

## LAVENDER & PATCHOULI MINERAL BATH

Turn your bath into a calming getaway with lavender and patchouli essential oils.

### INGREDIENTS:

- 4 tablespoons baking soda
- 4 tablespoons sea salt
- 30 drops Aura Cacia Lavender Essential Oil
- 18 drops Aura Cacia Patchouli Essential Oil

### DIRECTIONS:

1. Combine ingredients in a wide-mouth amber glass jar with lid.
2. To use, dissolve 1 to 3 tablespoons in bath water.

## SWEET ORANGE & PATCHOULI DIFFUSION

Unwind after a long day with this blend of patchouli and sweet orange essential oils.

### INGREDIENTS:

- 4 drops Aura Cacia Patchouli Essential Oil
- 4 drops Aura Cacia Sweet Orange Essential Oil
- 1 essential oil diffuser

### DIRECTIONS:

1. Combine essential oils in diffuser and operate according to directions.\*
2. Refresh with additional oils whenever needed.

\*Number of drops may vary based on diffuser type and room size.

## RELAXING CHILL PILL BODY OIL \*Chill Pill is used under license.

Apply this relaxing body oil after showering to moisturize and calm.

### INGREDIENTS:

- 3 fluid ounces (6 Tbsp) Aura Cacia Sweet Almond Oil
- 1 fluid ounce (2 Tbsp) Aura Cacia Grapeseed Oil
- 48 drops Aura Cacia Chill Pill Essential Oil Blend

### DIRECTIONS:

1. Combine in an amber glass bottle, replace lid and shake well.
2. Use as a massage oil, add up to 1 ounce (2 Tbsp) to bath water, or massage into clean skin after bathing.

## SWEET ORANGE & LAVENDER PERFUME

Apply this essential oil perfume to your pulse points anytime you need to refresh and relax.

### INGREDIENTS:

- 2 drops Aura Cacia Sweet Orange Essential Oil
- 2 drops Aura Cacia Lavender Essential Oil
- 2 teaspoons Aura Cacia Jojoba Oil

### DIRECTIONS:

1. Remove ball fitment from a .31 ounce roll-on bottle, add sweet orange and lavender essential oils and top off with jojoba oil.
2. Replace fitment and lid, shake well and roll onto pulse points.



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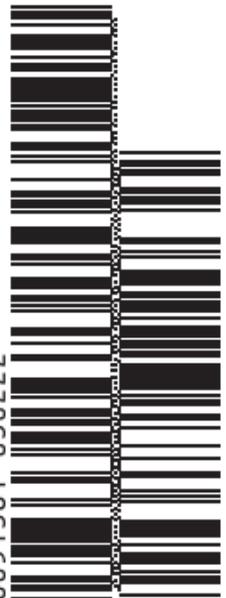
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# DISCOVER Relaxation Learning Guide



## 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](http://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.
- 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.

## LAVENDER

*Lavandula angustifolia*

Lavender is the world's most popular essential oil, valued for its relaxing, soft floral aroma.

### QUICK TIPS

- To create a calming atmosphere in the home, diffuse lavender essential oil.
- To create a relaxing lavender bath, combine 24 drops of lavender essential oil with 1/2 cup of sea salt and dissolve 1 to 3 tablespoons into warm bath.
- To experience a relaxing massage, combine 6 drops of lavender essential oil with 1 fluid ounce (2 Tbsp) of sweet almond oil.
- To make a relaxing lavender body mist, blend 48 drops of lavender essential oil with 4 fluid ounces water in a spray mist bottle, shake and mist skin, avoiding eyes.

## PATCHOULI

*Pogostemon cablin*

Patchouli has an exotic herbal aroma which evokes a sense of balance and calm.

### QUICK TIPS

- To make a relaxing patchouli perfume oil, blend 4 drops of patchouli essential oil with 2 teaspoons of jojoba oil in a roll-on bottle, apply to pulse points.
- To make a soothing patchouli body balm, whisk together 48 drops of patchouli essential oil and 8 tablespoons of coconut oil, smooth onto skin.
- To make a calming liquid soap, blend 48 drops of patchouli essential oil and 4 fluid ounces of unscented liquid soap, apply to wet skin, lather and rinse.

## SWEET ORANGE

*Citrus sinensis*

Sweet orange's fresh, citrus aroma has a familiarity that provides a feeling of comfort.

### QUICK TIPS

- To make a room-freshening spray, combine 48 drops of sweet orange essential oil with 4 fluid ounces water in a spray mist bottle, shake and mist throughout the room.
- Add 24 drops of sweet orange essential oil to 1/4 cup sea salt in a jar, to create a sweet, soothing diffusion you can take and use anywhere.
- Diffuse sweet orange essential oil for a familiar, refreshing aroma.
- To make a refreshing citrus liquid soap, blend 48 drops sweet orange essential oil and 4 fluid ounces unscented liquid soap, apply to wet skin, lather and rinse.

## CHILL PILL

\*Chill Pill is used under license.

The fruity, floral aroma of Chill Pill essential oil blend inspires a cool, calm and collected attitude.

### QUICK TIPS

- To have a calm commute, dispense several drops of Chill Pill essential oil blend onto a tissue and place in auto air vent.
- To create a calm environment at work, mix 48 drops Chill Pill essential oil blend and 4 fluid ounces water in a spray mist bottle, shake and spray in work space.
- To relax when you're on the go, blend 4 drops Chill Pill essential oil blend with 2 teaspoons of carrier oil in a roll-on bottle and apply as needed.