

LAVENDER & ROSEHIP FACIAL OIL MIST

This simple facial mist will soothe and nourish your skin.

INGREDIENTS:

- 1/2 teaspoon Aura Cacia Organic Rosehip Oil
- 24 drops Aura Cacia Lavender Essential Oil
- 2 fluid ounces water

DIRECTIONS:

1. Into a 2-ounce mist bottle, measure all ingredients. Replace cap and shake vigorously until well blended.
2. To use, shake bottle and apply 1 to 3 sprays to face and neck (avoiding eyes), smoothing into skin with fingertips.

EUCALYPTUS & PEPPERMINT SALVE

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

INGREDIENTS:

- 4 ounces Aura Cacia Organic Coconut Oil
- 24 drops Aura Cacia Eucalyptus Essential Oil
- 24 drops Aura Cacia 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.

PEPPERMINT FOOT MASSAGE OIL

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

INGREDIENTS:

- 1 tablespoon Aura Cacia Sweet Almond Oil
- 6 drops Aura Cacia 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.

LAVENDER & TEA TREE HOME CLEANING SPRAY

Make your own multi-purpose home cleaning spray.

INGREDIENTS:

- 15 fluid ounces water
- 1 teaspoon liquid Castile soap
- 1/2 teaspoon Aura Cacia Lavender Essential Oil
- 1/2 teaspoon Aura Cacia 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 and repeat.
3. To use, spray on surface and wipe clean with damp cloth. Rinse cloth in fresh water as you go.



MANUFACTURER'S COUPON

EXPIRES 12/31/2020

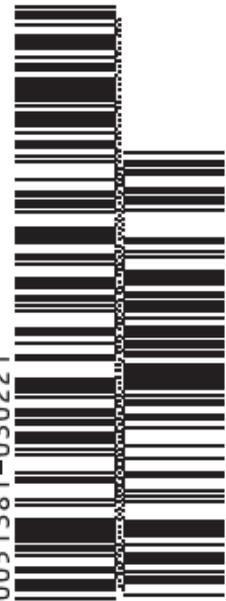
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\$1.00 OFF

ANY Aura Cacia® Essential Oil (.5 fl oz or larger)

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AURA CACIA®



DISCOVER
Essential Oils
Learning Guide



DILUTION GUIDE

| APPLICATION | OIL DROPS per 1 oz./30 mL of carrier |
|---------------------------------------|---|
| Personal Care (facial, hair, body) | 6 - 18 (1 - 3% dilution) |
| Home & Air Care | up to 18 (3% dilution) |

Percentages vary depending on the essential oil and application. Visit auracacia.com for specific recommendations, plus hundreds of essential oil recipes.

Dilution Golden Rule

6 drops of essential oil
+ 1 oz. carrier
= 1% dilution



SAFETY TIPS

- Keep out of the reach of children.
- Never ingest essential oils or use in cooking.
- Keep oils away from eyes, ears and mucous membranes. Eucalyptus is not recommended for facial use.
- 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.
- All individuals are different, therefore, we cannot guarantee the safety or efficacy of the products you make with various recipes.

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.
- Dispense a few drops of tea tree into garbage disposal between uses.
- 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.

PEPPERMINT

Mentha piperita

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

QUICK TIPS

- Mix 3 drops peppermint with 1 teaspoon carrier oil for a cooling sports massage.
- Add a few drops to your workout shoes.
- Mix 2 drops peppermint to 1 teaspoon carrier oil for a cooling massage oil.
- Inhale peppermint's refreshing and cooling aroma by holding the bottle 6 to 12 inches from the face and wafting the aroma.

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 chest salve.
- Mix 3 drops eucalyptus with 1 teaspoon carrier oil for a warming body massage.
- Mix 24 drops eucalyptus with 2 ounces water in a mist bottle for an invigorating room spray.
- Add a few drops to a hot shower for a eucalyptus steam.

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 a cotton ball and place in your pillowcase before bedtime.
- Mix with water in a mist bottle to create a calming body 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.