



LOVE

LOVE *is in the Air*



DINNER INVITATIONS



FOOD & AROMATHERAPY RECIPES



VALENTINE CARD TEMPLATES



VALENTINE COLORING PAGES

We've included a variety of ideas in this kit to help you express your love on Valentine's Day!

PLANNER INCLUDES:

✓	Dinner Invitations
✓	Food & Aromatherapy Recipes
✓	Valentine Card Templates
✓	Valentine Coloring Pages

Throughout this document, click on any pink-colored wording to jump to more information on that topic. (Some links will take you to a webpage, so have your internet enabled and let the love begin!)

This year, Aura Cacia and Simply Organic have teamed up to help you have your best Valentine's Day ever! We've included multiple ways to show your love and affection, whether you're sharing the day with a new love or old, with family or friends. Create Valentine's cards, cook a full-course romantic dinner (or just a very special treat), and indulge in aromatherapy.

Everyone involved will LOVE this day!



INVITATIONS

Even if you'll be seeing or speaking ahead of time to the person you'll be sharing Valentine's dinner with, try something new this year by making a personalized invitation. Place a drop of lavender or ylang ylang essential oil on the invitation to set the mood. It will make them feel extra special!

Using our [personal dinner invitation](#), fill in the blank fields electronically before printing, or print out and fill in the fields the old-fashioned way for a more personalized feel. Either way, your date for the evening will know that a special night has been planned.

FOOD & AROMATHERAPY RECIPES

They say that the way to a person's heart is through their stomach, but it may be through their nose as well. Try out these recipes that cover both! We have included recipes for the entire day, from breakfast to dessert.

Why should you include aromatherapy along with food to set the mood throughout the day? Because the sensual intoxication of breathing in the rich and exotic aromas of certain essential oils is very much like the emotional high of being head over heels in love. So renew, revive and regenerate your emotional core by indulging in a love affair with aromatherapy.

Start your day off right with these simple and delicious breakfast recipes—easy enough that kids can help with prep and tasty enough that everyone will clean their plates!

BREAKFAST



Strawberry Spice Muffins

Everyone will be sweet on these simple muffins! Strawberries' pink and red hues are the perfect colors for this day.



Baked Bananas

Baked with love but not with gluten! This gluten-free recipe provides an interesting spin on traditional banana bread.



FOOD & AROMATHERAPY RECIPES *(continued)*

To help get you in the mood during this special day, consider taking a bath and exfoliating and moisturizing the skin. If you don't have time for a bath, place a few drops of your favorite essential oil, such as sweet orange or peppermint, on your shower floor and breathe in the aromas.

BATH



Fizzing Jasmine Bath Brew

- 3 tablespoons baking soda
- 3 teaspoons sea salt (table grind)
- 2 tablespoons citric acid granules or 6 to 8 crushed vitamin C tablets
- 1 cup fresh white rose petals
- 10 drops **sweet orange essential oil**
- 6 drops **sandalwood essential oil**
- 3 drops **jasmine absolute**

Combine dry ingredients and sprinkle mix with essential oils. Add all ingredients to a tub of very warm water. Enhance this luxurious bath brew with a cup of whole milk or a tablespoon of skin-nourishing **jojoba oil**.



Blissful Rose and Jasmine Soak

- ½ cup Epsom salt
- 1 tablespoon baking soda
- 1 tablespoon of citric acid granules or 3 to 4 crushed vitamin C tablets
- 12 drops **mandarin orange essential oil**
- 3 drops **jasmine absolute oil**
- 3 drops **rose otto essential oil** or **rose absolute oil**
- 1 generous heap of fresh, torn rose petals

Mix salts with oils and dissolve into bath. Strew the bath with rose petals. Light candles, pour yourself a glass of wine, and sink into bliss.

Follow up your shower or bath with a nice aromatic perfume to excite the senses.

PERFUME



Sensual Rose Perfume Oil

- 1 ounce **grapeseed** or **jojoba oil**
- 3 drops **rose otto essential oil** or **rose absolute**
- 3 drops **mandarin** or **sweet orange essential oil**
- 1 drop **sandalwood essential oil**

Combine ingredients. Dab this evocative essence on pulse points, over the heart on the solar plexus, or upon the third eye of the forehead.



Love Potion Mist

- 6 drops **ylang ylang essential oil**
- 5 drops **rose absolute**
- 1 drop **clove bud essential oil**
- 1 cup water

Combine in a 4-ounce mister. Shake well and mist body.

APPETITE FOR LOVE

Before dinner is served, present this light appetizer and salad. It will show your date that you've taken the time to make this dinner as intricate as your love.

APPETIZERS



Italian Herb Dipping Oil

This delicious dipping oil will infuse any bread with the passion of Italian flavors! Have some fun by feeding pieces of bread to each other.



Basic Salad w/Simply Organic Dressing

Pair any of our dressing mixes with simple leafy greens and your favorite veggies (perhaps artichoke HEARTS?) as the lead-in for a fabulous meal.

Try these traditional Italian recipes for dinner. Most of them are easy enough for a novice chef, but the last one is a little more challenging. Just make sure the fire is burning in your heart and not in your kitchen!

DINNER



Cheese Bread

While you don't want your Valentine to be cheesy, you definitely want this bread to be cheesy! Melt the cheese, then melt their heart.



Spaghetti and Meat Balls

They're called "meat" balls because the meat has been replaced with a heart-healthy chickpea concoction! The red sauce will remind you both of your burning desire for each other!



Baked Stuffed Ravioli

Have you ever had ravioli stuffed with love? If not, try this recipe! It's a little challenging, but the payoff is worth the effort, just like finding the perfect lover!

If you want to be irresistible, make irresistible desserts! A box of chocolates has nothing on these recipes! Did you know that Cupid's arrow was made out of chocolate?

DESSERT



Black Forest Torte

You may want this scrumptious dessert to be yours, and yours alone, but it's even sweeter when shared with a date!



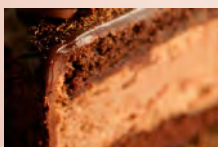
Cocoa Mint Brownies

The love connection that chocolate and mint share is delightful!



Coconut Rum Truffles

Things can get a little messy while making these, so have some fun in the kitchen with your partner and/or kids! If you want to sample the dark rum before adding it to the recipe, we understand.



The Devil's Chocolate Cake

Devil might be in the title of this fabulous cake, but you'll be an angel if you make it for your sweetheart. Well worth the effort, the result is sinfully delicious.

EVENING MOOD ENHANCERS

Consider the power of essential oils to enhance the mood at day's end. Experiment with sensual aromatic oils to scent the room and surrender the body.

AROMATIC OILS



Passion & Fire Room Diffusion

- ¼ cup water
- 6 drops mandarin orange essential oil
- 2 drops cardamom essential oil
- 2 drops nutmeg essential oil
- 1 candle lamp diffuser with tea light candle

Place water in bowl of diffuser lamp. Add essential oils. Light candle and warm the liquid to release the aroma.



Inspiring Linen Mist

- 4 ounces water
- 15 drops sandalwood essential oil
- 5 drops vetiver essential oil
- 4 drops jasmine absolute oil

Combine water and oils in a small spray bottle. Shake well and mist bed to set a provocative mood.



Lover's Massage

- 1 tablespoon grapeseed oil
- 1 tablespoon sweet almond or apricot kernel oil
- 10 drops rose absolute oil
- 7 drops sandalwood essential oil

Combine ingredients and apply to your partner's body.



Intimate Massage Oil

- 2 ounces sweet almond or apricot kernel oil
- 2 ounces jojoba or grapeseed oil
- 16 drops mandarin orange essential oil
- 3 drops ylang ylang essential oil
- 5 drops eucalyptus essential oil

Blend ingredients and apply as a soothing, mood-altering, body-priming massage.



CARDS & COLORING PAGES

Distributing Valentine's cards is a time-honored way for kids (and adults) to celebrate the day. Use the templates below to make cards with your kids. Or print out the coloring page so they can custom-color a picture (blue doves and green cupids allowed!).



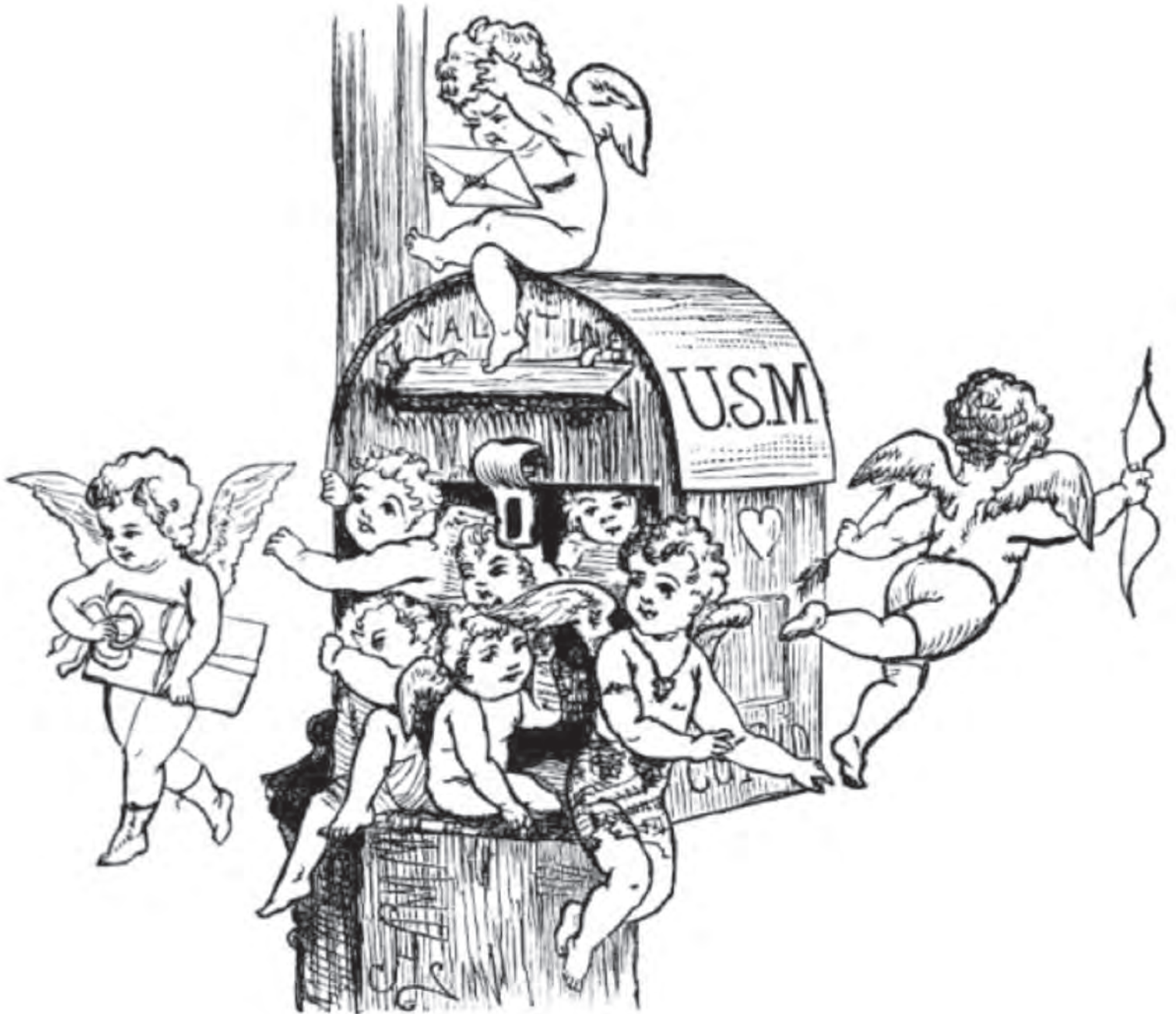
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CARDS & COLORING PAGES *(continued)*



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CARDS & COLORING PAGES *(continued)*



CARDS & COLORING PAGES *(continued)*

