

MSM Drops Recipe Guide



The Ultimate Recipe Guide To Healthy Living,
Wellness & Better Appearance With *MSM Drops*

Health Drinks ~ Homemade Beauty ~ Essential Oils





Health Drink

RECIPIES



Spiced Anti Inflammatory Smoothie

Rich in many inflammation fighting compounds, this delicious smoothie enhanced with Happy Body MSM Drops is a great way to start your day.

Add all ingredients to the blender and whiz!

- 1 cup unsweetened almond milk
- 1 frozen banana, sliced
- 1/4 inch piece of fresh ginger (peeled and sliced)
- 1/4 inch piece of fresh turmeric (peeled and sliced)
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon chia seeds
- 1/2 teaspoon flax seeds
- 1 cup fresh baby spinach
- 2 droppers full Happy Body MSM Drops

Inspired by : <https://24carrotkitchen.com/anti-inflammatory-green-smoothie/>



Brain Fog Buster

Need a mid day Boost?

This Brain Fog Buster Blend will help clear the mind and keep you going all day!

- 1 cup water
- ½ cup ice
- 1 frozen banana
- ½ cup frozen cauliflower
- ¼ teaspoon maca powder
- ¼ teaspoon camu camu
- 1 tablespoon raw cacao powder
- 2-3 medjool dates
- 2 dropper full Happy Body MSM Drops

Add all ingredients to high powered blender and whiz until smooth.

Inspired by : The Happy Body Test Kitchen



Glowing Skin Smoothie

Powerful ingredients that work like magic to give your skin a youthful glow!

Like a tropical vacation in a glass!

- ½ avocado
- ½ cup pineapple chunks
- ½ cup mango chunks
- ½ cup spinach
- ½ cup coconut water
- 1 tablespoon unflavoured collagen powder
- 2 dropper full Happy Body MSM Drops

Place ingredients in high powered blender and blend until smooth.



Happy Body Latte

A creamy mixture of coffee or coffee substitute with healthy fats and inflammation fighting *MSM*, whizzed into a frothy delight!

- 1 cup freshly brewed coffee (or coffee substitute)
- 1 tablespoon organic coconut oil
- 1 dropper full Happy Body *MSM* Drops
- Pinch of cinnamon (optional)

The secret to this latte is whizzing all ingredients in a high powered blender for 1 minute to emulsify.



Immunity Booster

Keep colds and flus at bay with this Vitamin C, antioxidant rich beverage.
No fancy juicer required!

- 1 orange, peeled
- 1 large carrot, cut into chunks
- ¼ inch piece of ginger, peeled
- ½ lemon, peeled
- 2 droppers full Happy Body MSM Drops

Place ingredients in high powered blender and blend until smooth.

Strain through nut milk bag or cheese cloth.

****MSM and Vitamin C work very well together to boost each others efficacy!**



Choconut Delight

Healthy fats are vital part of a healthy diet!

This smoothie is full of healthy fats and tastes like a dessert!

The added health benefits of Happy Body MSM drops makes this a guilt free treat!

- 1 frozen banana
- 1 tablespoon raw cacao
- 1 tablespoon nut butter
- ½ cup full fat coconut milk
- 2 dropper full Happy Body MSM Drops

Place ingredients in high powered blender and blend until smooth.



Inspired by : The Happy Body Test Kitchen

Happy Body Golden Milk

Full of anti inflammatory and healing compounds, this soothing golden milk is the perfect bedtime treat! The pinch of black pepper helps to activate the anti inflammatory properties of the curcumin in the spices!

- 2 cups full fat coconut milk
- 1 teaspoon turmeric
- ½ teaspoon cardamom
- Pinch of cinnamon
- 1 teaspoon honey
- 2 droppers full Happy Body MSM Drops
- Pinch of black pepper

Heat coconut milk in a pot on the stove until warm, remove from heat, add all other ingredients and whisk to combine.

Inspired by : Happy Body Test Kitchen

 **Happy Body**



Berry Fine Antioxidant Blend

Colourful berries provide a ton of antiaging benefits!

MSM is a vital part of healthy skin and this combo will help keep it clear, bright and youthful!

- 1 cup frozen mixed berries
- ½ cup coconut water
- 2 droppers full Happy Body MSM Drops

Place ingredients in high powered blender and blend until smooth.



Boost Your Beverage with MSM Drops

Remember, you can add a few droppers full of *MSM* drops to any beverage for an extra boost of sulfur through the day!!!



Beauty

RECIPIES

The beauty industry generates billions of dollars per year and most products are simply a long list of toxic ingredients. Making your own beauty products is simple and requires just a handful of ingredients to cover all of your DIY needs.



MSM Shampoo and Conditioner

Adding MSM Drops to your shampoo and conditioner is a great way to boost the sulfur supply to your hair follicles to increase strength and growth.

- 3 droppers full Happy Body MSM Drops added to both your current shampoo and conditioner.

Gently mix to combine.

Shampoo and Condition as usual.



MSM Hair Conditioner

Spritzing a blend of MSM and witch hazel onto your roots is another great way to boost the supply of sulfur to your roots.

- 2 droppers full Happy Body MSM Drops
- 1.5 oz of Purified Water
- ½ oz Witch Hazel
- 2 Drops Rosemary Essential Oil (optional)
- 2 Drops Cedarwood Essential Oil (optional)

Add to a 2 oz spray bottle and gently mix to combine.

Spritz on damp hair and a massage into scalp.



MSM Leave In Hair Tonic

Each hair follicle requires sulfur to help promote growth and strength. MSM drops are an easy way to add a boost of sulfur to your hair tonic. Cedarwood and Lavender essential oils are known to be very stimulating to the scalp and incorporating the MSM helps to increase their absorption.

- 2 oz Filtered Water
- 2 droppers full Happy Body MSM Drops
- 5 drops each Cedarwood and Lavender Essential Oil

Add ingredients to a 2 oz spray bottle.

Shake well to combine before each use.

We suggest using this spray daily.

*** Cedarwood and Lavender are also very relaxing oils, so using this spray on the hair before bed can also help promote a more restful sleep!

Inspired by : Happy Body Test Kitchen



Pure MSM Toner

Apply the MSM Drops directly to the face undiluted as a tightening toner.

- 1/2 dropper full Happy Body MSM Drops

Place drops in palm of one hand, gently rub hands together then quickly apply all over freshly washed face.

Allow to dry and follow with favorite moisturizer.



MSM Eye Serum

Treat the delicate area around the eye with this rejuvenating blend of MSM mixed with moisturizing jojoba oil and Blue Tansy Essential Oil.

- 2 droppers full Happy Body *MSM Drops*
- 5 ml Jojoba Oil
- 5 drops Blue Tansy Essential Oil (optional)

Add to a 10ml serum bottle and shake well to combine.

Gently pat under eyes with tip of ring finger.

Apply morning and evening for best results.



MSM Rose Face Wash

Rose water and rose essential oil are incredible for the skin and have a gentle, pleasing aroma.

Adding MSM enhances the powerful effects of these ingredients to leave the face soft and youthful.

- 1/2 Cup Purified Water
- 3 droppers full Happy Body MSM Drops
- 1 Tablespoon Rose Water
- 1 Tablespoon Castile Soap
- 2 Drops Rose Essential Oil

Mix ingredients together and store in small jar or bottle.

Works best with a foaming hand pump!

Inspired by : Happy Body Test Kitchen



Healing Facial Cleanser

This castile soap cleanser incorporates, soothing camomile tea with MSM, lavender and frankincense with added sweet almond oil for extra moisture and gentle cleansing.

- 1/4 Cup Brewed Organic Camomile Tea
- 2 droppers full Happy Body MSM Drops
- 1 Tablespoon Castile Soap
- 1/4 Teaspoon Sweet Almond or Olive Oil
- 5 drops each Lavender and Frankincense Essential Oil

Mix ingredients and add to foaming soap dispenser.

Replace with fresh cleanser every 2 weeks.



MSM/ACV Facial Toner

MSM helps increase collagen in the skin, tea tree helps treat blemishes, and green tea detoxes and brightens the complexion.

Keep the skin clear and tight with this refreshing, healing toner!

- 1/4 Cup Organic Green Tea
- 2 droppers Full Happy Body MSM Drops
- 1/4 Teaspoon Apple Cider Vinegar
- 10 to 15 drops Tea Tree Essential Oil

Mix ingredients and pour over cotton pads in a mason jar.

Replace with fresh cotton pads and toner weekly.



Anti Aging Facial Serum

This simple serum is moisturizing and healing to the skin.

Soothing Frankincense gives it a luxurious, heavenly scent and works with the *MSM* to help reduce fine lines and eliminate age spots.

- ½ teaspoon Jojoba or Sweet Almond oil
- 1 dropper full Happy Body *MSM* Drops
- 2 drops Frankincense.

Apply morning and night to damp, freshly washed skin.

Shake well before applying.



MSM Aloe Pain Gel

Healing aloe gel combined with MSM creates a powerful anti-inflammatory pain blend that can be used as often as necessary to help relieve sore joints, aching muscles, arthritic pain and more!

- 3 droppers full Happy Body MSM Drops
- ¼ cup Aloe Gel
- 5 drops Copaiba Essential Oil
- 2 drops Peppermint Essential Oil

Gently blend ingredients together and store in 4 oz mason jar.

Apply as needed to painful areas.



MSM Sugar Scrub

Exfoliate dry, flakey skin and stimulate healing blood flow with this non toxic sugar scrub.
So clean, you could eat it!

- ¼ Cup Organic Cane Sugar
- 3 droppers full Happy Body MSM Drops
- 1 teaspoon Avocado Oil
- 1-2 drops Peppermint Essential Oil or
1 Teaspoon Fresh Chopped Mint

Mix ingredients together and apply as a paste to damp skin.
Gently scrub over entire body and rinse thoroughly.

Can be used regularly for healthy, glowing skin!



MSM Shea Body Butter

Nourish your skin with this moisturizing, healing body butter. Shea butter, coconut oil, MSM and essential oils blended together for a creamy, whipped emollient.

Adding beeswax helps to firm it up and adds extra healing properties.

- 1/4 Cup Shea Butter
- 2 Tablespoons Coconut Oil
- 1/2 Teaspoon Beeswax
- 2 droppers full Happy Body MSM Drops
- 5 drops each Lavender and Frankincense Essential Oil

Gently melt the shea butter, coconut oil and beeswax on a double boiler.

Allow to cool slightly and add the MSM drops and essential oil.

Once cooled, use a hand or stand mixer and whip into a smooth, creamy body butter. Store in 4 oz mason jar and use daily.



MSM Cuke Face Mask

Cucumbers are known for their soothing, anti-inflammatory properties and incorporating them with aloe and MSM makes for a beautiful, healing facial mask.

- ½ Cucumber, peeled and pureed
- 2 droppers full Happy Body MSM Drops
- 4 Tablespoons aloe gel

Mix ingredients together in a small bowl.

Apply a thin layer over the face and allow to sit for 15 minutes.

Rinse with warm water and gently pat dry.



MSM Nail Soak

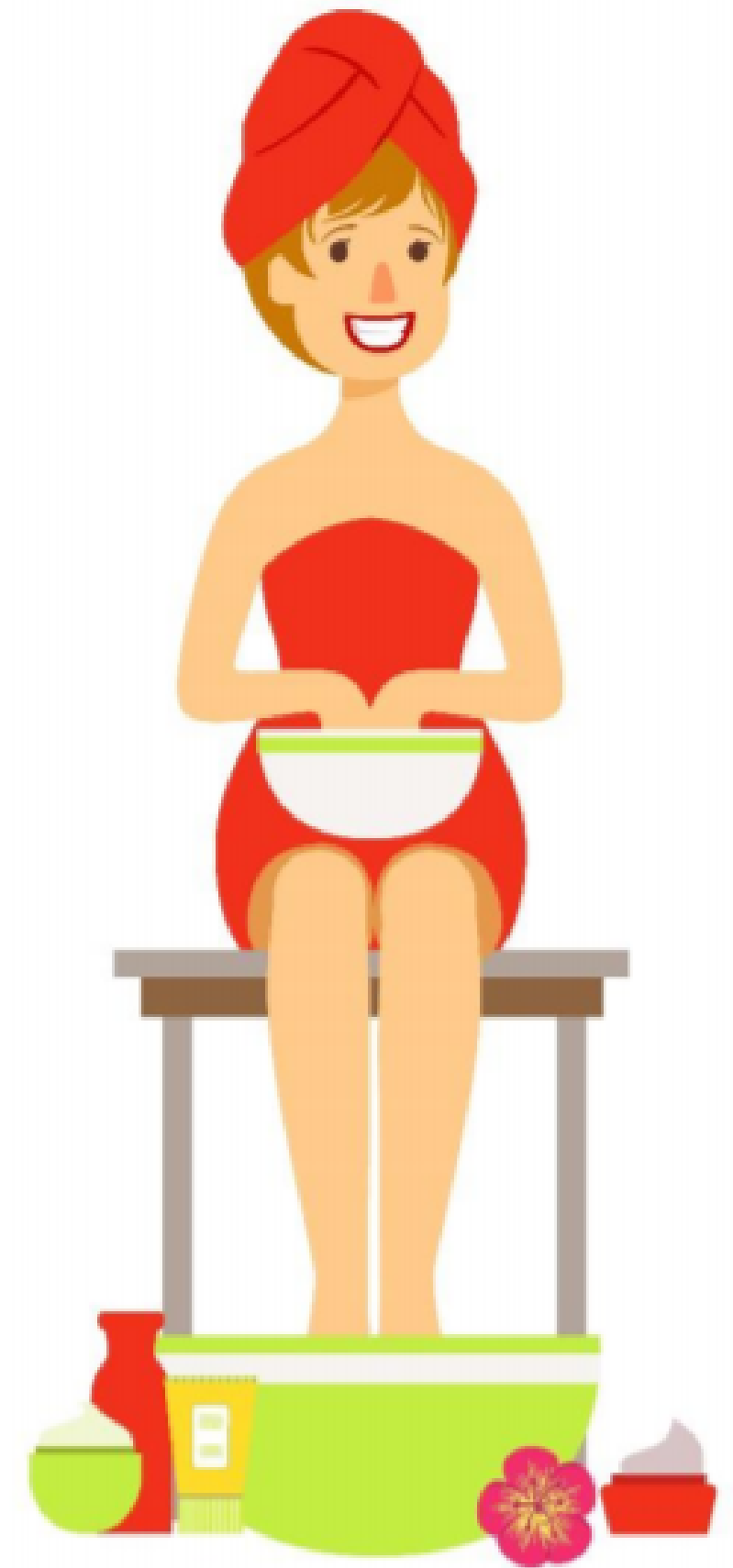
Eliminate dry, brittle nails and increase their speed of growth with this simple nail soak.

MSM helps increase the production of keratin for healthy, strong, beautiful nails. Can be used for both hand and foot soaks.

- 1 Cup Filtered Water
- 3 droppers full Happy Body MSM Drops
- ¼ Cup Fresh Lemon Juice

Mix ingredients in small bowl.
Soak nails for 10-15 minutes.

Inspired by : Happy Body Test Kitchen



MSM After Sun Cooling Spray

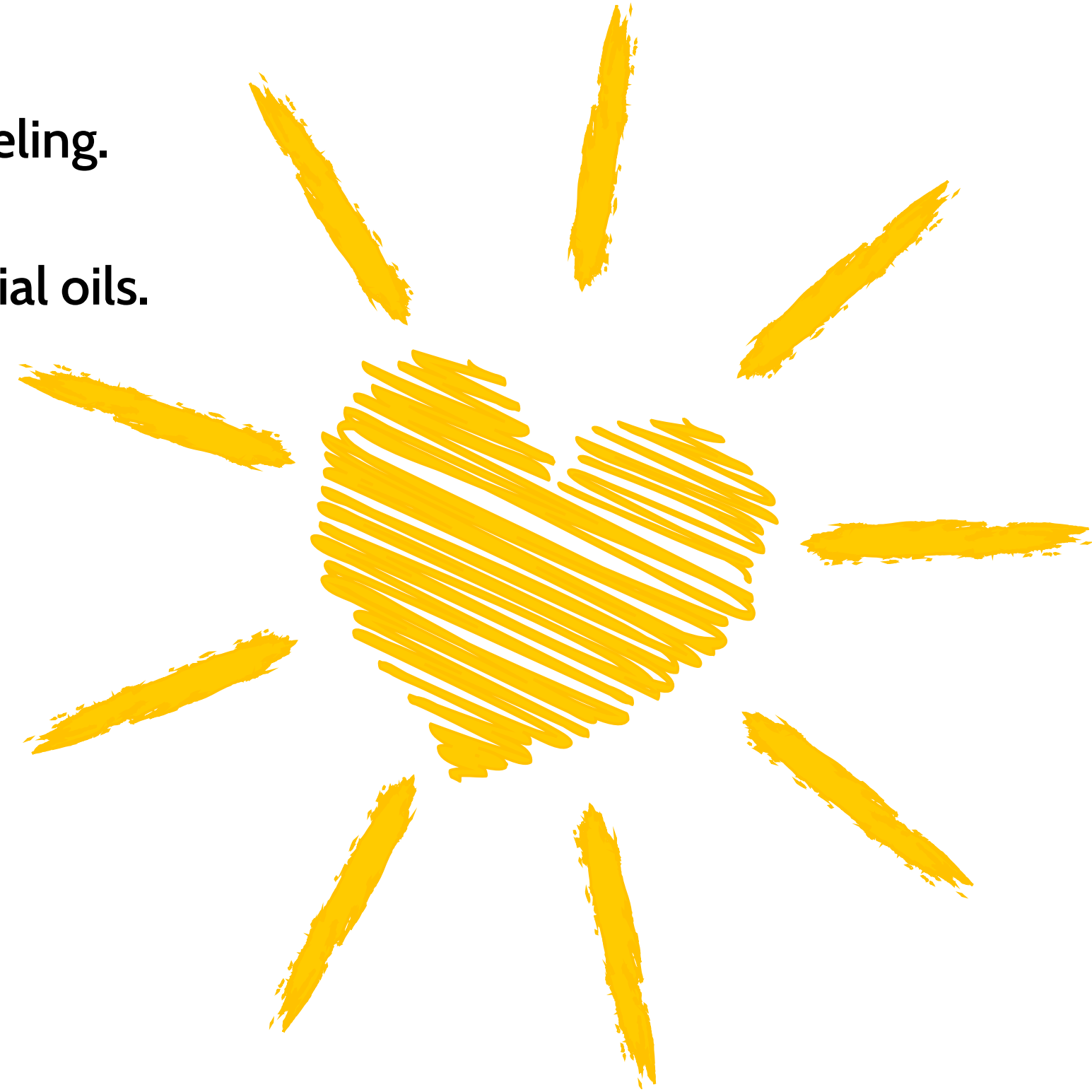
Mist this cooling spray on red, sunburned skin to soothe and avoid peeling.

MSM helps increase the healing benefits and absorption of the essential oils.

- 2 oz Filtered Water
- 2 droppers full Happy Body MSM Drops
- 5 drops Lavender Essential Oil
- 1 drop Peppermint Essential Oil

Add ingredients to a 2 oz spray bottle.

Shake well to combine before each use.



Cold and Flu Essential Oil Rollerball

Keep your family healthy and happy with immune supporting essential oils supercharged with *MSM*.

Adding *MSM* to this rollerball recipe helps boost the efficacy of Clove and Eucalyptus which are both great oils for supporting a healthy body.

- 8 ml Fractionated Coconut Oil
- 2 droppers full Happy Body *MSM* Drops
- 5 drops each Clove and Eucalyptus Essential Oil

Add ingredients to 10 ml rollerball. Shake well to combine before each use.

Frequency of application is key, so apply often!



Essential Oil

RECIPIES



Soothing Aloe Under Eye Gel

This combo will help reduce dark circles and calm under eye inflammation.

- 1/2 Teaspoon Fractionated Coconut Oil
- 1 Teaspoons Aloe Gel
- 2 droppers full Happy Body MSM drops
- 1 drop Lavender Essential Oil

Mix ingredients well and place in 10 ml rollerball.
Shake well to combine before each use.

Apply under the eye morning and evening.

Inspired by : Happy Body Test Kitchen



After Bite Balm

Soothe bug bites and itchy irritated skin with a combo of *MSM*, aloe, lavender and peppermint.

- 2 droppers full Happy Body *MSM* Drops
- 1 Teaspoon Aloe Gel
- 2 drops each Lavender and Peppermint Essential Oil

Mix ingredients well and place in 10 ml rollerball.

Dab on bites or itchy, irritated skin for instant relief.



MSM Diffuser Blends

Adding *MSM* to your essential oil diffuser helps increase the absorption of the oils into your system by up to 200%.

This helps to boost the efficacy and benefit of the oils used.



Citrus Lift

The scent of citrus lifts the spirit and lemon, lime, orange and grapefruit oils also help to purify the air.

Adding *MSM* to your diffuser with these oils increases their potency and adds to the cleansing power.

- 10 drops Happy Body *MSM* Drops
- 2 drops Lime Essential Oil
- 2 drops Lemon Essential Oil
- 2 drops Orange Essential Oil
- 2 drops Grapefruit Essential Oil

Add to diffuser with 200 ml of distilled water.
Diffuse through the day as needed.



Allergy Buster

Lavender is a known antihistamine and Lemon helps open the sinus and clears congestion.

MSM is a great anti inflammatory that also enhances the effects of the essential oils.

- 10 drops Happy Body MSM Drops
- 3 drop Lavender Essential Oil
- 3 drops Lemon Essential Oil

Add to diffuser with 200 ml of distilled water.

Diffuse through the day as needed.



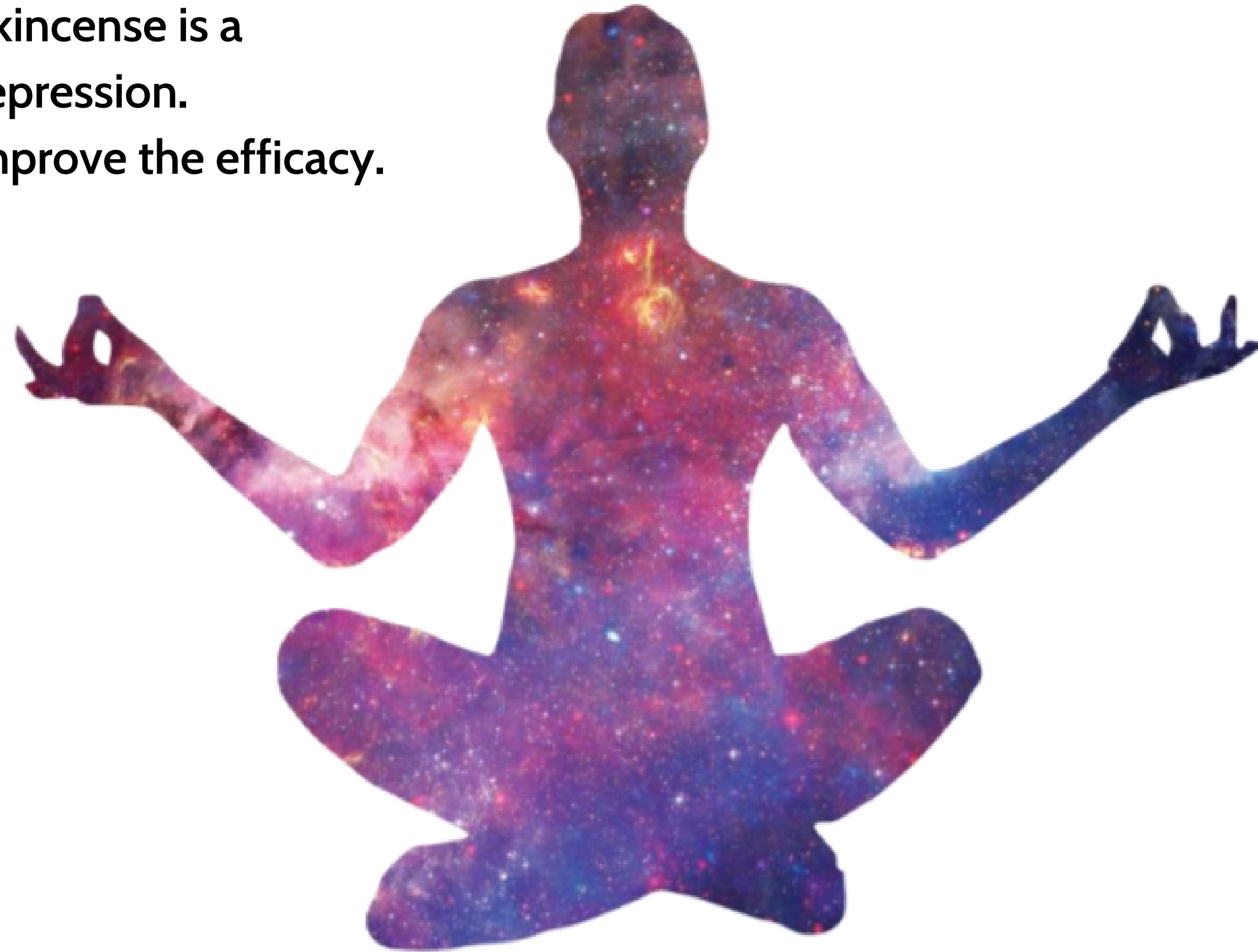
Zen Blend

The combination of Lavender, Black Spruce and Frankincense is a grounding blend that can help combat anxiety and depression. Adding *MSM* increases absorption into the brain to improve the efficacy.

- 10 drops Happy Body *MSM* Drops
- 2 drop Lavender Essential Oil
- 2 drops Frankincense Essential Oil
- 2 drops Black Spruce

Add to diffuser with 200 ml of distilled water.

Diffuse through the day as needed.



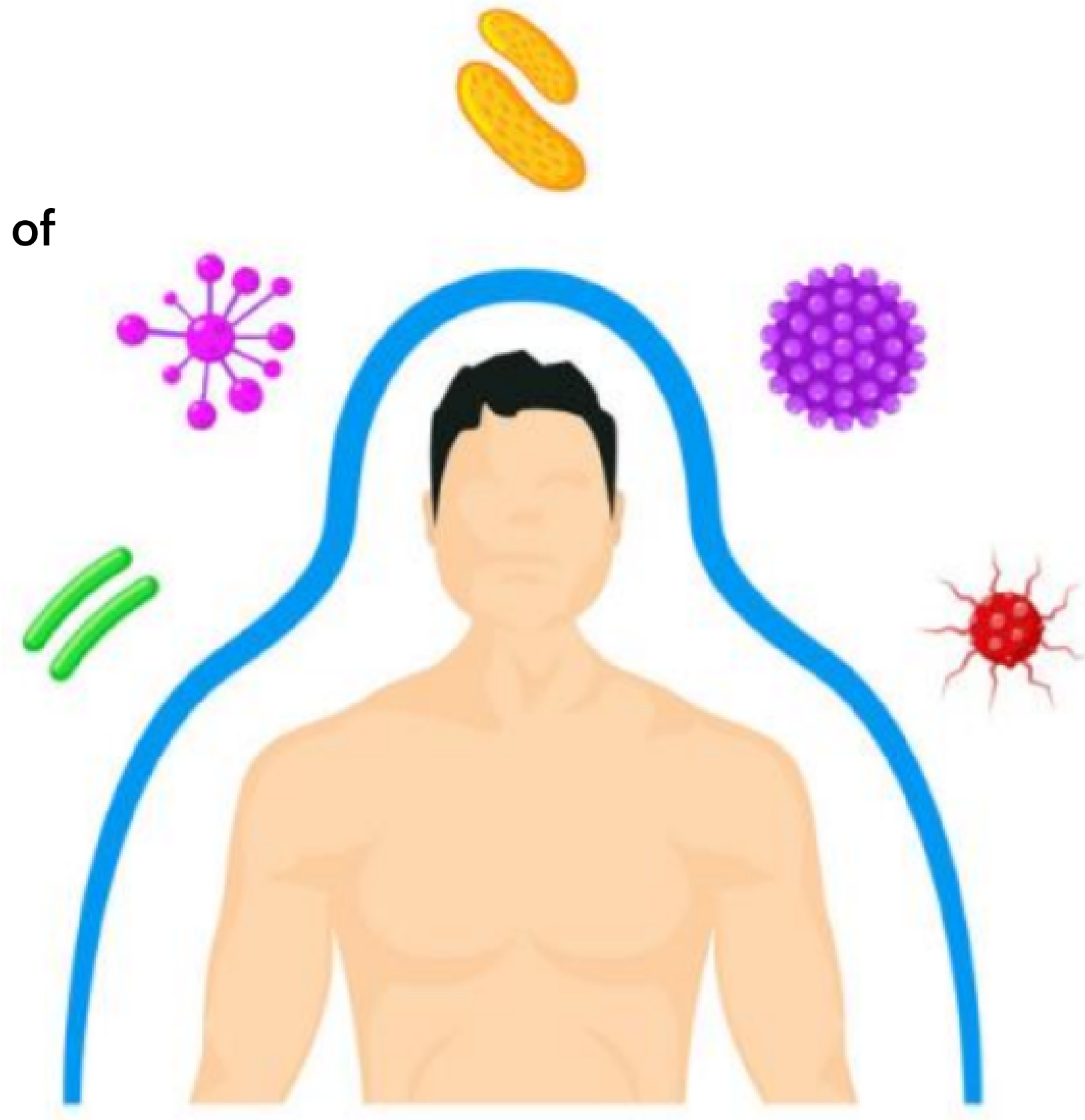
Immunity Support

Combat airborne bacteria and microbes with this purifying blend of MSM, Lemon, Rosemary, Cinnamon and Clove.

- 10 drops Happy Body MSM Drops
- 3 drops Lemon Essential Oil
- 2 drops Rosemary Essential Oil
- 1 drop Cinnamon Essential Oil
- 1 drop Clove Essential Oil

Add to diffuser with 200 ml of distilled water.

Diffuse through the day as needed.





Happy Body

The world's best MSM speciality products

