

FOLD FOUR LINE ←

LAVENDER MINERAL BATH

Create this relaxing lavender mineral bath to turn your bath into a calming spa retreat.

INGREDIENTS

- 3 tablespoons Epsom salt
- 3 tablespoons baking soda
- 2 tablespoons sea salt
- 48 drops lavender essential oil
- 4 ounce amber glass jar

DIRECTIONS

1. In glass jar, combine all ingredients, replace lid and shake until well mixed.
2. To use, dissolve 2 to 3 tablespoons into warm bath water.

FOLD THREE LINE →

EUCALYPTUS AND PEPPERMINT SALVE

The camphor and menthol rich scent of this salve will open the senses and clear the air.

INGREDIENTS

- 4 ounces coconut oil
- 24 drops eucalyptus essential oil
- 24 drops peppermint essential oil
- 4 ounce amber glass jar

DIRECTIONS

1. In glass jar, measure coconut oil, eucalyptus and peppermint.
2. Use a fork to thoroughly blend all ingredients.
3. To use, apply 1 to 2 teaspoons to chest, upper back and neck area.

FOLD TWO LINE ←

PEPPERMINT FOOT MASSAGE

Apply this cooling and soothing peppermint foot massage to recharge after a long, tiring day on your feet.

INGREDIENTS

- 1 tablespoon sweet almond oil
- 6 drops peppermint essential oil

DIRECTIONS

1. In a small dish, combine sweet almond and peppermint, stir until well blended.
2. To use, dispense 1 teaspoon into palm of hand, rub hands together and massage feet and toes.

FOLD ONE LINE →

LAVENDER AND TEA TREE HOME CLEANING SPRAY

Make your own natural, fresh-scented multipurpose home cleaning spray with just a few ingredients.

INGREDIENTS

- 15 fluid ounces water
- 1 teaspoon liquid Castile soap
- ½ teaspoon lavender essential oil
- ½ teaspoon tea tree essential oil
- 16 ounce spray bottle

DIRECTIONS

1. In bottle, combine liquid soap and essential oils, replace lid and shake.
2. Add water to bottle, replace lid and shake gently until well blended.
3. To use, spray on surface and wipe clean with damp cloth. Rinse cloth in fresh water as you go.

Aura Cacia.
pure essential oils

ESSENTIAL OIL LEARNING GUIDE



FOLD FOUR LINE ←

FOLD THREE LINE →

FOLD TWO LINE ←

FOLD ONE LINE →

LAVENDER

Lavandula angustifolia

Lavender's perfectly balanced floral – herbaceous aroma provides an unmatched array of attributes – calming, relaxing, refreshing and cleansing – making it the most popular oil in aromatherapy.

QUICK TIPS

- Place several drops on your pillow before bedtime.
- Mix with water in a mist bottle to create a calming body, face or room mist.
- Dispense several drops in your laundry rinse cycle for fresh scented clothes and washing machine.
- Mix 3 drops lavender with 1 teaspoon carrier oil for a calming scalp massage and hair serum.
- Inhale lavender's calming and relaxing aroma from the bottle as needed.

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EUCALYPTUS

Eucalyptus globulus

Distilled from the leaves of the tree, eucalyptus has a fresh, penetrating scent and is a common ingredient in salves.

QUICK TIPS

- Mix 6 drops eucalyptus with 1 tablespoon coconut oil for a penetrating chest salve.
- Do a simple steam inhalation by adding 3 to 5 drops eucalyptus to a steaming basin of hot water and breathing deeply.
- Mix 3 drops eucalyptus with 1 teaspoon carrier oil for a warming body massage.
- Inhale the camphorous aroma of eucalyptus from the bottle anytime.
- Mix 24 drops eucalyptus with 2 ounces water in a mist bottle for an invigorating room spray.

PEPPERMINT

Mentha piperita

Peppermint oil has a very potent, fresh, minty-menthol aroma that produces a cooling sensation and a refreshing atmosphere.

QUICK TIPS

- Dispense a few drops on a tissue and stick in air vents of car for alert driving.
- Mix 3 drops peppermint with 1 teaspoon carrier oil for a cooling sports massage.
- Mix 1 tablespoon Epsom salt and 6 drops peppermint in a basin of warm water for a soothing foot soak.
- Mix 2 drops peppermint in 1 teaspoon carrier oil and massage into temples.
- Inhale peppermint's refreshing and cooling aroma from the bottle anytime for a quick pick-me-up.

TEA TREE

Melaleuca alternifolia

With its intense, spicy-medicinal aroma, tea tree is a superior cleansing and protecting oil.

QUICK TIPS

- Mix 3 drops tea tree with 1 teaspoon carrier oil to make a cuticle oil for finger and toenails.
- Dispense a few drops of tea tree into garbage disposal between uses.
- Mix 3 drops tea tree with 1 teaspoon apple cider vinegar on a cotton ball for a clarifying skin wipe.
- Mix 24 drops tea tree with 2 ounces water in a spray bottle for a purifying room spray.
- Add tea tree to unscented liquid Castile soap to create a purifying household cleaner.

DILUTION & SAFETY

APPLICATION	OIL DROPS per 1 oz/30 mL of carrier
Body Oil (massage, salve, balm, facial serum)	6 - 30 (1 - 5% dilution)
Body Mist	18 - 30 (3 - 5% dilution)
Air Mist	30 - 60 (5 - 10% dilution)
Home Cleaning	30 - 120 (5 - 20% dilution)

- Keep out of the reach of children.
- Never ingest essential oils or use in cooking.
- Keep oils away from eyes, ears and mucous membranes.
- Do not use undiluted oils on your skin.
- Spot-test new oils and recipes before use. For skin care, dilute a small amount and apply to the skin of your inner arm.
- Stop using the oil immediately if redness, burning, itching or irritation occurs.
- If pregnant, nursing, suffering from any medical condition or taking medication, consult a health care practitioner before using.