

OILS - BENEFITS

Certified Pure Therapeutic Grade: doTERRA

Lavender

- Soothing for the skin
- Reduces anxious feelings or feelings of tension
- Produces relaxing qualities and can help promote peaceful sleep

Wild Orange

- Supports healthy immune function
- Powerful antioxidant for maintaining health
- Cleansing

Neroli

- Promotes a positive mood and encourages relaxation
- Reduces feeling of anxiousness
- Soothes the skin and optimizes cellular health

Bergamot

- Soothes anxious or sad feelings
- Promotes healthy cellular function

Frankincense

- Maintains healthy cellular function
- Supports digestive system*
- Balances and uplifts emotions
- Aids in healthy immune function

Copaiba

- Powerful at reducing anxious feelings
- Soothes emotions and supports the nervous system
- Cardiovascular and respiratory systems

Grounding Blend

- Helps ease anxious or tense feelings
- Promotes feelings of tranquility and balance
- Produces a sense of relaxation and harmony

Reassuring Blend

- Neutralizes anxious and fearful emotions
- Promotes feelings of peace and reassurance

Restful Blend

- Calms the senses and emotions
- Reduces feelings of tension
- Creates a restful sleep environment

Console Blend

- Supports feelings of comfort and hope

Renewing Blend

- Promotes feeling of contentment, relief, and patience

Uplifting Blend

- Promotes feeling of joy and happiness

Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower essential oils

Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint Herb.

Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood

Frankincense Resin. Patchouli Leaf. Ylang Ylang Flower. Labdanum Leaf/Stalk. Amyris Bark. Sandalwood Wood. Rose Flower. Osmanthus Flower.

Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Resin, Arbovitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb

Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb

EPSOM SALT BATH TO DETOX MIND & BODY

Mix all but the lavender oil together first and then add the lavender. Fill the tub with hot water and add the mixture.

- 2 cups Epsom Salt
- 1 cup Baking Soda
- 20 drops essential oil

for a detox bath: 20 drops = [10 grounding blend / 5 frankincense / 5 lavender]

SLEEP SUPPORT

Favorites for sleep support:

Lavender	Restful Blend	Ho Wood	Vanilla Bean Absolute
Vetiver	Cedarwood	Marjoram	Hawaiian Sandalwood
Copaiba	Ylang Ylang	Roman Chamomile	

Take the oil(s) you chose:

- apply a drop on the bottom of each foot
- a drop on the back of the neck
- behind the ears
- 4-5 drops in the diffuser



Rollerball, 10ml



- 30 drops of Restful Blend
- 5 drops of Vetiver
- 5 drops of Lavender
- fill with Fractionated Coconut Oil

CLEANING - INGREDIENTS

- BakingSoda** *benefit:* Absorbs and eliminates odor.
use as: Non-abrasive cleanser to clean countertops, sinks, and tubs
how to: Sprinkle some baking soda on carpet and vacuum after 15 minutes for a fresher look and feel.
For scent, add a drop or two of lavender to the baking soda.
- WhiteVinegar** *benefit:* Contains natural antifungal & antibacterial properties that cut grease & dissolve mineral deposits.
use as: Cleanser for coffee maker, floors, refrigerator and so much more!
NOTE: Do not use on marble. Test a small area of your countertops before using
how to: Add some white vinegar to your spray cleaners for an extra punch.
Use half vinegar to half water to clean out your coffee maker.
- Castile Soap** *benefit:* Lifts dirt, cuts grease, and eliminates tough stains.
how to: Pour a small amount over baking sheets and pans then scrub for a few minutes for clean, shiny results.
You can use this to make your own detergent, foaming hand soap and more.

Essential Oils <i>best:</i>	Bergamot	Eucalyptus	Melaleuca (or tea tree oil)	Protective Blend Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, & Rosemary Leaf/Flower
	Cinnamon	Grapefruit	Rosemary	
	Cleansing Blend	Lemon	Orange, wild	
	Clove	Lavender	Peppermint	

CLEANING - RECIPES

- All Purpose** In a 16 oz. glass spray bottle, combine - in this order:
 30 drops essential oil [15ea lavender/lemon] [10ea eucalyptus/orange/peppermint]
 [15ea lavender/organge] [all 30 ProtectiveBlend]
 1/4 cup white vinegar
 1 3/4 cups water
- WorkoutGear** In a 8 oz. glass spray bottle, combine - in this order:
 8 drops essential oil [5 lavender/3 melaleuca]
 1/8 cup witch hazel
 3/4 cups water
- Air Freshener** In a 8 oz. glass spray bottle, combine - in this order:
 21 drops essential oil [7ea orange/grapefruit/lemon] [10ea cedarwood/sandalwood]
 [10 bergamot / 10 lavender / 5 ylang ylang]
 fill with water
- Disinfectant** In a 4 oz. glass spray bottle, combine - in this order:
 15 drops essential oil [6 lavender / 3 orange / 6 tea tree] [all 15 ProtectiveBlend]
 fill with water
Use to disinfect hands, counters, doorknobs, toilet seats, and more. Shake well before each use.
- Toilet Bowl** sprinkle baking soda into the toilet bowl
 2 drops essential oil lemon or tea tree
- Soft Scrub** In a 4 oz. jar, combine - in this order:
 6 drops essential oil [2ea lavender/orange/tea tree] [all 6 ProtectiveBlend]
 baking soda
 add water, enough to make a paste
For cleaning sinks and tubs
- Hand Sanitizer** In a 4 oz. glass spray bottle, combine - in this order:
 20 drops essential oil [all 6 ProtectiveBlend]
 1 Tbsp aloe vera gel
 fill rest with water
Shake well before each use.

3 Household Solutions For Cleaning Mold

BakingSoda *benefit:* Absorbs moisture and kills mold.
how to: Add one quarter of a tablespoon of baking soda to a spray bottle of water and shake until it has dissolved. Spray the moldy area with the baking soda & water solution, then scrub the mold. Next, rinse the surface with water to remove any residual mold on the surface. Finally, spray the area again and let the surface dry.

Vinegar *benefit:* Mild acid which can kill 82% of mold species. vinegar is 90 percent effective against mold, and 99.9 percent effective against bacteria.
Note: Baking soda is often used along with vinegar for killing different species of mold.
how to: Use white distilled vinegar and pour it into a spray bottle without watering it down. Spray the vinegar onto the moldy surface and leave it to sit for an hour. Finally, wipe the area clean with water and allow the surface to dry. Any smell from the vinegar should clear within a few hours.
Not only will grapefruit seed extract tone down the scent of vinegar, it has anti-fungal properties of its own. Tea tree oil may just be the greatest natural mold and mildew killer of all.

Hydrogen Peroxide *benefit:* anti-fungal, anti-viral and anti-bacterial solution.
how to: Pour 3% concentration hydrogen peroxide into a spray bottle. Saturate the moldy surface completely and leave it to sit for 10 minutes. Next, scrub the area to remove all of the mold and mold stains. And finally, wipe the surface down, to remove residual mold and spores.

Laundry: thespruce.com

Vinegar *how to:* to overcome the vinegar scent, add a couple of drops of essential oil (of your choice) to the bottle of vinegar

with my front loader, I've been filling my fabric softener spout to the fill line w/ hydrogen peroxide; not using vinegar -- there's debate on acidity of vinegar impact on seals/gaskets

- 1/2 c to final rinse cycle
 - soften fabric
 - brighten colors
 - whiten whites
 - prevent lint & pet hair from clinging to clothes
 - keep darks dark, removing detergent residue
- 1/2 c to wash cycle
 - remove heavy smoke odors
- 2 c to wash cycle
 - banish mildew odor from clothes
 - clean washer, empty load ran on hot, 4x/yr
- undiluted, in a spray blt
 - remove perspiration odor & stain, spray directly on area
 - moisten hems, to remove them when ironing

Carpet

BakingSoda *how to:* sprinkle over carpet and let set several hours; mix in a few drops of essential oil if you like some suggestions: citrus, lavender, rosemary, cinnamon, eucalyptus

Vinegar *how to:* spray over carpet, allow to dry; mix in a few drops of essential oil if you like

Club Soda *benefit:* known best for getting stains out of carpet and fabric
how to: spray over carpet, allow to dry; mix in a few drops of essential oil if you like

Upholstery Cleaner & Deodorizer

Combine everything in a spray bottle and give it a good shake.

Spray liberally on upholstery and gently scrub with a clean rag. Let dry naturally.

- ½ cup white vinegar → **witch hazel: anti-bacterial, microbial, septic & viral**
- ½ cup rubbing alcohol
- 1 cup filtered water
- 15 drops lavender essential oil
- Fresh lemon peel and lavender sprigs (optional)
- 16 ounce spray bottle

I used 2oz witch hazel, 15 drops lavender, filled rest of spray bottle w/ water; shake well; 1 btl covered my bed, living room and carpet (bed, living, dining)

Dilution Ratios for Essential Oils

Essential oils are strong and must be diluted for safe use.

essential oil content should only account for 0.5% to 2% of the total blend.

NOTE ABOUT PERFUME DILUTIONS

body care formulations, it is recommended that essential oils make up no more than 2% of your total end product volume.

perfumes formulations, since generally applied sparingly to localized areas, you may choose up to 5%

Tips for Diluting Essential Oils

Not all essential oils are equal in potency.

For example, cinnamon leaf essential oil is less potent and less aromatic than cinnamon bark essential oil.

Make sure your essential oil(s) are appropriate for the end use of your recipe.

For example, a few essential oils react poorly when exposed to sunlight, so these would not be ideal choices to include in a hair serum.

CARRIER	1% ESSENTIAL OIL	2% ESSENTIAL OIL
5 ML	1 DROP	2 DROPS
10 ML	2 DROPS	4 DROPS
0.5 OZ.	3 DROPS	8 DROPS
1 OZ.	6 DROPS	12 DROPS
2 OZ.	12 DROPS	0.25 TSP.
4 OZ.	0.25 TSP.	0.5 TSP.
6 OZ.	36 DROPS	0.75 TSP.
8 OZ.	0.5 TSP.	1 TSP.
16 OZ.	1 TSP.	2 TSP.

DILUTION%	5ml bottle (1 tsp carrier oil)	10ml bottle (2 tsp carrier oil)	15ml bottle (3 tsp carrier oil)	30ml bottle (6 tsp carrier oil)
0.5%	Less than 1 E.O. drop	1 E.O. drop	2 E.O. drops	4 E.O. drops
1%	1 E.O. drop	3 E.O. drops	4 E.O. drops	9 E.O. drops
2%	3 E.O. drops	6 E.O. drops	9 E.O. drops	18 E.O. drops
3%	4 E.O. drops	9 E.O. drops	13 E.O. drops	27 E.O. drops
4%	6 E.O. drops	12 E.O. drops	18 E.O. drops	36 E.O. drops
5%	7 E.O. drops	15 E.O. drops	22 E.O. drops	45 E.O. drops

For calculating your unique blends, use this calculator:

<https://blog.mountainroseherbs.com/essential-oil-dilutions>

<https://www.growingupherbal.com/blending-essential-oils-for-beginners/>

Essential Oil Categories

- Citrus – Orange, Lemon, Lime
- Earthy – Oakmoss, Vetiver, Patchouli
- Floral – Lavender, Neroli, Jasmine
- Herby – Marjoram, Clary Sage, Basil
- Medicinal – Eucalyptus, Rosemary, Tea Tree
- Minty – Peppermint, Spearmint, Catnip (mildly)
- Spicy – Nutmeg, Clove, Cinnamon
- Woody – Pine, Cedar, Wintergreen

Possible Category Combinations

- Floral blends with floral, woody, spicy & citrus
- Woody blends w/ woody, floral, earthy, herby, minty, medicinal, spicy & citrus
- Earthy blends with earthy, woody, and minty
- Herbaceous blends with herby, woody, and minty
- Minty blends with minty, woody, earthy, herby, and citrus
- Medicinal blends with medicinal and woody
- Spicy blends with spicy, floral, woody, and citrus
- Citrus blends with citrus, floral, woody, minty, and spicy

Essential Oil Notes

Top notes are the lightest of all the notes. They're the first ones you smell, and they're the first ones to evaporate. This is because they have the smallest molecules. You can often distinguish top note essential oils because they're often thin in consistency and are usually derived from flowers, leaves, and flowering herbs.

Middle notes are like the "ties that bind" only they are binding your other essential oils together into a harmonized blend. These are the oils that complete your blend by balancing the light top notes with the deep base notes. The aroma of middle notes lasts longer than those of top notes, but not as long as base notes. These oils can vary in consistency and are often derived from whole herbs and spices.

Base notes are deep, heavy, and often earthy in scent. These are the oils that ground your blend and help its aroma last the longest due to the large molecule size. Base notes are often derived from trees, roots, and barks, and their oils tend to be thick and viscous.

Blending Ratios:

30 - 50 - 20 for, example - a blend of citrus/floral/spicy 30% TopNote / 50% MiddleNote / 20% BaseNote

15 drop blend: 3 drop lemon / 5 drop neroli / 2 drop ginger

PerfectBalance for, example - a blend of oils from same category 33% TopNote / 33% MiddleNote / 33% BaseNote

15 drop blend: 5 drop geranium / 5 drop lavender / 5 drop ylang ylang