



KITE SURFING
INSTRUCTORS EGYPT

Signature

WWW.KITESURFINGINSTRUCTORS.COM

WELCOME



I'm so excited to share this Signature Book with you which has been designed and created especially for kitesurfers, in association with the Oil Me Up Baby!™ team.

You'll find healthy, natural ways to use essential oils for a variety of problems that keen kitesurfers come up against from this very physically challenging activity.

If you're new to the world of essential oils, before you start there are a few things we'd love to share with you on how to use them effectively & safely.

So head over to www.OilMeUpBaby.com/oils where we'll walk you through the basics :-)

To buy the oils simply visit www.OilMeUpBaby.com/shop.

If you have any questions about this book, or starting your own online essential oils business, don't hesitate to [contact](#) the Oil Me Up Baby Team for further information!

Have fun!

Shaher



KITE SURFING
INSTRUCTORS EGYPT

Oil Up

In this Book...

These are the oils you'll need to have to make all the cards inside this book.

You'll also need a diffuser and fractionated coconut oil + roller bottles for the blends.





ABOUT

Whether you are a beginner or a pro this Experience Pack has everything you need to add to your kit bag to keep you at the top of your game. We want you to be at your best physically and mentally so you can reach whatever kitesurfing goals you've set yourself - whether it's just for fun, fitness or to compete. We have included things for energy, focus, safety, hydration, recovery, mental rehearsal, and many more. Your kitesurfing experience will never be the same again once you add these delights to your kit bag!



Inside...



1

ROLLER CARDS

Muscle Soreness Relief
Extreme Focus
Bite & Itch Relief

2

RECIPE CARDS

Peanut Butter, Honey & Cinnamon
Energy Balls
Sports Recovery Electrolyte Drink
Hibiscus Salty Sea Dog

3


WILD CARDS


DIY First Aid Spray for Cuts & Scrapes
Bronzing Tanning Oil
Soothing After Sun Gel
Leg Cramp Muscle Oil
Cool Down Spray
Sports Muscle Soak

4

BLEND CARDS

Ocean Mist
Salty Seas
Sunshine on the Sea
Crystal Waves
On the Sea
Ocean Cheer



 **KITE SURFING**
INSTRUCTORS **EGYPT**
WWW.KITESURFINGINSTRUCTORS.COM



ROLLER CARDS



MUSCLE SORENESS RELIEF



Add oils to a 10ml roller bottle and top up with fractionated coconut oil.

After you roll on, follow with a layer of Deep Blue Rub.



EXPERIENCE

Had a great day out on the water and you just want to get back out there, but your muscles have other ideas? Use this roller ball on your tired and sore muscles before you sleep to help them recover so you can get back out there on the water and fly above it. These soothing oils will penetrate into your skin and help soothe, relax and repair all your aches and pains.

EXTREME FOCUS



Add oils to a 10ml roller bottle
and top up with fractionated
coconut oil.



EXPERIENCE

Learning to kitesurf or improving your skills requires mental discipline, not just physical ability. Make sure your mind is on the job so you don't end up swimming with the fish. This roller ball is perfect for when you're learning new skills, needing some extra focus and have to use your memory more. This oil will help increase your focus and productivity. Apply on the chest and back of the neck to help you focus and fly with the birds!

BITE & ITCH RELIEF



Add oils to a 10ml roller bottle
and top up with fractionated
coconut oil.



EXPERIENCE

Have those sand flies and mosquitoes enjoyed a banquet on your body? If so, roll this roller ball recipe on those pesky bites for soothing relief. Don't let the bites spoil your fun or break your kitesurfing focus. Roll on any affected areas as often as needed.



RECIPE CARDS



Press Play



PEANUT BUTTER, HONEY & CINNAMON ENERGY BALLS

YOU'LL NEED

- 1 cup Old Fashioned Rolled Oats
- 1/2 cup Flaxseed
- 1/2 cup Peanut Butter
- 1/4 cup Honey
- 1/4 teaspoon Salt
- 2 drops Cinnamon



METHOD

1. Blend the oats and flaxseed in a food processor.
2. In a bowl mix the oats & flaxseed with the peanut butter, honey, salt and cinnamon. Mix well until all the ingredients are well blended. If the batter feels too runny place it in the freezer for 20 minutes to firm up.
3. Roll the batter into 12 balls about 1 inch each and place on baking paper on a baking tray.
4. Place in the freezer for about an hour. Once cold, store in a freezer safe container and keep in the freezer until you're ready to enjoy it!

EXPERIENCE

When you get out on the water, you can have so much fun that you don't want to stop and it can be easy to forget to eat, however with such a physically demanding sport it is so important to keep your energy levels up. Use these energy packed balls to give you that boost that you need to keep going. They're quick and easy to make (and eat) so they won't keep you off the water for long.

Energy Boost



SPORTS RECOVERY ELECTROLYTE DRINK



YOU'LL NEED

- 1 cup Fresh Orange Juice
- 1/2 cup Fresh Lemon Juice
- 4 cups Water (filtered or purified or raw coconut water)
- 4 tablespoons Organic Raw Honey
- 1/4 teaspoon Himalayan Pink Salt
- 2 drops Lemon
- 2 drops Tangerine

METHOD

- 1.Put all ingredients in a blender and blend well.
- 2.Store in a glass bottle in the fridge.



A man is parasailing over a bright blue ocean. He is wearing a light blue t-shirt and patterned swim trunks. He is smiling and looking towards the camera. The parasail is a vibrant blue and yellow. The background is a clear, deep blue sky. The overall mood is adventurous and refreshing.

EXPERIENCE

High-drate

It's so important after a day in the sun with lots of physical exercise to make sure you hydrate properly, not just your skin but your insides too.

This citrusy drink will help replace those lost electrolytes and increase your magnesium levels which your muscles need for recovery. It tastes amazing and you can store it in the fridge for up to 3 days.

HIBISCUS SALTY SEA DOG

YOU'LL NEED

- 2 oz Vodka
- 1 1/2 oz Hibiscus Juice
- 2 oz Sparkling Grapefruit Juice
- 2 teaspoons Simple Syrup
- 2 drops Lemon
- Salt for the rim of the glass



METHOD

1. Rim a tall glass with salt and fill with crushed ice.
2. Add vodka, hibiscus juice, simple syrup and Lemon oil in a cocktail shaker with ice and shake well.
3. Pour into the glass and top up with sparkling grapefruit juice and mix gently.

EXPERIENCE

So you survived your day on the water... What better way to reward yourself than to kick back, relax and enjoy a refreshing cocktail? Packed with goodness this cocktail will hydrate you while also giving you immune boosting qualities. Who said cocktails aren't good for your health?!

Bar is open....





WILD CARDS

Press Play



DIY FIRST AID SPRAY FOR CUTS & SCRAPES

YOU'LL NEED

- 3 drops Helichrysum
- 5 drops Lavender
- 5 drops Tea Tree
- 3 drops Basil
- 2 oz Distilled Water



METHOD

Add all ingredients to a glass or metal spray bottle and shake well.



Healing Help...

EXPERIENCE

This easy to make spray will help you with any scrapes or cuts you get while training or when you're just out and about. Clean the area first then spray onto the affected area, so it can help ward off any infections while also giving relief. These minor injuries don't have to spoil your time out!

BRONZING TANNING OIL

YOU'LL NEED

4 tablespoons Raspberry Leaf Oil
2 tablespoons Vitamin E Oil
2 tablespoons Hemp Seed Oil
4 tablespoons Extra Virgin Olive Oil
4 tablespoons Avocado Oil

5 drops Carrot Seed Oil
25 Drops Lavender
5 drops Peppermint
1-2 teaspoons Mica Bronzing Powder

METHOD

Add all ingredients
to an 8 oz glass
spray bottle and
shake well.





EXPERIENCE

Sick of being the palest person on the beach? This simple recipe smells amazing and will give you a subtle shimmery tan and leave you glowing. This tanning oil will not prevent burning, although the oils used do have an SPF. We don't recommend using this oil if you burn easily or plan to spend all day in the sun, without using a sun cream as well. We love to use it to brighten up our skin anytime, day or night, as it can be used as an everyday body moisturiser that gives a hint of tan.



Tan Time!

SOOTHING AFTER SUN GEL

YOU'LL NEED

4 oz Pure Aloe Vera Gel
1/8 teaspoon Vitamin E Oil
30 drops Lavender
10 drops Peppermint



METHOD

Combine all ingredients in a glass or metal jar and apply to soothe overheated skin.



EXPERIENCE

Have you overdone the sun a little? It's easy to forget how strong the rays are when you're soaring through the sky. If your skin feels a little dry, dehydrated or sunburnt use this soothing gel to soothe and hydrate it. The Lavender will soothe the skin while the Peppermint cools it, taking that fiery feeling away.

A close-up photograph showing a piece of fresh aloe vera being cut into a thick, translucent gel. The gel is being applied to the rim of a small, clear glass jar that already contains some of the same gel. The background is a rustic wooden surface. The text 'Soothe Your Skin...' is written in a cursive font across the bottom of the image.

Soothe Your Skin....

LEG CRAMP MUSCLE OIL

YOU'LL NEED

4 tablespoons Jojoba Oil
30 drops Peppermint
20 drops Cypress

METHOD

Combine all ingredients in a glass dropper bottle and shake well.



EXPERIENCE

Sometimes when you get dehydrated it can affect your muscles and cause cramps, or if you've spent a long time practising one particular manoeuvre you may find your muscles start to protest. Don't let that stop you, just massage this oil on the affected muscles when cramping occurs to increase circulation and decrease discomfort!

*Don't Cramp
Your Style....*



COOL DOWN SPRAY

YOU'LL NEED

- 2 tablespoons Distilled Water
- 2 tablespoons Witch Hazel
- 4 drops Lavender
- 4 drops Peppermint

METHOD

Combine all ingredients in a 2 oz glass spray bottle and shake well.



EXPERIENCE

Spray on tired, achy feet to revive and refresh them or on the back of the neck and chest to cool down. Use whenever you need cooling down or picking up. We recommend you store this in the fridge for extra cooling power, as it feels even better when you get a double hit of the cold spray plus the cooling powers of the peppermint and witch hazel.

So Cool....





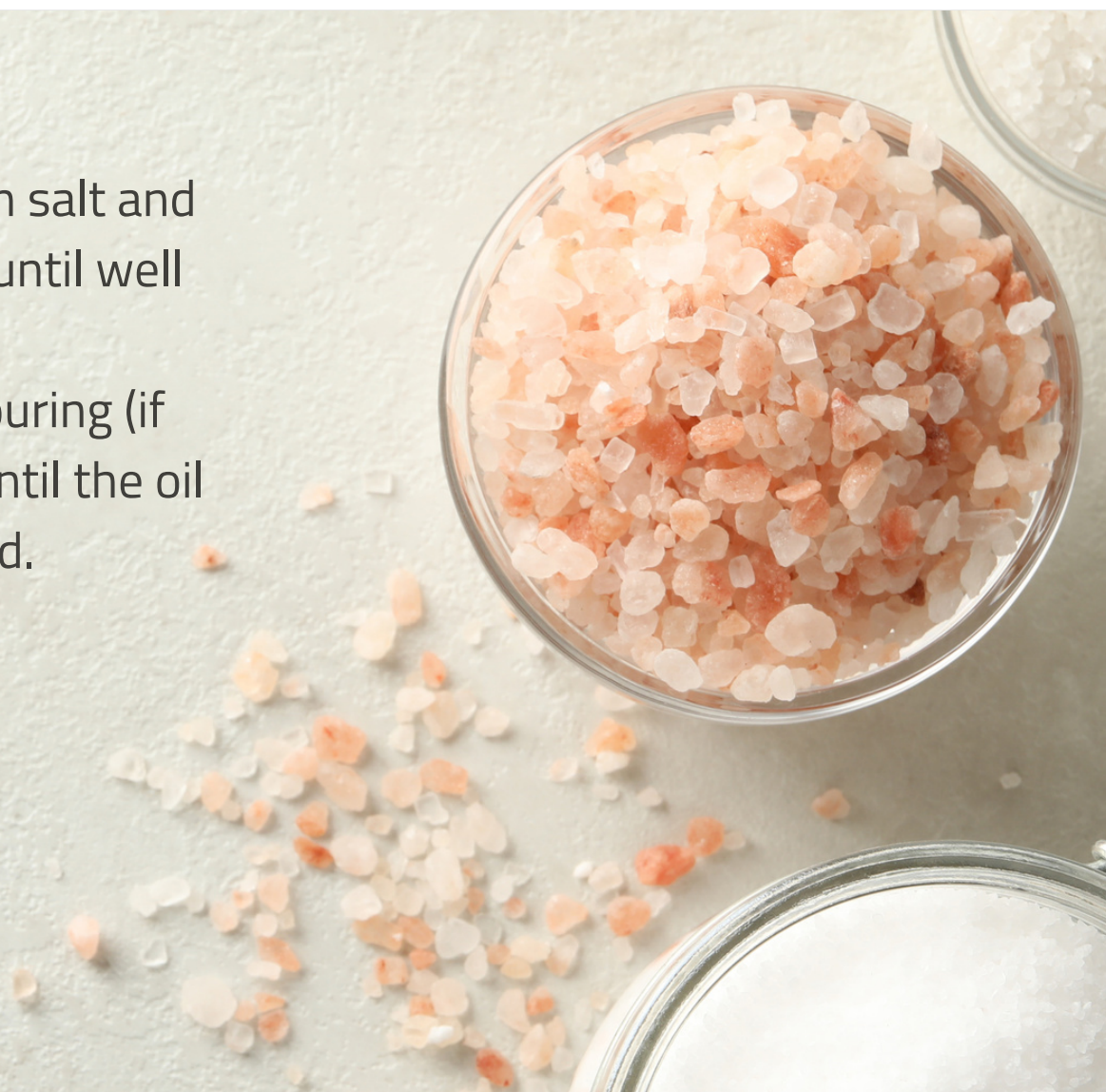
SPORTS MUSCLE SOAK

YOU'LL NEED

- 1 1/2 cups Epsom Salts
- 1/2 cup Pink Himalayan Salt
- 1/2 cup Bicarbonate of Soda
- 8 drops Deep Blue
- 4 drops Lavender
- 4 drops Copaiba
- Soap or Food Colouring if desired

METHOD

1. Mix the epsom salt, Himalayan salt and bicarbonate of soda together until well combined.
2. Add the essential oils and colouring (if desired) and continue to stir until the oil and colour is evenly distributed.
3. Store in a large glass jar.

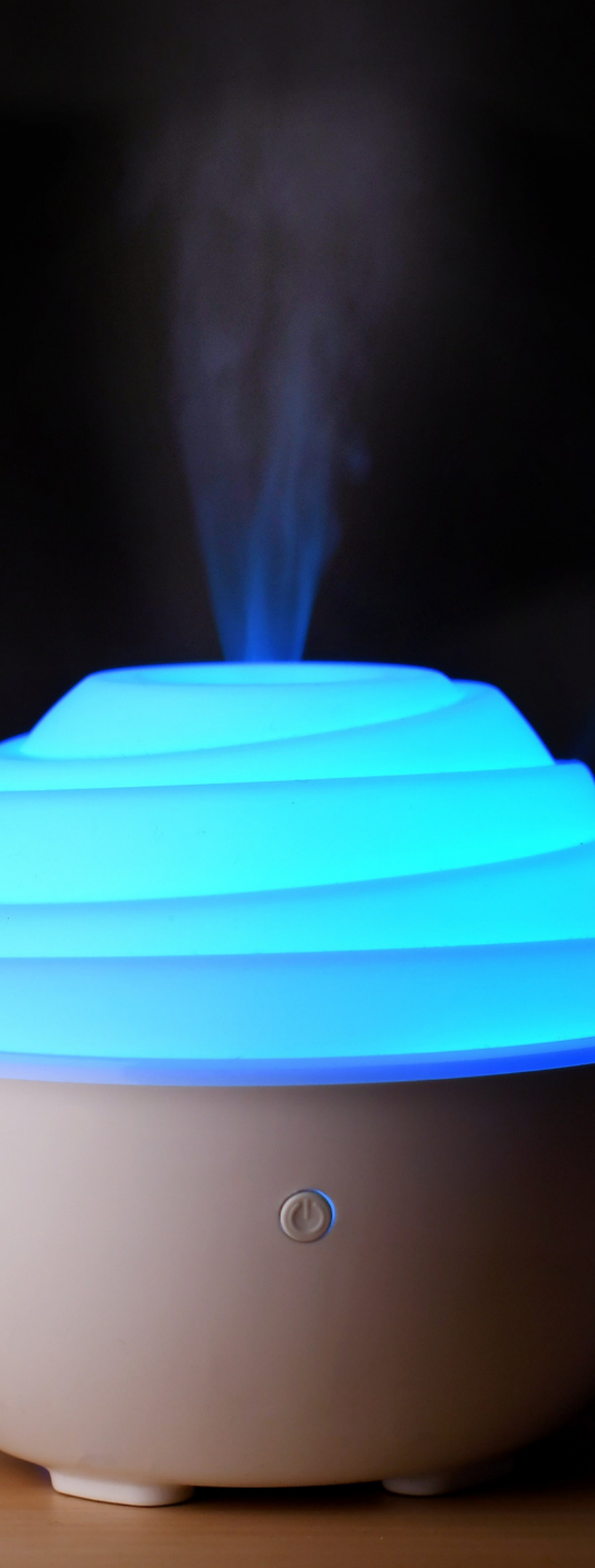


EXPERIENCE

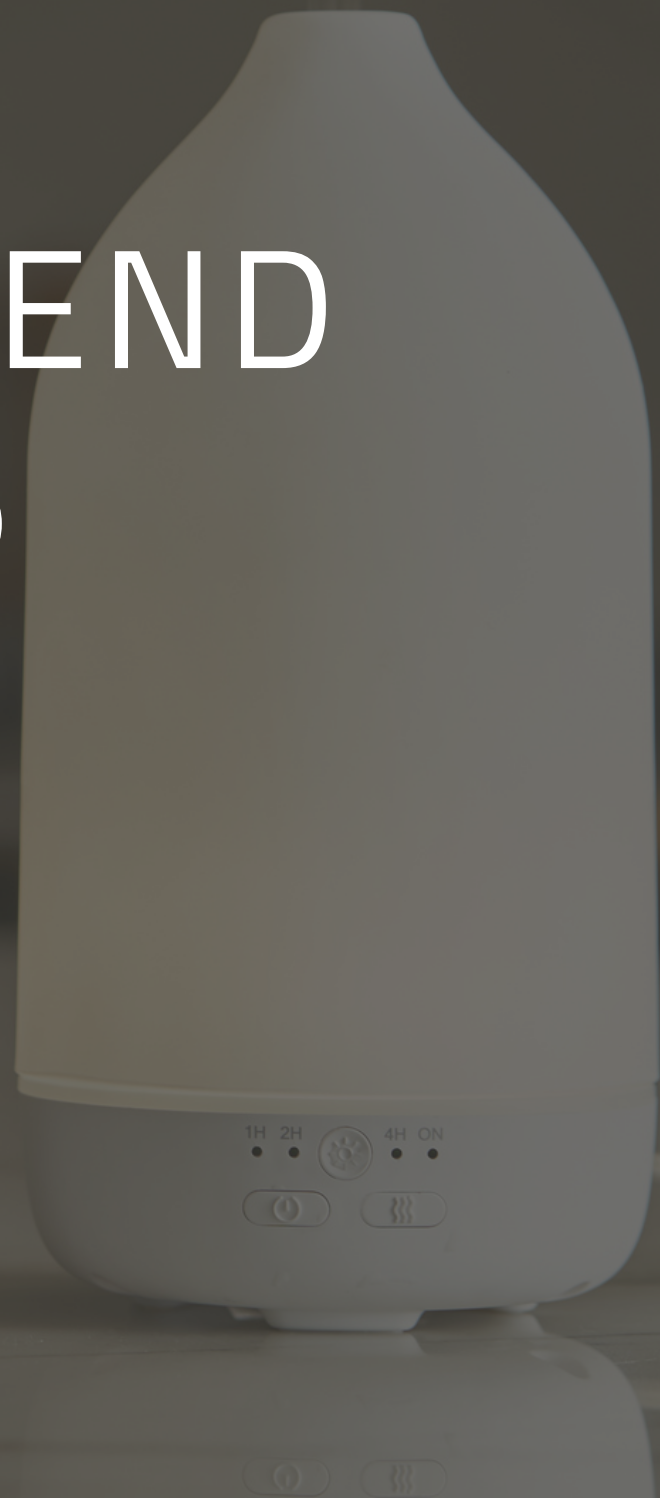
After a fun day kiting, reward your hard working muscles with a soak in these soothing bath salts. They will give your body a chance to relax and give relief for tired, sore and aching muscles as well as relax your mind. This sports soak also provides a detoxing effect for your body, leaving you feeling refreshed and rejuvenated, ready to get back out on the water the next day.

Submerge





BLEND UP



OCEAN MIST



Add the oils using the
directions on your diffuser.



EXPERIENCE

Do you feel the ocean calling you? Use this blend to help you connect with the ocean, nature around you and to ground yourself. Relax in its subtle and relaxing scents. A perfect blend to enjoy after a busy day...

SALTY SEAS



Add the oils using the
directions on your diffuser.



EXPERIENCE

Strong wind day? Been called off the water? Use this blend to uplift your spirits and make you feel as though you can still feel that salty sea under your feet. Strong wind days needn't get you down.

Press Play



SUNSHINE ON THE SEA



Add the oils using the
directions on your diffuser.



EXPERIENCE

Take that sunshine on the sea feeling indoors with this citrus blend. These oils will uplift your spirits so high that you'll feel as though you're still kiting high above the waves!

CRYSTAL WAVES



Add the oils using the
directions on your diffuser.



EXPERIENCE

This purifying blend will clear the air around you to keep it feeling as crystal clear as the waves you've been kiting on.

ON THE SEA



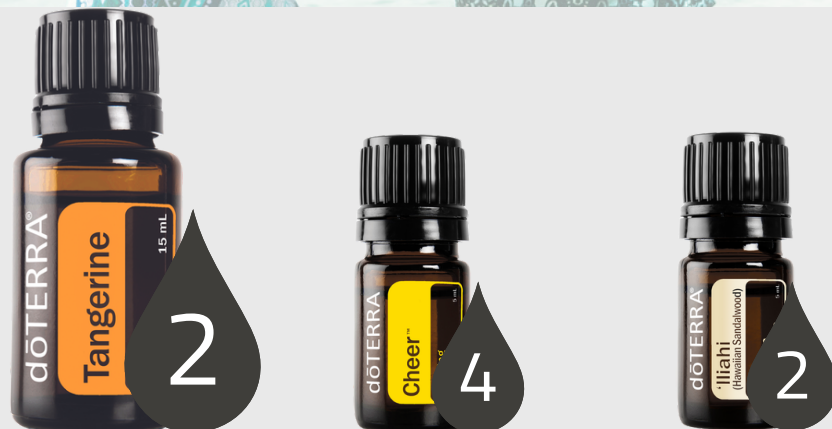
Add the oils using the
directions on your diffuser.



EXPERIENCE

Use this blend to help mentally prepare yourself for a day on the sea. Take some deep breaths and visualise yourself out there on the water, performing your jumps. This blend is perfect for mental rehearsals before a day's training or competing.

OCEAN CHEER



Add the oils using the
directions on your diffuser.



EXPERIENCE

Bring back that ocean cheer feeling whenever you're far from the water. Use this blend to reflect on your training and contemplate how you can improve it while feeling positive about the progress you're making!



THANK
YOU!