

Escape The Pace ®

Mini E-BOOK

RESTFUL RECIPES:

Simple, Fun & Delicious Recipes to Help
You Slow Down & Relax



By Lisa Rickwood, author of *Escape The Pace*



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www.escapethepace.com

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ABOUT THE AUTHOR



Lisa Rickwood, “The Escape Artist,” shows small business owners and consultants how to slow down, relax and still run a successful company. Lisa believes that when you are a small business owner, you are the business and you can’t afford to get sick, run down or burnt out.

Lisa has many tips and techniques that can help you put the “you” back in your small business. She wrote, ***Escape The Pace***, and offers:

- Tutorials, downloadable reports
- Reports, FREE Articles
- Consultations
- Speaking opportunities
- A FREE ezine
- In-person workshops

You can learn more about these important resources at: www.EscapeThePace.com

For FREE tips on how to slow down, relax and increase your business AND to be notified of upcoming workshops, FREE reports, new products and more, sign up for Lisa’s e-zine, Escape Pace at: www.escapethepace.com

A retailer, advertising and marketing pro and visual artist

Lisa’s career began after she graduated from the University of Victoria with a visual art degree. She spent several years as an advertising and marketing executive with Thomson Newspapers Corp. and later, its competitor – Island Publishers. She learned many key things about advertising and marketing and applied this knowledge to her hugely successful high-end menswear store that she opened with her husband in 1999.

While running a retail store and being a mother to two young boys, she was

overextended and very physically sick for a year. After an employee passed away from a heart attack in her store, Lisa decided she needed to find a way to relax.

She researched for years and spoke to many people about the busyness of modern life and as a result, she created a blueprint for small business owners – ***Escape The Pace: 100 Fun and Easy Ways to Slow Down and Enjoy Your Life.***

Lisa had been featured in numerous newspapers, television and radio. Recently, she conducted a radio interview from as far away as Auckland, New Zealand. She has been mentioned in many magazines and is a regular contributor to ***Woman's World*** magazine.

Lisa was born in Vancouver, B.C. but spent most of her childhood in the sunny Okanagan. She attended the University of Victoria on art scholarships where she completed her visual art degree before moving to central Vancouver Island. When she's not helping her husband with a high-end menswear store, she's writing or escaping with her family to a remote place on beautiful Vancouver Island.

Lisa can be reached at: info@escapethepace.com or you can call her at: 250.753.4100 or 250.753.4271

SIZZLING CITRUS ROOM SPRAY



If you shudder when you think of entertaining guests in your home, consider spicing up your house. Homes tend to smell stale when you keep your windows closed in the fall and winter. Air doesn't circulate, so pet, food and other odors may spoil the ambience.

Essential oils can solve this problem.

Lavender lemon, eucalyptus and orange are great anti-bacterial/anti-viral essential oils that kill airborne pathogens.

Try this room spray:

Ingredients:

8 oz. misting bottle

Bottled water – ¾ full in misting bottle

12 drops lemon essential oil, 10 drops orange, 7-8 drops grapefruit, 2 drops eucalyptus, 4 drops lavender. (To sweeten the fragrance, add 5 drops of spearmint essential oil)

Add 1 teaspoon vodka (helps break up and mix the oils) **Shake bottle to mix**

AMARETTO COFFEE CREAMER



Do you like coffee but it's getting a little dull? Why not jazz it up with simple and more natural ingredients (unlike some of the artificial additives for coffee). Try this delicious, inexpensive recipe:

Ingredients:

¾ cup sifted confectioner's sugar

¾ cup nondairy powdered creamer

1 teaspoon almond extract

1 teaspoon ground cinnamon

Directions:

Combine ingredients in a container with a tight lid. Shake well to blend.

To serve: *stir 2 tablespoons creamer into 6-8 oz. of hot coffee.*

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ACHY MUSCLE SOAK



You wanted to get in shape quickly so you pushed yourself but you paid a price – sore, aching muscles. If you're feeling the burn, try this recipe for sore muscles – you'll feel better in no time.

Ingredients:

1 cup Epsom salts

1 cup Sea Salt

12-15 drops peppermint essential oil

10 drops rosemary oil

5 drops eucalyptus oil

Directions:

Mix ingredients in a large bowl and then put in an airtight container. Use 3-4 tablespoons in a warm bath.

HONEY CITRUS SUGAR SCRUB



Is your skin feeling dry and dull? Are you in need of an invigorating, experience? Try this fabulous sugar scrub in your shower or bath and you'll feel revived and your skin will be smooth.

It takes five minutes to make this scrub and you can safely store it for up to two weeks in an airtight container in your fridge.

Ingredients:

2 ½ cups brown granulated sugar

½ cup sweet almond oil

5 teaspoons lemon juice

4 ½ tablespoons liquid honey

5 drops lemon essential oil

2-3 drops sweet orange (or orange) essential oil

Directions:

Get a medium bowl, add sugar and almond oil. Add lemon juice and liquid honey. Stir well and add essential oils.

Use this scrub in your bath or shower for a wonderful 'pick me up.' Enjoy!

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MOISTURIZING BODY MIST



Body mists are a quick way to smell great and moisturize your skin. If you have a signature scent, see if you can come close to making your own. You can take your fragrance to a health food store and get someone to show you what essential oils come close to your perfect fragrance.

Ingredients:

1 tablespoon apricot kernel oil

Distilled water

¼ cup witch hazel

1 teaspoon of your favorite scent – ex. Lavender or orange and spearmint, or rose

Directions:

Pour all ingredients into a spray atomizer and shake well. Spray all over and rub into your skin.