wrapped in brown paper with a red ribbon. The background is softly blurred with warm, bokeh lights, suggesting a festive indoor setting.

**DIY**

Herbal Gifts

**KIDS**

Can Make



Christine J. Dalziel

# DIY Herbal Gifts Kids Can Make

Chris J. Dalziel

JOYBILEE FARM MEDIA  
Greenwood, British Columbia

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**Note to Reader:** This book is offered for informational purposes only and should not be construed as medical advice. The recipes and techniques offered here are meant to supplement and not take the place of professional advice. For medical problems always seek the help of a qualified health professional.

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## Introduction:

With Christmas and the winter holiday season upon us, finding easy gifts that kids can make with minimal supervision can be a challenge. But when it comes to DIY herbal gifts the choices just got easier. In this book you'll find beautiful gifts that kids can make on their own, or with minimal adult supervision.

Before you pick a gift to try consider the ages of kids, or grandkids, and their comfort with measuring and mixing. Anything that needs heating on a stove or in a microwave should be done with adult supervision to avoid burns or injury.

The recipes we've included are simplified to reduce the number of ingredients you'll need to purchase to make these gifts.

Read the recipe entirely before you begin to ensure that:

1. You have the required ingredients
2. It is within the skill level of the child that will be making it
3. You have enough time to complete the project

I hope you enjoy the projects in this ebook.

## Chamomile and Spearmint Tea Blend

**Time:** 15 minutes

**Yield:** Varies

A simple tea blend for relaxation and digestion.

For best results, work recipe in parts and package in a jar with a tea ball or tea strainer. Older kids can package the tea blend in press and seal tea-bags.

**Ingredients:**

- 1 part chamomile flowers, dried
- 1 part spearmint leaves, dried

**Directions:**

1. Using a large dry bowl, on a clean workspace, measure out equal parts of chamomile and spearmint.
2. Gently blend the two herbs together in the large bowl until approximately equally mixed.
3. Measure into small, decorative jars, or measure into press and seal teabags.
4. Seal jars, or seal teabags into jars. Label.

**Variations:**

**Sleepy Time Tea:** Equal parts lavender, chamomile, and linden flowers

**Ginger and Lemon:** Equal parts dried chunked ginger and lemon. Lemon can be dried with peel.

**Flowers and Fruit:** One part each of dried elderberry, dried black current berries, dried lavender, and dried fragrant rose petals.

## Lavender and Calendula Bath Tea

**Time: 15 minutes**

**Yield: Varies**

A bath tea is a simple tea blend designed to be used and steeped in the bath tub.

**Ingredients:**

- 1 part lavender blossoms and leaves, dried
- 1 part calendula blossoms, dried

**Directions:**

1. Using a large dry bowl, on a clean workspace, measure out equal parts of lavender blossoms and calendula blossoms.
2. Gently blend the two herbs together in the large bowl until approximately equally mixed.
3. Measure into small, decorative jars. Label with instructions. For gifting, add a reusable muslin or organza bag to use as a tea-bag in the bath.
4. **Notes:** Bath teas are a great way to use up herbs that are a bit older and starting to lose potency, or herbs that were left hanging to dry for too long.

Other herbs that can be used in bath teas include all mints, bee balm, lemon balm, and rose petals. Create your own blend out of the herbs you have. You can even use spice herbs like rosemary, thyme, basil, or sage.

## Lavender Bath Salts

**Time: 5 minutes**

**Yield: Varies**

The addition of a few drops of essential oils to plain Epsom salts, or dead sea salts, can make for a very refreshing and enjoyable bath salt blend.

**Ingredients:**

- 2 cups plain Epsom salts, or dead sea salts
- 10 drops lavender essential oil
- Note: If making more than 1 gift, simply double or quadruple the recipe.

**Directions:**

1. In a glass bowl measure out two cups of Epsom salts. Add 15 drops of lavender essential oil and stir thoroughly.
2. Pour salts into a decorative glass jar. Add use instructions and a measuring device if desired (for gifting).

**To Use:** Add ½ cup to a full bath and stir to dissolve. Soak for 10-15 minutes to get the relaxation benefits of the lavender and magnesium salts.

**Variations:**

Keep the ratio at 10 drops of essential oil per 2 cups of Epsom salts.

Use 10 drops of a Christmas-y essential oil blend, like Christmas tree.

Use 5 drops each of rose geranium and lavender for a floral bath salt

Use 3 drops rosemary, 3 drops balsam fir, and 4 drops lavender for a slightly floral woody scent.

**Note:** Avoid peppermint and mint blends in bath salts. Even if Christmas-y peppermint bath salts sounds like a good idea, it's not!



## Potpourri Sachets

**Time: 15 minutes**

**Yield: Varies**

A potpourri sachet is simply a collection of dried aromatic herbs in a sewn bag, drawstring organza bags can work instead of hand-sewing your own. It is used to freshen a room, a closet, or a drawer.

**To determine the recipe:** consider how many bags and the size you want to make. Determine the volume of the sachet, and base your part size off of the volume. For example a 2" by 3" organza bag will hold approximately ½ cup of popery mix. So for four of those bags, you'll use 1 1/3 cups as your part size.

**Ingredients:**

- One part lavender blossoms, dried
- One part dried mint
- One part dried rose petals
- ½ part dried orange peel (optional)
- ½ cinnamon stick per bag (optional)

**Directions:**

1. Measure rose petals, lavender blossoms, and dried mint into a large dry bowl. Mix together by hand until blended.
2. Measure into drawstring organza bags, or hand-stitched sachet bags. Add in optional ingredients like dried orange peel, dried cedar needles, or cinnamon sticks.
3. Tie bags closed, or stitch bags closed. If drawstring bags may be accessed by toddlers or babies, add a few stitches into the center knot of the drawstrings to prevent it from coming open and make it fully secure.
4. Give as is. Or as part of a larger gift.

Make a sachet for a wool cupboard or blanket chest out of cedar needles, fir needles, and spruce needles, all dried. Use a heavy duty fabric for this sachet.

## Orange Pomander

**Time: 45 minutes**

**Yield: 1 pomander**

A pomander is a traditional useful scent decoration, which is made fresh each winter, and permitted to dry out and perfume the closet or room until the next orange season. These were traditionally hung on the Christmas tree.

**Ingredients:**

- 1 thick skinned orange, a small navel orange works well
- 1 ounce whole cloves
- A pin or small nail
- Ribbon

**Directions:**

1. Tie the ribbon around the orange so that the orange is secure.
2. Poke cloves into the orange in the areas between the ribbons. If the orange skin is tough, use a nail or pin to pre-poke the skin and then add in the clove.
3. Place in an open bowl with lots of air-flow to naturally dehydrate.
4. When dry, hang in a closet or cupboard for fresh orange and clove scent for the entire year. Gift the pomander only once dry.



## Herb Seed Bombs

**Time: 90 minutes + 2 days drying time**

**Yield: 100 seed bombs**

Seed bombs are a fun gift for gardeners, and are fun and a bit messy, for kids to make. If you don't want to use soil, you can use paper (<https://joybileefarm.com/make-seed-bombs-recycled-paper/>)

Some people worry that the seeds will sprout when they are wetted to form the seed bomb. This is not usually an issue but to help the seed bombs dry quickly, use as little water as possible, just enough for the clay and soil to hold together when pressed in the hand.

### Ingredients:

- ¼ cup Herb seeds (Basil, thyme, bee balm, oregano, butterfly blend, pollinator blend, etc.)
- ½ cup compost or worm castings
- 1 ½ cups clay powder (potter's clay)
- 1/2 cup Water
- Drying trays
- Cinnamon powder (optional)

### Directions:

1. Pour potting soil and clay into a large mixing bowl. Add just enough water to dampen the mixture so that it will hold together when squeezed in the palm. The actual amount of water you'll need depends on how dry the clay is. Stir in the seeds and mix the soil blend well to fully distribute them in the mixture.
2. Form into balls about the size of a walnut and lightly coat with cinnamon powder. Spread out on trays to dry. It will take about 2 days to dry in a warm, airy room, at room temperature.
3. When fully dry, package in either breathable containers, or in glass with a desiccant packet and "bombing" instructions.

**To Seed Bomb:** Throw seed bombs onto disturbed soil and water. Water along with the regular garden schedule.

**Seed bomb Variations:**

**Flower bombs** can be made with chamomile, pansies, viola, nasturtium, calendula, and other seeds.

**Gather local seeds** from fruit and wildflowers in fall for local plant bombs for disturbed areas, that help keep the native plants growing.

A **greens bomb** could include lettuce, kale, chard, mizuna, boc choy, and other greens. Or just make it with a salad mix blend.

A **tree bomb** is made with 1 tree seed, like a maple, oak, walnut, or chestnut seed. Combined with a few greens seeds like lettuce, and a daikon radish seed. Plant in disturbed, wild, areas to help improve the native plant growth.

A **bush bomb** can be made the same as a tree bomb, except use rose seeds, hawthorn, saskatoon, or seeds from other native bushes instead of tree seeds. Plant in disturbed, wild, areas to help improve the native plant growth.

While this project is for gifting, if you wish to distribute the seed bombs please obey all local laws, when doing so. In some areas planting seed bombs on vacant lots is considered trespass.



## Catnip Sachet

**Time: 35 minutes**

**Yield: 1 cat toy**

A simple catnip sachet for a cat, or someone with a cat.

**Ingredients:**

- 2 6 x 6 inch squares of fabric in a favorite color
- Catnip, dried, or a silvertone and catnip blend
- Heavy duty contrasting thread and a suitable needle

**Directions:**

1. Place the 2 squares of fabric with their right sides together. Cut out a desired shape – a square, a triangle, a heart, for instance. Place the fabric, wrong sides together.
2. Thread the needle and use blanket stitch to stitch together the edges of the shapes. The stitching will be on the outside of the shape and will remain visible.
3. When there's only a 1 inch opening left, stuff the center of the toy with about 1 tablespoon of catnip, or silvertone and catnip blend.
4. Stitch the rest of the opening and tie off the thread. Make sure the ends of the thread are threaded back into the center of the toy and not dangling.
5. Wrap and gift.



## Rosemary Infused Vinegar

**Time: 5 minutes + 2 weeks to infuse**

**Yield: 1 cup**

This is a tasty vinegar that can be turned into a salad dressing, or used in other ways you'd like to use flavored vinegar.

**Ingredients:**

- 1 cup rosemary leaves, off stem.
- 2-3 cups apple cider vinegar

**Directions:**

1. In a quart jar, combine the rosemary leaves and apple cider vinegar.
2. Cap the jar, and set on the counter for 2-6 weeks. Shake daily.
3. When the rosemary is well infused into the vinegar, strain out the rosemary leaves and reserve the infused vinegar.
4. Bottle the infused vinegar in small, decorative jars or bottles. Label and date.
5. Use rosemary vinegar for salad dressing, meat tenderizing, and other food uses.

**Variations:**

Use other herbs like tarragon, thyme, or sage, to make other infused vinegars for salads, and food uses.

Use the same vinegar and rosemary but instead set it up as a hair rinse (2 tablespoons of vinegar in 1 cup warm water to rinse hair after washing, good for dark hair especially).

For light hair, make a hair rinse with chamomile infused vinegar, and add some lavender or other sweet scented herb for fragrance.

## Rolled Beeswax Candles

**Time: 60 minutes**

**Yield: 4 candles**

A fun beeswax candle in the shape of a Christmas tree.

### Materials:

- 1 dark green or red beeswax sheet
- 1 white beeswax sheet
- 1/2 yard plus 8 inches of #2/0 wick

### Equipment:

- Ruler
- Craft knife or sharp scissors
- Hairdryer

### Directions:

1. Work with 2 beeswax sheets together one on top of the other.
2. Lay the 2 beeswax sheets on the table, one on top of the other, so that the long side extends from left to right. Measure 4 1/4 inches along the 8 1/2 inch side of the beeswax sheets. Score the sheets at this point, dividing the both sheets in half. Use the craft knife or scissors to cut the sheets in half. You'll have 4 pieces of beeswax measuring 4 1/4 inches by 16 inches — 2 pieces of each color.
3. Working with half the beeswax sheets at a time, place the rectangle on the table in front of you with the long side extending from left to right on the table. Place the contrasting color of beeswax on top of the first rectangle. You'll work with the two rectangles stacked one on top of the other.
4. Using the craft knife, score a diagonal line from half an inch up from the bottom of the rectangle, beginning at the left side, to half an inch down from the top of the rectangle on the right

side. Separate at the score mark. You'll have four "triangles" — 2 of each color. Repeat with the other rectangle. You now have eight right-angle triangles that are 3 1/2 inches on the shortest side.— four of each color.

5. Find the top of your wick by looking for the V along the braid. Cut the wick into 5-inch pieces if you are making candles to burn. If you are making ornaments for gift toppers or to hand on a Christmas tree, make the wicks 6 inches long.
6. Lay your first triangle on the table in front of you with the point of the triangle pointing away from you and the 3-inch edge closest to you. Place the contrasting color triangle on top of this triangle, with the long edge about 1/4 inch up from the edge. Place the right angle of the triangle on your left side.
7. Place the wick along the short edge of the triangle with the bottom of the wick flush with the right angle corner. The top of the wick will overhang the wax by 1/2 inch. If you are making this as a gift topper or ornament, loop the wick and place the cut edge inside the wax to secure it.
8. Warm the wax with the hairdryer until it just begins to glisten. Do not overheat. Using the edge of a ruler, turn up the short edge of the wax and fold it over the wick. Roll the candle tightly, keeping the bottom even and letting the sides of the candle flare out slightly. Secure the edge by warming the wax with your hand and pressing firmly.
9. Repeat with the three remaining Christmas tree shapes, using two colors of wax for each tree.



## Calendula Sugar Scrub

**Time: 15 minutes**

**Yield: 1 cup**

Sugar scrubs are easy to make, fun, and quick to whip up. Make sure you have some decorative jars, labels, and ribbon.

**Ingredients:**

- 1 cup white sugar
- 2 tablespoons olive oil
- 1 tablespoon dried calendula blossoms, just petals
- 5 drops essential oil of choice (optional)

**Directions:**

1. In a clean bowl, combine the sugar, olive oil, and dried calendula petals. Add more olive oil if the sugar seems dry.
2. Pat sugar scrub into a small jar, and set aside for a day or two before gifting or use.

**Alternative Recipes:**

Use just the sugar and oil and add 5-10 drops of a Christmas tree essential oil blend, or 5 drops each of black spruce and balsam fir essential oils.

For a peppermint sugar scrub, use 5 drops of peppermint essential oil. Make a coffee variation by adding 1 tablespoon of fresh ground coffee to the mix.

## Shortbread Cookie with Citrus Zest

**Time: 90 minutes**

**Yield: 3 dozen**

A simple shortbread recipe with citrus zest for that holiday pizzaz. This can be made by older kids with minimal supervision, or younger kids with a lot of supervision.

### **Ingredients:**

- 1 cup butter, softened
- 1 cup of sugar, white
- 1 egg
- 1 teaspoon vanilla
- Zest of 1 large orange
- 3 cups all-purpose flour

### **Directions:**

1. In a large mixing bowl, add butter and sugar. Beat together until light and fluffy. Add egg, vanilla, and candied orange peel. Beat to fully mix. Add flour. Blend in with a spoon to make a stiff dough. Knead to make a smooth dough. Cover and chill for 1 hour.
2. Prepare a baking sheet by greasing with butter. Preheat oven to 375 degrees F.
3. Remove the dough from fridge. Divide dough into 3 portions. Flour a board with some additional flour. Roll out each dough portion to 1/4 inch thick and cut with cookie cutters. Place each cookie on the prepared baking sheet. Dough may be combined and re-rolled, chill if it gets hard to handle.
4. Bake in a 375 degree oven for 10 minutes, or until edges are just golden brown. Transfer to cooling rack. Repeat till all the dough has been baked.
5. Dip in melted chocolate if desired for an extra festive touch.

## Candy Cane Lip balm

**Time: 45 minutes**

**Yield: 5 lip balms**

A sweet lip balm that is slightly cooling, with a highly festive scent. Children should be supervised while making this recipe. Use an infused olive oil in place of plain olive oil to increase the healing benefits.

### **Ingredients:**

- 2 teaspoons Olive Oil
- 2 teaspoons cocoa butter
- 2 teaspoons (8 grams) beeswax
- 10 drops Candy Cane essential oil blend or Peppermint essential oil – if making for a child, use spearmint essential oil.
- 5 lip balm containers

### **Directions:**

1. Create a double boiler using a glass measuring cup and a saucepan.  
Add the cocoa butter, extra virgin olive oil, and beeswax to the glass measuring cup.
2. Simmer gently over medium heat until the beeswax melts. Remove from the heat. And remove the glass measuring cup from the saucepan.
3. Stir briefly to combine the beeswax and the oils.
4. Add in the essential oils by the drop, stirring to incorporate fully.
5. Stir while the mixture is cooling just until the mixture becomes opaque. Spoon or pour into lip balm tubes, or flat lip gloss containers. Very small decorative jars can also work in a pinch.

## Baby Pink Luffa Soap

**Time:** 60 minutes + 30 minutes drying time

**Yield:** 4 four ounce bars

Build the scrubber into the soap with this fun and sweetly scented luffa soap. Kids will need to be supervised while making this soap. The pink in this soap comes from Madder, a natural dye. Without the madder the soap will be a pale yellow. It can be omitted.

### Ingredients:

- 16 ounces white melt and pour base
- 1 teaspoon madder, in a teabag
- 1 teaspoon calendula in a teabag
- 40 drops love vanilla essential oil blend
- Silicone Soap Mold with 4 cavities (4 x 4 ounce round bars)
- 4 Luffa sponge slices, 1 inch thick
- Rubbing alcohol in a spritz bottle

### Directions:

1. Chop the melt and pour soap into ½ inch cubes. Add the cubes to a glass measuring cup. Set the measuring cup into a pot of water, on top of a canning jar ring. Fill the pot half full of water, up to the side of the measuring cup. Place the pot on medium heat and bring it to a simmer. Simmer for 10 minutes or until the soap melts completely.
2. Place the dried calendula tea-bag and the madder tea bag into the melting soap.
3. Once soap is melted, let the herb infuse in it for 30 minutes. Maintain soap temperature at around 120F. Stir the mixture occasionally to mix the herbs into the soap, but avoid breaking the tea bags. Remove the tea bags and gently press them to exclude as much of the soap as possible. Set the tea bags aside.
4. Add the essential oils. Stir to combine.
5. Prepare the mold by spritzing with rubbing alcohol, set a loofa section in each mold and spritz the luffa with rubbing alcohol.
6. Pour the soap over the luffa in the prepared molds, press luffa slices down into the soap to make sure they are fully covered. Top up the molds with additional soap. Spritz the surface of the soap with additional rubbing alcohol to remove any air bubbles in the soap.

7. Allow the soap to harden and cool. About 60 minutes. Remove the bars of soap from the mold, wrap in plastic wrap when cold to prevent the soap from sweating.

### Is it “luffa” or “Loofah”?

Both are correct. The luffa or loofah is a natural sponge gourd from the cucurbits family of plants with the botanical name ‘luffa’.



## Cinnamon Clay

**Time: 60 minutes + 60 minutes resting time + 2 hours drying time**

**Yield: 10 ornaments**

This is a simple cinnamon clay that can be used for Christmas ornaments, gift tags, and more. The scent remains for about one year after making. Kids will need to be supervised when baking the clay.

Note: Since this is non-consumable, use cheap cinnamon or older cinnamon you no longer want to use for cooking.

### **Ingredients:**

- ¼ cup unsweetened applesauce
- ¼ cup tablespoons non-toxic white glue (2 ounces)
- ½ cup cinnamon

You'll also need: cookie cutters, parchment paper, ribbon or string, and paint

### **Directions:**

1. In a small mixing bowl, combine the applesauce and white glue until blended.
2. Carefully add the cinnamon, slowly stirring it in to prevent it becoming air-born.
3. Knead the dough until it becomes firm clay. If it's tacky, add more cinnamon. If it's crumbly, add some water until the dough holds together. Wrap the dough in plastic wrap. Let the dough rest for 60 minutes.
4. Sandwich the dough between two sheets of parchment paper and roll it out to about ¼ inch thickness. If any cracks develop or if the dough isn't smooth, rub in a little bit of water to smooth it out. If the problem persists, add more water and knead the dough a few times by hand.
5. Use cookie cutters to cut the dough into desired shapes.
6. Re-form excess dough, and re-roll it to make more shapes.
7. If making for ornaments or tags, poke a hole at the top of your shapes at least 1/3<sup>rd</sup> inch in from the edge, using a drinking

straw. You'll thread a ribbon through this hole when the ornaments are ready to hang.

8. Preheat the oven to 200F. Line a baking sheet with parchment paper. Place the shapes on the prepared baking and bake for 2 hours, flipping the ornaments over on the tray after 1 hour to help them dry evenly and to keep them flat.
9. Add ribbons for hanging or for use as tags. Decorate with paint, glitter glue, or as you choose.



## Beeswax Ornaments

**Time: 60 minutes**

**Yield: 10 ornaments**

A simple, sweet scented ornament or decoration. This recipe is for multiple ornaments. This project is easy enough for a toddler to help with and doesn't require any cooking.

**Ingredients:**

- 5 beeswax sheets, in two or three colors
- Metal cookie cutters, preferably Christmas themed
- A hair dryer

**Directions:**

1. Place a single beeswax sheet on a suitable cutting surface like a wooden cutting board, or a fabric cutting surface.
2. Using a cookie cutter, cut out 6 of the same shape from the same piece of wax.
3. Place down a piece of wax paper. Warm up the first shape on the wax paper, with the blow dryer, and then press the second shape down on it gently. Repeat with the third shape.
4. Place a ribbon or short loop of string on the stack of three, at least ½ inch overlapping with the wax, and 1 inch outside the wax as a hanging loop.
5. Gently warm up the wax and press on the fourth piece. Repeat with the fifth and sixth pieces.
6. Let cool and remove from the wax paper.
7. Repeat with different cookie cutter shapes for the other sheets of beeswax.
8. Enjoy.

**Variations:** If you would like Christmas scented beeswax ornaments, add 1-2 drops of Christmas tree, candy cane, or other festive essential oil blends between a few of the wax layers. Avoid mixing scents in the same ornament though.





## ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the [DIY Herbal Fellowship](#), the DIY Herb of the Month Club, the Joybilee Farm blog, and an instructor at [Joybilee Academy](#). Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *Dehydrator Cookbook for Beginners, A Guide to Dehydrating Fruits, Vegetables, Meats, and More* (2022), *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017), *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015)