

Aura Cacia.



pure essential oils



## Citrus & Spice ROOM SPRAY

### Ingredients:

- 2 fluid ounces water
- 12 drops sweet orange essential oil
- 6 drops black pepper essential oil\*
- 6 drops clove bud essential oil
- 2 ounce amber glass mist bottle

### Directions:

1. Into mist bottle, measure all essential oils.
2. Top off with water, replace cap and shake until well-blended.

**TIP:** Try this blend of essential oils in your room diffuser. Adjust number of drops according to operating instructions included with your diffuser.

\* Can substitute an additional 6 drops of clove bud essential oil instead.

## Atlas Cedarwood ROLL-ON PERFUME

### Ingredients:

- 5 drops Atlas cedarwood essential oil
- 5 drops sweet orange essential oil
- 2 teaspoons jojoba oil
- Amber glass roll-on bottle

### Directions:

1. Into bottle, measure essential oils.
2. Top off bottle with jojoba oil, replace cap and shake until well blended.

**TIP:** To create a more floral perfume, replace sweet orange with lavender essential oil.

positive  
CHANGE  
PROJECT

Each time you purchase one of our products, you support organizations that help women transform their lives. Together, we can spread positive change.



## Black Pepper Vanilla BODY BUTTER

### Ingredients:

- 24 drops Vanilla Precious Essentials®
- 24 drops black pepper essential oil
- 3 ounces cocoa butter
- 1 fluid ounce sweet almond oil
- 4 ounce wide mouth amber glass jar

### Directions:

1. Place cocoa butter in a heavy sauce pan and melt over gentle heat.
2. Add sweet almond oil and continue heating just until mixture has clarified.
3. Remove pan from heat and stir in essential oils.
4. Pour into a jar, replace lid and allow to cool undisturbed for 12 hours.
5. To use, rub a small amount into hands and massage into skin, using more as needed.

**TIP:** For a creamier consistency, try whipping the mixture during the cool-down phase, between steps 3 and 4.

## Atlas Cedarwood BATH OIL

### Ingredients:

- 2 fluid ounces sweet almond oil
- 12 drops Atlas cedarwood essential oil
- 12 drops Aura Cacia Vanilla Precious Essentials oil
- 2 ounce amber glass bottle

### Directions:

1. Into glass bottle, measure all ingredients, replace cap and shake until well blended.
2. To use, dispense 1 to 2 tablespoons into warm bath.

**TIP:** Can be used as an after-shower body oil, or in a relaxing massage application. For a warming, heat-building massage, use 1 ounce sweet almond oil and 1 ounce grapeseed oil.