



# RESTFUL RECIPES:

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



By Lisa Rickwood, author of *Escape The Pace*

# ***Restful Recipes: Simple, Fun & Delicious Recipes to Help You Slow Down & Relax***

## **ABOUT THE AUTHOR**



Lisa Rickwood, “Business Stress Buster,” 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 is co-author of, ***Power & Soul***, and offers:

- Tutorials, downloadable reports, books
- FREE Articles
- Consultations, coaching/group coaching
- Speaking opportunities
- A FREE e-zine
- In-person workshops/retreats

You can learn more about these important resources at: [www.EscapeThePace.com](http://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](http://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

over-extended and very physically sick for a year. After an employee passed away from a heart attack in her store, Lisa decided life was too short and that she needed to find ways to relax.

She researched for years and spoke to dozens of 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 was interviewed for ***First For Women*** has been mentioned in numerous magazines and has been 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 writing, coaching or speaking, she's escaping with her family to a remote place on beautiful Vancouver Island.

**Lisa can be reached at: [info@escapethepace.com](mailto:info@escapethepace.com) or you can call her at: 250.741.7511.**

*Hello and Congratulations on downloading this Special Report! Enjoy...*

## **Why Make Something?**

**You're busy, lack time and now I'm suggesting that you make something. Why?**

There's no better feeling than creating something from scratch and being able to use it. These recipes are fun because they require minimal time, use natural ingredients that you may have at home, and you get to try out your recipes.

I've chosen these relaxation recipes because we lead busy lives and need to know how to slow down, relax and eliminate stress. These recipes not only help you relax, they nourish your body, mind and environment.

**If it seems impossible for you to slow down and unwind for a few minutes, or you don't think it's necessary, just remember one thing: everything in nature needs downtime to rest, relax and rejuvenate. Why should you be any different?**

To improve your life, start slowly and escape the pace by taking a mini holiday every day. You'll gain more control over your life and you'll deal better with challenges because everything won't seem like an emergency.

Enjoy this relaxation recipe e-book and if you like this, you'll love my book, ***Escape The Pace***.

Happy escaping,

*Lisa Rickwood*  
"Business Stress Buster"

## ESSENTIAL OILS – HOW TO USE THEM IN RECIPES



Many of the following recipes call for essential oils. Before you begin creating these recipes, you may need to know a bit about these oils and aromatherapy.

Aromatherapy, or the art of using essential oils, dates back to the 1920s, but the knowledge about how to extract and use the oils dates back thousands of years to the Persians, Indians, Arabs, Chinese and Egyptians.

Essential oils are extracted from: flowers, trees, herbs and spices. The oils are organic natural compounds are called 'essential' because they capture a plant's fragrance and natural healing compounds. Lately, they've been popular due to their relaxing and healing properties.

Essential oils are concentrated and can be highly toxic. Therefore, you should always dilute them with water or carrier oil like sweet almond oil or sesame oil. Essential oils should not be placed directly on the skin without dilution, (except for lavender) and they shouldn't be ingested. **Pregnant women and people with health concerns should seek the advice of the physician before practicing aromatherapy.**

There is a wealth of information about aromatherapy, so before you delve into this practice, get advice.

Besides altering your mood, essential oils supposedly help with some health ailments although the studies are still inconclusive. However, some oils have certain obvious properties.

## 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*

*8 drops lemon essential oil, 8 drops orange, 7 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***

## **DELICIOUS ESCAPIST DRINKS**

### **CUPID'S HOT COCOA**



For those cold days, warm up your sweetie's palate with a cup of decadent hot cocoa or take a mini holiday and treat yourself. Chocolate is a wonderful aphrodisiac; and good news for chocoholics - pure dark chocolate is good for you! Finally, some good news...

This recipe works best with fine-grade pure unsweetened cocoa. (My favorite is by Bernard Callebeaut)

#### Ingredients:

***1 cup milk***

***1 tablespoon cocoa***

***½ tablespoon brown sugar***

***pinch of cinnamon and allspice***

#### Directions:

*Take the cocoa, brown sugar and spices and mix in a cup. Add hot milk and stir. If you want a thicker cocoa, add more chocolate. Mmmmmm!*

## STILL NEED HELP WITH STRESS RELIEF?

### I Can Help!

I specialize in helping business owners and entrepreneurs relax and still improve business. Yes, it's possible to take a mini holiday and actually be MORE SUCCESSFUL. Here's what you'll find at: [www.escapethepace.com](http://www.escapethepace.com)

- Free Reports & Articles
- Resources for stress relief
- Books, Audio products
- E-zine & Tips
- Tele-seminars
- Private coaching & group coaching

To find out more, please contact me. I'd love to help you learn SIMPLE and PRACTICAL STRESS RELIEF TIPS so you SAVE YOUR SANITY, TIME AND MONEY.

Happy escaping,



*Lisa*

Lisa Rickwood, "*Business Stress Buster*"

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The author and publisher of this report have used their best efforts in preparing this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

The author and publisher are not responsible for any outcome that may result as a result of trying these recipes outlined in this report.

If you are pregnant or have a health condition, you should contact your medical service provider before attempting to use these recipes.

**NOTES:**