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New Certified Organic Essential Oils:

• Eucalyptus Oil

Aroma: camphoraceous, sweet, woody
Botanical Name: Eucalyptus Radiata; steam distilled
Country of Origin: South Africa or Australia
Properties: purifying, stimulating, cooling
Blends Well With: Cedar Atlas, Chamomile-German, Chamomile-Roman, Cypress, Geranium, Ginger, Grapefruit, Juniper Berry, Lavender, Lemon, Sweet Marjoram, Peppermint, Pine, Rosemary and Thyme.
Suggested Use:
purifying, stimulating, cooling, muscle aches and pains, promotes healing, unifies and revitalizes mind and body
Instructions: Safe for ages 10 and up. Safe to use during pregnancy and breastfeeding. For children over 10, use 1 drop per 1 teaspoon of Fractionated Coconut Oil. Adults, use 2 drops per 1 teaspoon of Fractionated Coconut Oil.

• Sweet Orange Oil

Aroma: citrus, sugary sweet with a floral back note
Botanical Name: Citrus Sinensis; cold pressed orange peel
Country of Origin: USA
Properties: cleansing, purifying, boosts immunity, uplifts the mind and body
Blends Well With: Bay Laurel, Bergamot, Black Pepper, Cinnamon, Clary Sage, Clove Bud, Coriander Seed, Eucalyptus-Lemon (Citriodora), Frankincense, Geranium, Ginger, Grapefruit, Jasmine, Juniper Berry, Lavender, Lemon, May Chang (Litsea cubeba), Sweet Marjoram, Myrrh, Neroli (Orange Blossom), Nutmeg, Patchouli, Petitgrain, Rose, Sandalwood, Vetivert, and Ylang Ylang.
Suggested Use:
antibacterial, cleansing, boosts immunity, digestion booster, inflammation relief, skin imperfections, purifying, uplifts the mind and body
Instructions: Safe for ages 6 months and up. Safe for pregnant and breastfeeding women. For children 6 months and up, use 1 drop per 1 teaspoon of Fractionated Coconut Oil. Adults, use 2 drops per 1 teaspoon of Fractionated Coconut Oil. As long as you dilute correctly it is not phototoxic.
New Essential Oil Blend: (combinations of Organic Essential Oils)

- **Energize Blend**

Proprietary blend of rosemary, grapefruit, lemongrass, spearmint and cypress

**Properties:** energizing, uplifting, stimulating

**Suggested Use:** antibacterial, stimulating, increases detoxification

**Instructions:** Safe for ages 10 and up. Safe to use during pregnancy and breastfeeding. For children over 10, use 1 drop per 1 teaspoon of Fractionated Coconut Oil. Adults, use 2 drops per 1 teaspoon of Fractionated Coconut Oil.

Recipes for New Oils:

**EUCALYPTUS RECIPES**

**CLEAR AIRWAYS**
While showering, place two drops in wet hands, place carefully over your nose, and inhale to invigorate your senses.

**SKIN REFRESHER**
Add one drop to your favorite moisturizer and apply to skin for revitalizing benefits.

**SWEET ORANGE RECIPES**

**FRESH LINENS**
Add 3 drops to a clean damp washcloth or a wool dryer ball and toss in the dryer to freshen linens.

**HOME DEODORIZER**
Combine a few drops of oil with 1 cup of lemon juice (fresh squeezed is best). Add mixture to the bottom of your dishwasher and run just the rinse cycle to disinfect and deodorize it. You can use the same formula to clean your sink too.

**RECIPES COMBINING SEVERAL OILS**

**ENERGY BOOST**
2 drops Sweet Orange Essential Oil
2 drops Peppermint Essential Oil
2 drops Frankincense Essential Oil
3 tablespoons of Fractionated Coconut Oil
Mix all of the oils together. Apply a few drops of mixture to the palm of your hands inhale and then rub onto shoulders and neck.

**ALL PURPOSE CLEANSER**
Spray bottle
6 drops Eucalyptus Essential Oil
10 drops Peppermint Essential Oil
12 drops Lemon Essential Oil

Add essential oils to spray bottle; fill up the rest of the way with water to dilute. Shake well then use it to wipe down surfaces in the bathroom, kitchen or laundry room.

**WINDOW CLEANER**
Spray bottle
1 ½ cups distilled water
2 T white vinegar
6 drops Sweet Orange Essential Oil
3 drops Lemon Essential Oil
1 drop Tea Tree Essential Oil

Mix ingredients. Shake well and spray on windows or glass surfaces.

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**Certified Organic Essential Oils:**

- **Frankincense Oil**

  ![Frankincense Oil](image)

  **Aroma:** clean, woody, spicy  
  **Botanical Name:** Boswellia rivae; steam distilled  
  **Country of Origin:** Ethiopia  
  **Properties:** soothes mind, reduces fine lines and wrinkles, supports immune system and respiratory system  
  **Blends Well With:** Basil, Bergamot, Black Pepper, Cinnamon, Clary Sage, Coriander Seed, Cypress, Geranium, Grapefruit, Lavender, Lemon, Mandarin, Neroli (Orange Blossom), Orange, Palmarosa, Patchouli, Pine, Rose, Sandalwood, Vetivert, Ylang Ylang & Other Spice Oils.  
  **Suggested Use:**  
  Frankincense essential oil supports a healthy respiratory system. It can be used during prayer and meditation to soothe the mind, while uplifting the soul.  
  **Instructions:** 1 drop per 1 teaspoon of carrier oil. Safe for all ages.
• **Geranium Oil**

*Aroma:* floral, sweet, slight herbal with notes of rose  
*Botanical Name:* Pelargonium graveolens; steam distilled  
*Country of Origin:* Egypt  
*Properties:* relaxing, anti-inflammatory, helps calm nerves and fatigue, balances hormones, astringent for skin  
*Blends Well With:* Basil, Bergamot, Black Pepper, Chamomile-Roman, Clary Sage, Clove Bud, Cypress, Fennel-Sweet, Frankincense, Ginger, Grapefruit, Jasmine, Juniper Berry, Lavender, Lemon, Mandarin, Neroli (Orange Blossom), Orange, Palmarosa, Patchouli, Peppermint, Rose, Rosemary, Sandalwood and Ylang Ylang.  
*Suggested Use:*  
SKIN CARE: skin imperfections, bruises, burns, cuts, oily skin, mature skin, bug repellent, wounds  
CIRCULATION MUSCLES and JOINTS: cellulite, swelling, poor circulation  
RESPIRATORY SYSTEM: sore throat  
NERVOUS SYSTEM: nervous tension and stress related conditions  
*Instructions:* 1 drop per 1 teaspoon of carrier oil. Safe for all ages.

• **Lavender Oil**

*Aroma:* floral, fruity, herbal  
*Botanical Name:* Lavandula angustifolia; steam distilled  
*Country of Origin:* Bulgaria  
*Properties:* Balancing, soothing, calming, relaxing and healing  
*Suggested Use:*  
SKIN CARE: bruises, ear pain, insect bites and stings, insect repellent, skin imperfections and irritations, sunburn, wounds  
CIRCULATION MUSCLES and JOINTS: muscular aches and pains  
DIGESTIVE SYSTEM: abdominal cramps, flatulence, upset stomach  
NERVOUS SYSTEM: calms nerves, headache, mood stabilizer, stress related conditions  
IMMUNE SYSTEM: seasonal illnesses  
*Instructions:* 1 drop per 1 teaspoon of carrier oil for children; adults use 2 drops per 1 teaspoon carrier oil. Safe for all ages.
• **Lemon Oil**

  *Aroma:* clean, citrus, sugary  
  *Botanical Name:* Citrus Limon; cold pressed lemon peel  
  *Country of Origin:* USA  
  *Properties:* Uplifting and refreshing  
  *Blends Well With:* Balsam, Chamomile, Elemi, Eucalyptus, Fennel-Sweet, Geranium, Juniper Berry, Cistus / Labdanum, Lavender, Neroli (Orange Blossom), Oakmoss Absolute, Myrrh, Frankincense, Rose, Sandalwood, Ylang Ylang, & Other Citrus Oils.  
  *Suggested Use:*  
  **SKIN CARE:** brittle nails, insect bites, oily skin, skin imperfections  
  **CIRCULATION MUSCLES and JOINTS:** joint pain, nose bleeds, poor circulation,  
  **RESPIRATORY SYSTEM:** respiratory conditions, throat infections  
  **DIGESTIVE SYSTEM:** indigestion  
  **IMMUNE SYSTEM:** seasonal illnesses  
  *Instructions:* 1 drop per 1 teaspoon of carrier oil. As long as you dilute the essential oil (12 drops per ounce of carrier oil) it is not phototoxic

• **Lemongrass Oil**

  *Aroma:* citrus, herbaceous, smoky  
  *Botanical Name:* Cymbopogon flexuosus; steam distilled  
  *Country of Origin:* South Africa or India (East Indian Variety)  
  *Properties:* relaxing, anti-inflammatory, helps calm nerves and fatigue, balances hormones, astringent for skin  
  *Suggested Use:*  
  **SKIN CARE:** skin imperfections, fungus, excessive perspiration, insect repellent, open pores, tissue toner  
  **CIRCULATION MUSCLES and JOINTS:** muscular pain, poor circulation and muscle tone, cellulite  
  **NERVOUS SYSTEM:** headaches, nervous exhaustion and stress related conditions  
  **IMMUNE SYSTEM:** high body temperature  
  *Instructions:* 1 drop per 1 teaspoon of carrier oil for adults. For children and pregnant women 1 drop per 2 teaspoons.
• **Peppermint Oil**

**Aroma:** minty, warm, herbal, with notes of greenery  
**Botanical Name:** Mentha piperita; steam distilled  
**Country of Origin:** India, France, or USA  
**Properties:** Refreshing and cooling  
**Blends Well With:** Basil, Balsam, Black Pepper, Cypress, Eucalyptus, Geranium, Grapefruit, Juniper Berry, Lavender, Lemon, Sweet Marjoram, Niaouli, Pine, Ravensara aromatica, Rosemary, Tea Tree & Other Mints.  
**Suggested Use:**  
SKIN CARE: skin imperfections and irritations  
CIRCULATION MUSCLES and JOINTS: irregular heartbeat, muscular pain  
RESPIRATORY SYSTEM: respiratory and sinus conditions  
DIGESTIVE SYSTEM: abdominal cramps, flatulence, upset stomach  
NERVOUS SYSTEM: calms nerves, fainting, headache, mental fatigue  
IMMUNE SYSTEM: seasonal illnesses  
**Instructions:** For adults or children over the age of 6: 1 drop per 1 teaspoon of carrier oil. Use in moderation during pregnancy, could cause a drop in milk production for nursing mothers. Avoid use near eyes.

• **Tea Tree Oil**

**Aroma:** herbal, with notes of greenery  
**Botanical Name:** Melaleuca alternifolia; steam distilled  
**Country of Origin:** Australia  
**Properties:** Uplifting, cleansing and purifying  
**Blends Well With:** Basil, Balsam, Black Pepper, Cypress, Eucalyptus, Geranium, Grapefruit, Juniper Berry, Lavender, Lemon, Sweet Marjoram, Niaouli, Pine, Ravensara aromatica, Rosemary, Tea Tree & Other Mints.  
**Suggested Use:**  
SKIN CARE: blisters, burns, insect bites, oily skin, skin fungus, skin imperfections and irritations  
RESPIRATORY SYSTEM: respiratory conditions  
IMMUNE SYSTEM: seasonal illnesses  
**Instructions:** For adults, 2 drops per teaspoon of carrier oil. For children over 6 years old, 1 drop per teaspoon.
**Essential Oil Blends:** (combinations of Organic and Wildcrafted Essential Oils)

- **Balancing Act Blend**

  Delicate combination of Organic Geranium Rose, Organic Clary Sage, Rose Moroccan Absolute and Jasmine Grand Absolute

  **Properties:** Romantic, uplifting, centering, calming and relaxing

  **Suggested Use:** menstrual pain, mood stabilizing, stress relief, water retention

  **Instructions:** 2 drops per 1 teaspoon of carrier oil; 10-12 drops per ounce. Pregnant woman should avoid using topically but may be used in a diffuser.

- **Immune Boost Blend**


  **Properties:** Uplifting, refreshing, warming, comforting, purifying and invigorating

  **Suggested Use:** bruises, cuts, insect repellent, seasonal issues, splinters, support healthy immune system

  **Instructions:** For adults, 1 drop per 3 teaspoons of carrier oil. For children over 10 years old, use with caution and heavy dilution. Pregnant woman should avoid using. Use caution when using topically, due to the Clove Bud and Cinnamon. Excellent for use in a diffuser.

- **Mint Revival Blend**

  Blend of Organic Lavender (High Altitude), Organic Rosemary, Organic Peppermint

  **Properties:** clarifying, invigorating, refreshing, cooling, balancing, soothing, relaxing and healing

  **Suggested Use:** headache relief, mood stabilizer, sinus related issues

  **Instructions:** 1 drop per 1 teaspoon of carrier oil; 5-6 drops per ounce. Children over 10 and pregnant woman use with caution and heavy dilution. Not recommended for children under 10. Be careful to avoid eye area.
• **Pure Air Blend**

Proprietary blend of lemon, juniper berry, cypress, grapefruit, frankincense, myrrh and lemongrass

*Properties:* cleansing, immune support, energizing, uplifting

*Suggested Use:* lymphatic cleanse, immune stimulant, seasonal illnesses, energy, stress, mood stabilizer

*Instructions:* 1-2 drops per 1 teaspoon of carrier oil; 5-15 drops per ounce. For children and elderly use only 1 drop per teaspoon; 5 drops per ounce. For pregnant women use with caution and heavily diluted.

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**Precautions:**

- Always dilute pure essential oils prior to application therapy to avoid skin irritation and always avoid eye area.
  - Children under 2 years of age: application therapy not recommended due to their delicate skin and precautions suggested when diffused around infants.
  - Children 2 to 6 years of age: dilution rate of 0.5%, 2-3 drops of essential oil per 1 ounce of carrier oil.
  - Children 6 – 12 years of age: dilution rate of 1%, 5 drops of essential oil per 1 ounce of carrier oil.
  - Children over 12 years of age and adults: 2-3% dilution rate, 10-15 drops essential oil per ounce of carrier oil.
- Not for internal use unless they are prescribed by your health care provider and certified aroma therapist. 100% pure therapeutic grade essential oils are 70-100% more potent than the herb itself and improperly ingesting them can burn the esophagus, stomach and intestinal lining. Essential oils also break down during the digestion process, making them less effective as application or inhalation therapy.
- Keep essential oils out of the reach of children and all pets.
- These statements have not been evaluated by the Food and Drug Administration.
- These products are not intended to diagnose, treat, cure or prevent disease.

Disclaimer: Our oils are either USDA Certified Organic or Wildcrafted and therapeutic grade quality. None of the oils have been diluted or synthetically altered. The Food and Drug Administration (FDA) has not evaluated these essential oils. These products are not intended to diagnose, treat, cure or prevent any disease. As with all essential oils keep out of the reach of children and animals. Use precaution when using in the presence of infants. This guide is intended to be a resource for our independent sales consultants and their customers. It is not intended as an online advertisement; the FTC does not allow any medical claims for essential oils.
Purity of Essential Oils:

In GC-MS testing, a mass spectrometer is attached to a gas chromatograph. The essential oil molecules that emerge are subject to high-energy electrons, which separate out the individual components. This allows scientists to identify the individual component by comparing it to the molecular mass spectrum of the essential oil. All our essential oils have been GC-MS tested and copies of those tests may be obtained by request from our home office.

The FDA organic certification data is also available by request to the home office for all the individual essential oils that we sell.

Phototoxicity:

Using phototoxic essential oils in a product, such as Prebiotic Foaming Liquid Soap or Prebiotic Body Wash (as long as you wash them off after applying) will not put you at risk for phototoxicity. It’s only when they remain on the skin during skin exposure. Phototoxicity is when skin becomes irritated in the presence of sunlight because of substances applied prior to sun exposure.

Here is a list of essential oils along with the maximum number of drops allowed per ounce of carrier oil before they will cause phototoxic reactions:

- Bergamot – 1 drop
- Bitter Orange – 8 drops
- Grapefruit – 24 drops
- Lemon (cold pressed) – 12 drops
- Lime (cold pressed) 4 drops

Instructions for using Lemongrass Spa’s glass vials to dispense oil mixtures:

Place 2-3 drops of essential oil into the glass vial. Fill vial with fractionated coconut oil. Put roller ball onto vial, snap it tight, then shake well and apply to desired area of skin. Secure the cap and store oil at room temperature.

Suggested blends:

Allergy relief: 1 drop Lemon + 1 drop Lavender + 1 drop Peppermint in vial; top off with coconut oil and apply to pulse points.

Blemishes and insect bites: 2 drops Tea Tree + 2 drops Lavender, top off with coconut oil and apply to affected area.

Headache relief: Blend 3 drops Mint Revival Blend Essential Oil with coconut oil for on-the-go applications. For children over the age of 6, use Peppermint alone instead of Mint Revival Blend.
Mixing Essential Oils with Lemongrass Spa Products:

Adding essential oils to Unscented Prebiotic Foaming Liquid Soap:

- Add 5 – 6 drops of your favorite essential oil to an 8 oz. bottle of foaming soap for a mellow, lightly scented soap. TIP: Use caution when adding oils; if you add too much essential oil, it can discolor soap and cause it to become thin and separate. Adding Lemon Oil will cause a substantial reduction in foaming consistency; citrus oils naturally reduce foam in soap.

Adding essential oils to Unscented Body Crème, Body Icing or Lotion:

- Add about 5 drops of your favorite essential oil to a 6 oz. jar of Unscented Body Crème or Body Icing. Blend well with spoon and apply to skin.
- Add about 6 drops of your favorite essential oil to an 8 oz. bottle of Unscented Hand & Body Lotion. Shake well and apply to skin. TIP: Works well if the bottle of lotion (closed lid) is warmed up in a hot water bath before blending. We don’t recommend microwaving our products.
- Add about 6 drops of your favorite essential oil to an 8 oz. jar of Unscented Body Polish; blend well with a spoon. We do not recommend applying Immune Boost Blend onto skin unless diluted substantially because of the Cinnamon and Clove contained in it.

FDA Guidelines Regarding Essential Oils:

Taken from directly from the FDA website - http://www.fda.gov/cosmetics/productsingredients/products/ucm127054.htm

You may see fragrance products, such as “essential oils,” marketed with “aromatherapy” claims that they will treat health problems or improve well-being. Who regulates these products, and how? Find answers here:

What’s the “intended use”?

Under the law, how “aromatherapy” products are regulated depends mainly on how they are intended to be used.

FDA determines a product’s intended use based on factors such as claims made in the labeling, on websites, and in advertising, as well as what consumers expect it to do. We also look at how a product is marketed, not just a word or phrase taken out of context. Finally, we make decisions on a case-by-case basis.

Is it a cosmetic?

If a product is intended only to cleanse the body or to make a person more attractive, it’s a cosmetic. So, if a product such as a shower gel is intended only to cleanse the body, or a perfume or cologne is intended only to make a person smell good, it’s a cosmetic.
The law doesn’t require cosmetics to have FDA approval before they go on the market. But FDA can take action against a cosmetic on the market if we have reliable information showing that it is unsafe when consumers use it according to directions on the label, or in the customary or expected way, or if it is not labeled properly. To learn more, see “FDA Authority Over Cosmetics.”

Is it a drug?

If a product is intended for a therapeutic use, such as treating or preventing disease, or to affect the structure or function of the body, it’s a drug. For example, claims that a product will relieve colic, ease pain, relax muscles, treat depression or anxiety, or help you sleep are drug claims.

Such claims are sometimes made for products such as soaps, lotions, and massage oils containing “essential oils” and marketed as “aromatherapy.” The fact that a fragrance material or other ingredient comes from a plant doesn’t keep it from being regulated as a drug.

Under the law, drugs must meet requirements such as FDA approval for safety and effectiveness before they go on the market. To find out if a product marketed with drug claims is FDA-approved, contact FDA’s Center for Drug Evaluation and Research (CDER), at druginfo@fda.hhs.gov. To learn more, see Drugs.

Is it both a cosmetic and a drug?

Some products are both cosmetics and drugs. For example, a baby lotion marketed with claims that it both moisturizes the baby’s skin and relieves colic would be both a cosmetic and a drug. Such products must meet the requirements for both cosmetics and drugs.

To learn more, see “Cosmetics Q&A: ‘Personal Care Products’” and “Is It a Cosmetic, a Drug, or Both? (or Is It Soap?).”

Is it something else?

Some fragrance products are regulated by the Consumer Product Safety Commission (CPSC). These include products such as air fresheners, scented candles, laundry detergents, and household cleansers.

If an “essential oil” or other fragrance is “natural” or “organic,” doesn’t that mean it’s safe?

Sometimes people think that if an “essential oil” or other ingredient comes from a plant, it must be safe. But many plants contain materials that are toxic, irritating, or likely to cause allergic reactions when applied to the skin.

For example, cumin oil is safe in food, but can cause the skin to blister. Certain citrus oils used safely in food can also be harmful in cosmetics, particularly when applied to skin exposed to the sun.
FDA doesn’t have regulations defining “natural” or “organic” for cosmetics. All cosmetic products and ingredients must meet the same safety requirement, regardless of their source. To learn more, see “‘Organic’ Cosmetics” and “FDA’s Poisonous Plant Database.”

Who regulates advertising claims?

While FDA regulates labeling for cosmetics and drugs, advertising claims are regulated by the Federal Trade Commission.

More Resources:

- Cosmetics Guidance & Regulation
- Cosmetics Labeling
- Fragrances in Cosmetics
- Products & Ingredients
- Soaps & Lotions

March 13, 2000; Updated August 22, 2014.

Recipes Using Essential Oils in Your Home: provided by Lea Harris, Certified Clinical Aromatherapist

FRANKINCENSE RECIPES

IMMUNE SYSTEM SUPPORT
Add 5 drops per 1 oz. of carrier oil and apply as body oil after a warm bath or shower. It can also be used for a therapeutic massage.

MEDITATION
Add 2 drops to a tissue and breath in the aroma before or during meditation

GERANIUM RECIPES

WRINKLE REDUCER
Add 2 drops to your face lotion and apply twice daily.

MUSCLE TONER
Add 5 drops per 1 TBSP of carrier oil and massage onto skin, focusing on your muscles.

LEMON RECIPES

KILLER CLEANING PASTE
½ pint mason jar (or un-cycled peanut butter jar)
1-cup baking soda
4 TBSP hydrogen peroxide (double this amount for a soft scrub)
20 drops Lemon Essential Oil
Mix all ingredients and add in the mason jar.

“I have used this with success to clean everything from bathtubs to ovens. This is such a popular recipe, and everyone who tries it is amazed! “ Lea Harris

LABEL REMOVER
Lemon Essential Oil

Peel as much of the paper top of the label off as you can. Cover the sticky, exposed part with lemon essential oil. Let sit a few minutes. Run under hot water, rubbing the label off. Using a flat stoneware scraper or copper scrubby can help facilitate this process, if it is a stubborn label.

LEMON GRASS RECIPES

REFRESHING SHOWER
Add 5 drops to the bottom of your shower. Your whole body will be immersed in an essential oil steam. Expect to feel uplifted, awakened, refreshed and ready to go.

BODY ODOR REDUCER
If you are prone to body odor, adding a 3 drops of lemongrass essential oil to your moisturizing body lotion or balm will help combat unpleasant body odors.

PEPPERMINT RECIPES
NOTE: Avoid using with on/around children under age 6 due to high menthol content which can cause slowed respiration in some children.

ANT REPELLENT
2-3 drops Peppermint Essential Oil

Pour onto cotton ball and place in locations where you have had problems with ants. The aroma will mess up their scent trails and discourage them from coming back.
* NOTE: Avoid using with on/around children under age 6 due to high menthol content which can cause slowed respiration in some children.

LAUNDRY BOOSTER
Quart mason jar
1 teaspoon (5ml) Peppermint Essential Oil
3-1/2 cups washing soda

Mix ingredients in mason jar, screw lid tight and shake well, or stir with a glass stirring rod or spoon to thoroughly mix. Use 1 teaspoon per load or laundry, or 2 teaspoons for an extra boost.
* NOTE: Avoid using with on/around children under age 6 due to high menthol content which can cause slowed respiration in some children.

MOUSE REPELLENT
2-3 drops Peppermint Essential Oil
Cotton Balls

Pour onto a cotton ball and place in locations where you have had problems with mice. The aroma will mess up their scent trails and discourage them from coming back.
* NOTE: Avoid using with on/around children under age 6 due to high menthol content which can cause slowed respiration in some children.

TEA TREE RECIPES

ANTI-FUNGAL GEL
2-ounce empty lotion bottle
24 drops Tea Tree Essential Oil

Add essential oils to lotion bottle; fill to the shoulder with aloe vera gel. Shake well, or use a glass-stirring rod to mix well. Apply 1-3 times per day for best results. Nail fungus takes a while to go away- weeks for fingernails, months for toenails.

MOLD ISSUES
10 drops Tea Tree Essential Oil per ounce of vinegar in a spray bottle

Spritz on areas of mold or mildew. Wipe off well. Tea tree can be used in high-pressure washers to rinse driveways and sidewalks to prevent mold accumulation; add a teaspoon to a gallon of water in the holding tank.

RECIPES COMBINING SEVERAL OILS

BUG BITES (and STINGS)
10ml roller bottle
50 drops Lavender Essential Oil
50 drops Tea Tree Essential Oil

Add essential oils to roller bottle; fill to the shoulder with carrier oil. Snap in the roller ball. Roll over bug bite. NOTE: This is a 50% dilution, which may sound high in comparison to the 1-5% dilutions we are providing. Bug bites (and stings) are one of the exceptions to where technically you can use the essential oils in much higher concentration.

CLEANING SPRAY
8-ounce spray bottle
30 drops Peppermint Essential Oil
40 drops Lemon Essential Oil
28 drops Tea Tree Essential Oil

Add essential oils to spray bottle; fill up the rest of the way with water. Shake well before using as a cleaning spray to be sure the oils are dispersed in the water. NOTE: It is safe to use this cleaning spray if you have children under 6 in your home, as long as they are not with you when you are using it.
CONGESTION
5ml bottle with orifice reducer or dropper cap
15 drops Lavender Essential Oil
40 drops Peppermint Essential Oil
35 drops Tea Tree Essential Oil
10 drops Lemon Essential Oil

Add all together and shake to mix well. Place your head over a bowl of steamy water, covering your head with a towel to keep the steam in. Keeping your eyes closed, have a friend or family member add to the bowl 2 drops of the essential oil mixture. Inhale through your nose, breathing deeply, for 5 minutes, or until the essential oils evaporate and you find relief.

CREATIVE INSIGHT
10ml roller bottle
5 drops Geranium
3 drops Lemon
3 drops Lemongrass
Fractionated Coconut Oil

Add drops of essential oils to the roller bottle then top off with Fractionated Coconut Oil. Snap in the roller ball. Roll over pulse points.

DIGESTIVE ISSUES
Diffuse 3 drops Lavender Essential Oil
3 drops Peppermint Essential Oil*
2 drops Lemon Essential Oil

Or add to personal inhaler 5 drops Lavender Essential Oil
5 drops Peppermint Essential Oil
5 drops Lemon Essential Oil

*For kids under age 6, replace with more Lavender. Alternately, add to your 10ml roller bottle: 3 drops Lavender 3 drops Peppermint. Fill to the shoulder with carrier oil. Snap in the roller ball. Roll over belly. (3% dilution.)

DRYER BALLS
3-5 drops Lavender, Lemon, or Peppermint Essential Oil

Pour onto to a wool dryer ball, or reusable dryer sheet, to add a hint of aroma to your clothes.

GROUNDING
10ml roller bottle
5 drops Frankincense
3 drops Geranium
Fractionated Coconut Oil
Add drops of essential oils to the roller bottle then top off with Fractionated Coconut Oil. Snap in the roller ball. Roll over pulse points.

**HEADACHE**

Diffuse 3 drops Lavender Essential Oil  
5 drops Peppermint Essential Oil

Or add to a personal inhaler 7 drops Lavender Essential Oil  
7 drops Peppermint Essential Oil

Inhale as needed. For more intense headaches, topical use may do the trick. To a 10ml roller bottle add 4 drops Lavender and 6 drops Peppermint. Fill to the shoulder with carrier oil. Snap in the roller ball. Roll over temples, or wherever the site of pain is. (5% dilution)

**ITCHING**

2-ounce spray bottle  
8 drops Peppermint Essential Oil*  
8 drops Tea Tree Essential Oil  
8 drops Lavender Essential Oil

Add essential oils to spray bottle; then fill to shoulder with witch hazel. Shake well (as witch hazel and oils do not mix) and spritz on skin as needed. (2% dilution)  
*For children under age 6, replace with Tea Tree and Lavender.

**JOINT PAIN**

10ml roller bottle  
4 drops Lavender Essential Oil  
2 drops Lemon Essential Oil  
4 drops Peppermint Essential Oil

Add essential oils to roller bottle; fill to the shoulder with carrier oil. Snap in the roller ball. Roll over inflamed area, and massage into the skin. (5% dilution).

**MOOD STABILIZER**

Diffuser  
4 drops Lavender Essential Oil  
4 drops Lemon Essential Oil

Add oils to diffuser and diffuse.

**PURIFICATION BLEND**

Diffuser  
2 drops Pure Air Blend  
1 drop Tea Tree  
1 drop Lemongrass
Using the manufacturer's suggested dilutions, combine equal parts of each essential oil with water in your favorite diffuser.

**PURSE PERFUME**
10ml roller bottle
1 drop Frankincense
1 drop Lemongrass
1 drop Geranium
3 drops Fractionated Coconut Oil

Add drops of essential oils to the roller bottle then top off with Fractionated Coconut Oil. Snap in the roller ball then apply to wrists and neck for a natural alternative to perfume or cologne.

**REFRESHING BLEND**
Diffuser
2 drops Lemongrass
2 drops Peppermint

Using the manufacturer's suggested dilutions, combine equal parts Lemongrass and Peppermint essential oils with water in your favorite diffuser.

**RELAXING BATH**
5 drops Lavender
5 drops Geranium
5 drops Balancing Act
Fractionated Coconut Oil

While drawing your bath, drop the oils into the bath, under the running water. Then add a small amount of Fractionated Coconut Oil for extra hydration.

**SEASONAL RESPIRATORY CONDITIONS**
Diffuse
3 drops Lavender Essential Oil
2 drops Tea Tree Essential Oil
3 drops Peppermint Essential Oil*

Or add 5 drops each Lavender, Tea Tree, and Peppermint to a personal inhaler. Inhale as needed.
*For kids under age 6, replace Peppermint with more drops of Lavender and Tea Tree.

**SWOLLEN LYMPH GLANDS**
10ml roller bottle
2 drops Lemon Essential Oil
2 drops Tea Tree Essential Oil

Add essential oils to roller bottle; fill to the shoulder with carrier oil. Snap in the roller ball. Roll over swollen lymph glands. (2% dilution.)