

Essential Oils

ALL DAY BEAUTY AND HEALTH



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Introduction to Essential Oils

Essential oils are safe to use at home, nature based, non-toxic, and effective solutions.

Make sure you are using high-quality essential oils. Essential oils from many chain stores do not come from pure sources and are not as effective or safe.

A little goes a long way with essential oils. Five or less drops per 5ml roller ball is all you need. Certain cleaning recipes call for you to be specific, so follow the strengths. But follow recommended protocols.





chapter one

ESSENTIAL OILS
AND CLEANING



Useful essential oils that are good for household cleaning.

BASIL
BERGAMONT
CEDARWOOD
CILANTRO
CINNAMON BARK
CLOVE
CORIANDER
CYPRESS
EUCALYPTUS
LAVENDER
LEMON
LIME
OREGANO
PETITGRAIN
SIBERIAN FIR
TEA TREE
THYME
WILD ORANGE



Helpful uses of essential oils around the house:

Room Spray: 20 drops of Lemon, Grapefruit, Lime, and distilled water. Use a glass spray bottle and shake.

Air Freshener: 1/4 cup baking soda and 5-6 drops your choice of essential oil. Put into mason jar and place a piece of fabric over the top and secure with jar lid.



Cleansing Spray: 1 cup warm water, 1 cup white vinegar, 20-25 drops your choice of essential oil. Combine water and vinegar, then add essential oil. Shake well. Works on most surfaces.

Microwave and Refridge cleanser: 1 cup white vinegar, 2 cups hot water, 15 drops Lemon. Combine in glass spray bottle. Spray mixture and scrub and/or wipe with damp cloth.



chapter two

ESSENTIAL OILS
AND IMMUNITY



Useful essential oils that are good for the immune system:



CEDARWOOD
CLOVE
COPAIBA
EUCALYPTUS
FRANKINCENSE
LAVENDER
LEMON
OREGANO
PEPPERMINT
ROSEMARY
TEA TREE

AS WELL AS
COMPANY BLENDS

Helpful recipes to help your immune system:

Sweet Dreams: 4 drops Lavender, 2 drops Cedarwood, 2 drops Wild Orange, and 1 drop Ylang Ylang

Boost Your Immune System: 3 drops of Lemon; 2 drops of Oregano, company's health blend, Peppermint, and Clove; and 1 drop Tea Tree. Put inside veggie capsules

FLOOM/FLOOT: In 10ml glass roller ball, place 10 drops of Frankincense and Lemon, 5 drops of Oregano and the brand's health blend, and 2 drops Tea Tree oil.

Immune Support Rollerball: In a 10ml bottle, put 2 drops of Lemon, Oregano, Tea Tree, Cinnamon, and Frankincense.

Immune Boost Diffuser Blend: 3 drops of Citrus Blend and the company's healthy blend.

