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NEW LEAF PAPER®
ENVIRONMENTAL BENEFITS STATEMENT
of using recycled fiber as the primary fiber

Aura Cacia saved the following resources by using 153 pounds of Imagination, made with 100% recycled fiber and 100% post-consumer waste, processed chlorine free, designated Ancient Forest Friendly™ and manufactured with electricity that is offset with Green-e® certified renewable energy certificates.

trees	water	energy	solid waste	greenhouse gases
2 fully grown	906 gallons	0.8 Million BTUs	57 pounds	201 pounds

Calculations based on research by Environmental Defense Fund and other members of the Paper Task Force.
www.newleafpaper.com

*Lavender • Peppermint
Eucalyptus • Clove Bud
Tea Tree • Sweet Orange
Lemon*

PURE ESSENTIAL OILS

A505831C

Percentages vary depending on the essential oil and application. Each dilution percentage point is equal to 6 drops of essential oil per 1 oz. of carrier such as water, oil, or body butter.



APPLICATION ESSENTIAL OIL DROPS PER 1 OZ. OF CARRIER	
Skin (massage, salve, balm, serum)	6 - 30 (1 - 5% dilution)
Body (mist, spray)	18 - 30 (3 - 5% dilution)
Air Freshener Spray	30 - 60 (5 - 10% dilution)
Home Cleaning	30 - 120 (5 - 20% dilution)

Some suggested Aura Cacia carrier oils for body applications include sweet almond, jojoba, argan & rosehip.

HOW TO USE ESSENTIAL OILS SAFELY
Never apply essential oils undiluted to skin. Dilute in water or a skin care oil, such as Aura Cacia argan or rosehip.

DILUTION TABLE
essential oil

Aura Cacia® searches all over the globe to find the purest and best plant sources for our essential oils. Every shipment of oil must pass a rigorous, five-point test to verify its quality.



Lavender essential oil is distilled from the herb of the same name when it is in full flower. The essence smells of soft blossoms, sweet hay and warm summer air.

Lavender provides calming and relaxing aromatherapy benefits. The aroma creates an atmosphere of ease to comfort the mind, body and spirit. Used in bath, body care and massage applications, lavender provides its effects directly to the body while filling the air with its gentle aroma.

- Gentle cleansing: Add 3-6 drops lavender to each application of unscented body wash, bubble bath or cleanser.
- After-shower body oil: 12 drops lavender + 1 oz. sweet almond, jojoba or grapeseed oil.
- Renewing body scrub: 1 oz. apricot kernel oil + 2 Tbsp. sugar + 12 drops lavender
- Fresh-scented laundry: Add 1 tsp. lavender to rinse cycle, to dryer sheet during cool down cycle, or to 8 oz. water for ironing spray.
- Clean and refresh fabrics: Mix 1 tsp. lavender with 1 cup baking soda. Sprinkle on carpets, upholstery and drapes, then vacuum.
- Turn your vacuum cleaner into an air freshener: Place 12 drops lavender on a cotton ball and place in filter compartment.



Peppermint essential oil is distilled from fresh, peppermint leaves and flower buds. The aroma is fresh, menthol, clean, sweet and bracing.

Peppermint essential oil provides a motivating physical sensation as much as a freshening, minty aroma. The unique properties of this essential oil combine bracing, menthol coolness with a dazzlingly green, herbal sweetness.

Peppermint Personal Care

- Cooling compress: Add 12 drops peppermint to a bowl of ice water, soak cloth, wring and place on forehead or neck.
- Freshening foot bath: 2 Tbsp. Epsom salt + 12 drops peppermint in a basin of warm water, then soak your feet.
- Rejuvenating foot and body scrub: 1 oz. apricot kernel oil + 2 Tbsp. sugar + 12 drops peppermint
- Soothing foot powder: Mix 2 Tbsp. cornstarch and 24 drops peppermint and sprinkle on feet or in socks.
- Air Purifying Spray: 4 oz. water + 48 drops peppermint.
- Protecting Household Sachets: Place 6 drops peppermint on peppermint tea bags. Hang in closets, tuck in drawers and cupboards. Refresh with oil as needed.



Eucalyptus essential oil is the distilled essence of fresh eucalyptus leaves. The aroma is fresh, camphorous, forest-like and invigorating.

Eucalyptus oil has a powerful aroma that is known for its purifying and clearing aromatherapy benefits. The vapors of eucalyptus essential oil are reviving, inspiring deep breathing and clear thinking. The aroma purifies physical and spiritual space.

- Soothing massage oil: 6 drops eucalyptus + 1 oz. sesame seed oil.
- Clearing chest salve: Warm 4 oz. coconut oil, stir in 48 drops eucalyptus, allow to cool and set. Apply.
- Humidify and purify airspace: Add 12 drops eucalyptus to a steaming pan of water.
- Air clearing spray: 4 oz. water + 48 drops eucalyptus



Clove Bud essential oil is distilled from the dried, unopened flower buds of a tropical tree. It's the same spice used to season baked goods.

The spicy, familiar aroma of clove bud calls to mind baked goods and evokes feelings of comfort and security associated with home.

- Humidify and purify airspace: Add 12 drops clove bud to a steaming pan of water.
- Deodorize drains with 3-6 drops clove bud.



Tea tree essential oil is distilled from the fresh green leaves and twigs of the Australian melaleuca shrub. A different plant from the tea you drink, tea tree has a spicy, fresh aroma that is reminiscent of nutmeg.

Tea tree is highly regarded in aromatherapy for its cleansing, purifying and protecting properties. The bracing, spicy-medicinal aroma enlivens the senses and awakens the spirit.

- Purifying hand spray: Mix 4 oz. water and 48 drops tea tree in a mister bottle. Shake and spritz hands whenever soap and water aren't near.
- Purifying surface cleanser: 32 oz. water + 1/2 tsp. liquid soap + 3 tsp. tea tree
- Air purifying diffusion: 1/4 cup water + 24 drops tea tree in a candle lamp diffuser



Sweet Orange essential oil is expressed from the fresh rind of the same fruit that yields orange juice. Like other citrus oils, such as grapefruit and tangerine, sweet orange is manually extracted from the plant rather than steam-distilled.

Sweet orange is adaptable — refreshing on one hand and familiar and comforting on the other. The overall benefit is balancing, inspiring alertness and creativity while soothing the spirit.

- Refreshing cleanser: Add 3-6 drops sweet orange to each application of unscented body wash, bubble bath or cleanser.
- Uplifting foot and body scrub: 1 oz. apricot kernel oil + 2 Tbsp. sugar + 12 drops sweet orange
- Wood dusting oil: Add 48 drops sweet orange to 4 oz. jojoba oil. Sprinkle mixture on a soft cloth and wipe wooden surfaces. (Test on an inconspicuous area before use.)
- Deodorize drains with 3-6 drops sweet orange.



Lemon essential oil aroma is a fresh citrus, reminiscent of the peel. Lemon provides a freshness that is uplifting and cleansing.

- Surface cleaner: Add 12 drops lemon to 2 fl. oz. water in a spray bottle. Shake well, and wipe down household surfaces.
- Facial rinse: Add 5 drops lemon to 1 fl. oz. water. Apply with a cotton ball after cleansing.
- Nail oil: Add 6 drops lemon to 1 teaspoon sweet almond oil in a roll-on bottle. Apply to nails and cuticles as needed.