



***Lansing Essential Oils INC. Newsletter***

***William Lansing***

***YL #340519***

**March 2025**

3266 275<sup>th</sup> St, Worthington, IA 52078

563-926-2534

Lansingessentialoils.com

[Lansingessentialoilsinc@gmail.com](mailto:Lansingessentialoilsinc@gmail.com)

**Newsletter specific:** [Lansingessentialoilsnewsletter@gmail.com](mailto:Lansingessentialoilsnewsletter@gmail.com)



## March Loyalty Order Offer

Spring into wellness with superfood greens.

### Save 15% on March loyalty order

Seasonal changes call for extra support! MultiGreens™ capsules make it easy to support overall wellness and immunity

## Spend 100 PV

**R.C.™ essential oil blend, 5 ml -Retail Value \$15.79**



Breathe deep and refresh your space with R.C. essential oil blend. Featuring three types of Eucalyptus plus Peppermint and Lavender oils, it promotes the sensation of deeper breathing. Diffuse it or dilute it and apply to your chest for an instant refresh—perfect for stuffy environments or tough workouts.

## Spend 200 PV

**Eucalyptus Radiata essential oil, 15 ml -Retail value \$43.75**

Eucalyptus Radiata essential oil brings a fresh, spa-like scent to your space. Inhale for a cool, refreshing breathing experience or add a few drops to a washcloth in the shower for a soothing steam session. Make sure to place the washcloth just outside the water stream.

Also includes R.C. Essential Oil Blend 5ml.



## Spend 300 PV

### Allerzyme® capsules- Retail value \$92.76



Dealing with environmental or dietary sensitivities? This gentle, vegetarian enzyme complex is formulated for you to support normal digestion with 11 different enzymes plus essential oils like Tarragon and Ginger. Take one capsule before meals for the best results.

Also includes R.C. essential oil blend 5ml and Eucalyptus Radiata Essential Oil 15ml.

## Adventures in aromatherapy

### Mix up homemade play dough.

Ready for the best combine aromatherapy, color, and creativity? Switch out that stale store-bought dough for this easy recipe for [homemade essential oil playdough](#) that's great for hours of fragrant fun!

### Ingredients you'll need:

2½ cups water  
2½ tablespoons olive oil  
2½ cups all-purpose flour  
1¼ cup salt  
5 teaspoons cream of tartar  
5–10 drops essential oil  
Natural food coloring (You can use liquid or powder coloring. Adjust the amount to your desired color.)

*These measurements will make enough dough for 4–6 colors. Double the recipe if you want more!*

### How to make essential oil play dough

1. Place the water and olive oil into a medium pot on the stove. Simmer on medium heat while you prepare your dry ingredients.

2. In a separate bowl, combine flour, salt, and cream of tartar. Whisk until incorporated.
  3. Add half of the dry mixture into the pot with your water and oil. Whisk for 5 seconds to incorporate, then add the second half of the dry mixture into the pot.
  4. Whisk continuously on medium heat until the mixture is smooth and lump free, about 15–30 seconds.
  5. Once the mixture becomes slightly thicker, switch to using a wooden spoon or silicone spatula to continue to stir and knead it. Keep stirring to avoid burning the dough. **Be patient.** The mix will take around 2–3 minutes of constant stirring and kneading until it takes on a play dough-like consistency.
  6. Once you have a thick, doughy consistency, remove the dough from the pot and place it onto a clean surface.
  7. Let cool for 5 minutes, then knead the dough for 1 minute.
  8. Split into 4–6 equal pieces.
  9. Add your coloring and essential oils to one piece at a time, then knead until fully incorporated. Repeat with different colors and oils in the other sections of dough. **Wear gloves during this step to avoid staining your hands.**
  10. Bring on the fun!
- **YL tip:** Let your children help with the steps that are appropriate for their age. This will make the DIY activity feel even more special and fun.

### **Our scent suggestions:**

- [KidScents® KidPower™](#)
- [KidScents SniffleEase™](#)
- [KidScents TummyGize™](#)
- [KidScents GeneYus™](#)
- [KidScents Owie™](#)
- [KidScents Sleepylze™](#)

- [Orange](#)
- [Tangerine](#)
- [Lavender](#)
- [Vanilla](#)
- [Jasmine](#)
- [Frankincense](#)

**YL tip:** You don't have to stick to just one scent: Kids love to experiment, so encourage them to combine their favorites for creative, delicious-smelling blends.

Feel free to customize the colors and oils to fit your children's preferences and aromatherapy needs. The combos and benefits are endless! Before your kids unwind for the afternoon, let them play with Lavender-infused play dough. For an aroma that inspires your children with confidence and positivity, infuse your play dough with KidScents KidPower.

Enhance the fun by adding tools that your kids can use to make play dough time even more fun. You could bring in simple items like cookie cutters, child-friendly scissors, or a rolling pin or challenge each other by creating shapes and figures out of the dough and guessing what they are.

## **How to store your play dough**

After your kiddos are done playing for the day, simply store your play dough in airtight containers in the fridge. The dough should last at least three months when stored correctly. If it starts to get dry after excessive playing, try adding 1 drop of essential oil or a few drops of water to add back some moisture.

For essential oil-infused DIY fun, play dough is only the beginning. Try making homemade slime, moon sand, and [bathtub crayons](#) with your children's top essential oil picks.

**Which scent and color combos are you going to try out with your kids?**