

ORGANIC ESSENTIAL OIL RECIPES

Aura Cacia.



pure essential oils

Bath And Body Oil

Ingredients

- 24 drops Aura Cacia organic black pepper
- 24 drops Aura Cacia organic lime (distilled)
- 3 fl oz Aura Cacia organic sweet almond oil
- 1 fl oz Aura Cacia organic jojoba oil
- 4-oz Aura Cacia amber glass bottle

Directions

1. In bottle, combine essential oils and top off with skin care oil. Replace cap and shake well before use.
2. Use 1 to 2 tbsp in bath or for massage.

Body Spray

Ingredients

- 8 drops Aura Cacia organic frankincense
- 8 drops Aura Cacia organic lemon eucalyptus
- 8 drops Aura Cacia organic lime (distilled)
- 2 fl oz water
- 2-oz Aura Cacia amber glass mist bottle

Directions

1. In bottle, combine essential oils.
2. Top off with water, replace lid and shake well.
3. Shake bottle and mist skin, avoiding eyes.

ORGANIC ESSENTIAL OIL FACT SHEET

Black Pepper

Benefits: Warming, soothing

Best uses: Body oils, massage oils, bath oils

Quick Tip: 6 drops black pepper +
1 tbsp jojoba oil = massage oil

Lime, Distilled

Benefits: Freshening; minimal phototoxic compounds
make it better for body care than cold-pressed lime

Best uses: Body oils & mists, lotions, deodorants

Quick Tip: 24 drops lime (distilled) +
2 fl oz water = freshening body mist

Frankincense

Benefits: Meditative, grounding, calming

Best uses: Body oils & mists, massage oils,
perfumes, diffusions, meditation

Quick Tip: 10 drops frankincense +
2 tsp sweet almond oil + roll-on bottle =
meditative roll-on perfume

Lemon Eucalyptus

Benefits: Clarifying, cleansing

Best uses: Body oils & mists, lotions,
creams, salves, room and outdoor mists

Quick Tip: 24 drops lemon eucalyptus +
2 fl oz sweet almond oil = outdoor body oil

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