Your Guide to Essential Oils
their use in DIY Personal & Home Care
Breathe Deep. Shine Bright.

Aura Cacia helps you bring positive change to every day through our essential oils, skin care oils and more, derived only from simple and pure botanical and mineral ingredients. We offer a wide selection of certified organic essential oils and ingredients to craft your own personal and home care products.
All our ingredients are sourced carefully and sustainably from the best plant sources around the world and each shipment of essential oil must pass full analytical testing to verify its purity and quality. Our heritage of quality and sustainability reaches back to 1982 and today we’re proud to be part of Frontier Co-op. As a co-op, we’re committed to giving back with 1% of sales supporting social causes that are important to women.

Our essential oils and skin care oils can help you change how you care for your body and your home, and we’re committed to helping you learn how to use them safely and effectively. Read on to learn about our essential oils and skin care oils, and discover simple ways to use them – from diffusion and massage to DIY personal care and home care recipes.

See page 33 for important dilution and safety information.
Finding the right essential oils
Quality is the key that unlocks the potential of essential oils — only pure essential oils provide true and reliable benefits. Aura Cacia offers a broad selection of top-quality essential oils. You can find just the right oils for you and your family, whether you’re new to essential oils or have been using them for years.

How do essential oils work?
The powerful volatile oils that come from unique plant sources are what we call essential oils. These highly effective natural substances have an effect in many areas of life. By utilizing the sense of smell, the essential oils can shift emotions and moods. Outside of the sense of smell, however, essential oils can be used practically in topical formulas that nourish the body or in the formulation of products that can be used in home care. In these ways and many others, essential oils are powerful agents that contribute to a happy and balanced life.
**How are essential oils used?** There are many ways to make essential oils a part of your life: diffuse them into the air, add them to your bath water or spray them from mister bottles. You can also blend them with skin care oils for topical application.

**What are certified organic oils?** Our organic essential oils are certified by an objective third party. They are made from plants grown on organic farms, without the use of pesticides or chemicals and are processed and packaged to avoid all non-organic contamination.

**What are skin care oils?** A skin care oil is a natural nut or seed oil that can be safely applied undiluted to the skin. Powerful essential oils are safely diluted in skin care oils to create aromatherapy massage oils or skin applications. Aura Cacia skin care oils offer a natural way to care for your skin, from your hair to feet and everything in between. *(See page 28 for more information about Aura Cacia skin care oils.)*

Each oil has its own unique combination of fatty acids and other characteristics that make it special.

- Avocado, sweet almond and apricot kernel oils are good all-purpose oils for skin care and massage.
- Grapeseed oil is light, sheer and absorbent, and often used for face and neck applications.
- The chemistry of jojoba oil closely resembles the skin’s own natural oil and isn’t excessively oily in texture.
Aura Cacia
Essential Oils

Essential oils are the distilled and concentrated essences of the true botanical species and provide full aromatherapy benefits. Use this index to learn more.

Anise Seed (Pimpinella anisum)
Anise seed gives off a sweet, licorice-like aroma. Distilled from the ripe seed, anise oil contains a natural substance that can form white crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve. **Quick Tip:** Inhale aroma to inspire an exhilarated, sweet atmosphere.

Basil, Sweet (Ocimum basilicum)
Available in Certified Organic
Spicy, herbaceous and green-scented basil essential oil is reminiscent of the fresh herb. **Quick Tip:** Diffuse the oil to create an inspired, refreshing atmosphere.

Bay (Pimenta racemosa)
Bay has a spicy, sweet aroma that’s reminiscent of cloves and green leaves. **Quick Tip:** Dilute in apricot kernel oil and use as an invigorating scalp massage oil.
**Bergamot, Bergaptene-Free**  
*(Citrus bergamia)*  
The fresh, fruity scent of bergamot is a key ingredient in classic colognes. Bergaptene-free bergamot has been redistilled to remove most of the constituents that can burn or irritate the skin upon exposure to intense UV light. **Quick Tip:** Add bergaptene-free bergamot to unscented cleanser to create a fresh, cleanly scented experience.

**Bergamot, Natural**  
*(Citrus bergamia)*  
**AVAILABLE IN CERTIFIED ORGANIC**  
The fruity, green scent of this uncommon citrus fruit makes a refreshing room spray. Substitute bergaptene-free bergamot for natural bergamot in any skin application. **Quick Tip:** Combine bergamot with water in a spray mist to create a natural air freshener.

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**Bergamot Orange & Neroli Perfume Oil**

The spicy-floral scents of bergamot orange and neroli are anchored within a subtly sexy sandalwood base note in this perfume oil.

**INGREDIENTS**

- 6 drops bergamot BF essential oil
- 6 drops Aura Cacia Neroli Precious Essentials® oil
- 6 drops Aura Cacia Sandalwood Precious Essentials® oil
- 2 tablespoons jojoba oil

**DIRECTIONS**

1. Measure jojoba oil into a glass bottle.
2. Add essential oils to the jojoba, cap bottle and shake gently until well mixed.
3. Using fingertips, dab several drops of the mixture onto pulse points.
Blue Cypress (*Callitris intratropica*)
Distilled from the wood of an Australian evergreen, blue cypress has a unique balsamic and subtle woody aroma reminiscent of sandalwood. **Quick Tip:** Diffuse blue cypress to create a confident and relaxed atmosphere.

Camphor, White (*Cinnamomum camphora*)
The penetrating aroma of camphor can be used in soothing and clarifying massage applications. **Quick Tip:** Scent cotton balls with a few drops of camphor and set them out in a dish to create a purifying and protecting atmosphere.

Cardamom Seed (*Elettaria cardamomum*)
Both masculine and feminine perfumes can be enhanced by this warm, spicy aroma. **Quick Tip:** Add cardamom seed to grapeseed oil to create a warming and penetrating yet gentle massage oil.

Carrot Seed (*Daucus carota*)
The intensely green, spicy aroma of carrot seed blends well with rose and geranium. **Quick Tip:** Combine a few drops with rosehip seed oil to create a facial oil.

Cassia (Cinnamon) Bark (*Cinnamomum aromaticum*)
The woody, warm and spicy aroma of cassia (cinnamon) is a comforting scent that everyone recognizes and loves. **Quick Tip:** Place a few drops in a pan of simmering water to create a nurturing atmosphere.

Cedarwood, Texas (*Juniperus mexicana*)
Distilled from the oil-rich heartwood of a common species of juniper, Texas cedarwood has similar properties to sandalwood. This oil is rich in natural cedrol which can form crystals. If this happens, warm the bottle until they dissolve. **Quick Tip:** Mix the woody, balsamic base note of cedarwood with citronella, grapefruit and water to create a refreshing patio spray.
Chamomile, German *(Matricaria recutita)*
**AVAILABLE ONLY IN PRECIOUS ESSENTIALS®**
The warm, herbal-floral aroma of German chamomile has an intense indigo blue color and nuance reminiscent of aged, sweet tobacco.
**Quick Tip:** Add a few drops of German chamomile to skin care creams and lotions.

Chamomile, Roman *(Chamaemelum nobile)*
**AVAILABLE IN PRECIOUS ESSENTIALS®**
The sweet, herbal, green apple-like aroma of Roman chamomile creates an atmosphere of calm and relaxation that is a fine alternative to lavender.
**Quick Tip:** Apply 2-3 drops to a cotton ball and place in your pillowcase at night.

Chamomile, Wild *(Ormenis multicaulis)*
This relative of chamomile yields a grassy, hay-like scent that is less floral and sweet than Roman or German chamomile. **Quick Tip:** Add a few drops to witch hazel extract for facial use.

Cinnamon Leaf *(Cinnamomum verum)*
**AVAILABLE IN CERTIFIED ORGANIC**
The fresh, spicy aroma of cinnamon leaf is reminiscent of clove. Energizing, focusing and revitalizing, cinnamon leaf inspires active reasoning when diffused into the air. **Quick Tip:** Diffuse to create an inspiring atmosphere.

Citronella *(Cymbopogon winterianus)*
**AVAILABLE IN CERTIFIED ORGANIC**
With its powerful lemon-like aroma, citronella is a common ingredient in outdoor summertime sprays. **Quick Tip:** Add 3 drops to 1 teaspoon of grapeseed oil to create a protecting skin care oil.

Clary Sage *(Salvia sclarea)*
**AVAILABLE IN CERTIFIED ORGANIC**
Clary sage is a relative of both common garden sage and lavender. It has a sweet, soothing aroma with intriguing musk and wine-like nuances. **Quick Tip:** Inhale aroma to create a calm, balanced mood.
Clove Bud *(Syzygium aromaticum)*
**AVAILABLE IN CERTIFIED ORGANIC**
The sweet, spicy aroma of clove is familiar and comforting. Its scent evokes a calm energy that can motivate action. **Quick Tip:** Diffuse equal amounts of clove and sweet orange to create a warm, uplifting atmosphere.

Coriander Seed *(Coriandrum sativum)*
Similar to bergamot, but with a woody, spicy nuance, coriander’s scent adds a sweet freshness to soaps and perfumes. **Quick Tip:** Sprinkle on dried lavender flowers, fill drawstring cotton bags and tuck into linens for a fresh scent.

Cypress *(Cupressus sempervirens)*
**AVAILABLE IN CERTIFIED ORGANIC**
Ancient Greco-Roman culture used cypress as a purifying incense. It blends well with other Mediterranean oils like lavender, clary sage and bergamot. **Quick Tip:** Diffuse as an air freshener and purifier.

Eucalyptus *(Eucalyptus globulus)*
Distilled from the leaves of the tree, eucalyptus has a fresh, penetrating scent and is a common ingredient in salves. **Quick Tip:** Combine with lavandin and sweet almond oil to make a chest rub.

Eucalyptus *(Eucalyptus radiata)*
**AVAILABLE ONLY IN CERTIFIED ORGANIC**
This species of eucalyptus gives off an aroma that is greener and sweeter than the clean, medicinal aroma of the familiar eucalyptus globulus. **Quick Tip:** Combine with peppermint and apricot kernel oil for a refreshing and cooling foot rub.

Eucalyptus, Lemon *(Eucalyptus citriodora)*
The constituents in this oil produce a lemon-like nuance to the familiar, bracing aroma of eucalyptus. **Quick Tip:** Combine with lavender and grapeseed oil for an outdoor body oil.
Eucalyptus & Lavender Mineral Bath

This mineral bath is full of soothing ingredients and the clean scents of eucalyptus and lavender.

INGREDIENTS

1/4 cup baking soda
1/4 cup sea salt
1/4 cup Epsom salt
1/4 cup French white clay powder
1 teaspoon baobab oil
1/2 teaspoon lavender essential oil
1/2 teaspoon eucalyptus essential oil
24 drops sweet orange essential oil

DIRECTIONS

1. In a mixing bowl, whisk together baking soda, salts and clay powder.
2. Sprinkle mixture with baobab oil and essential oils and whisk again until well blended.
3. To use: dissolve up to 1/4 cup in warm bath, soak and rinse.

Fennel Seed
(Foeniculum vulgare)
The aroma of fennel seed is sweet and warm with a spicy, anise-like quality. Quick Tip: Diffuse fennel to produce a comforting atmosphere.

Fir Needle, Balsam
(Abies balsamea)
When used as a room spray, this fresh evergreen scent evokes images of mountainside fir forests and holiday festivities. Quick Tip: Diffuse balsam fir to lift the spirit.
Frankincense & Lemon Meditation Diffusion

Introspective frankincense and elevating lemon combine to open both inner and outer pathways to your meditative visioning in this simple candle lamp diffusion.

INGREDIENTS
9 drops frankincense essential oil
9 drops lemon essential oil
3 tablespoons water

DIRECTIONS
1. Measure water into bowl of candle lamp.
2. Add essential oils to water.
3. Light candle and diffuse aroma for 20-30 minutes.

Frankincense (Boswellia sacra)
AVAILABLE IN PRECIOUS ESSENTIALS®
Frankincense has been used as a sacred incense and perfume throughout history. Its sweet, balsamic aroma expands the mind and elevates the spirit.
Quick Tip: Diffuse during yoga and meditation.

Geranium (Pelargonium graveolens)
AVAILABLE IN CERTIFIED ORGANIC
The flowery-herbal scent of geranium, also called rose-scented geranium, is a fine oil for body care products like facial serums, soaps, washes and lotions. Quick Tip: Blend with rosehip oil to create a facial care oil.
Ginger (Zingiber officinale)
The rich, spicy, lemon-like aroma of ginger provides a warming and activating benefit. Quick Tip: Blend with patchouli and jasmine and dilute in a skin care oil to create a sensual perfume oil.

Grapefruit (Citrus x paradisi)
AVAILABLE IN CERTIFIED ORGANIC
Grapefruit has a uniquely tangy, citrus scent that everyone seems to love. Quick Tip: Create a refreshing travel mist by blending grapefruit, peppermint and water in a spritzer bottle.

Helichrysum (Helichrysum italicum)
AVAILABLE IN PRECIOUS ESSENTIALS®
Helichrysum, sourced from the French island of Corsica, has an herbaceous, honey-like aroma note. Quick Tip: Blend helichrysum with jojoba for a general purpose skin care oil.

Grapefruit & Lemongrass
Air Freshening Diffusion
Cleansing grapefruit and clarifying lemongrass combine to freshen interior room air in this simple candle lamp diffusion.

INGREDIENTS
9 drops grapefruit essential oil
9 drops lemongrass essential oil
3 tablespoons water

DIRECTIONS
1. Measure water into bowl of candle lamp.
2. Add essential oils to water.
3. Light candle and diffuse aroma for 20-30 minutes.
**Hyssop** *(Hyssopus officinalis)*
Hyssop’s strong herbal scent has a unique nuance of sweetness that blends well with lavender and citrus oils. **Quick Tip:** Combine hyssop, eucalyptus and lemon in a purifying room diffusion.

**Jasmine Absolute** *(Jasminum officinale)*
AVAILABLE IN PRECIOUS ESSENTIALS®
The intense floral radiance of jasmine makes it an indispensable feature of many successful perfumes. **Quick Tip:** Create a deeply calming massage oil with jasmine and sweet almond oil.

**Juniper Berry** *(Juniperus communis)*
The berry/evergreen scent of juniper berry is clarifying and freshening. **Quick Tip:** Create an invigorating massage oil with juniper berry, eucalyptus and apricot kernel oil.

**Lavandin** *(Lavandula x intermedia)*
A plant resulting from a cross between lavender and spike lavender, lavandin lends its fresh, clean scent to soaps, cleansers and air fresheners. **Quick Tip:** Create a gently clarifying chest rub with lavandin and sesame oil.

**Lavender, Spike** *(Lavandula latifolia)*
AVAILABLE IN CERTIFIED ORGANIC
The powerful herbal aroma of this relative of lavender, contains only a slight nuance of sweetness. **Quick Tip:** Combine spike lavender with water to create a purifying, cleansing air freshener.

Sunrise over lavender fields in Ukraine.
**LAVENDER**  
* (Lavandula angustifolia)  
**AVAILABLE IN CERTIFIED ORGANIC**  
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 Tip:** Use lavender in diffusion or topically in a body mist to evoke a calm and relaxed mood.  

**LAVENDER, TASMANIAN**  
* (Lavandula angustifolia)  
**AVAILABLE IN PRECIOUS ESSENTIALS®**  
Tasmanian lavender has a slightly more floral scent, with a softer top and middle note, than other lavenders.  
**Quick Tip:** Dilute 2-3 drops in a skin care oil and rub into temples or back of neck for a calming mini-massage.

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**Lavender, Clary Sage & Chamomile Facial Mist**

Refresh your skin with this very gentle, balancing facial mist.

**INGREDIENTS**
- 2 ounces distilled water
- 15 drops lavender essential oil
- 2 drops clary sage essential oil
- 2 drops chamomile essential oil
- 5 drops lemon essential oil

**DIRECTIONS**
1. Combine all ingredients in a spray mister bottle.
2. Essential oils and water will separate, so shake the bottle vigorously before spritzing this refreshing blend onto clean skin.
3. Optional: add 10 to 15 drops of jojoba or grapeseed oil along with the essential oils.

Note: Avoid contact with eyes.
**Lavender Tea Tree** (*Melaleuca ericifolia*)
The sweet, lavender-like scent of this variety of tea tree combines the purifying property of regular tea tree with a gentleness like lavender. **Quick Tip:** Combine lavender tea tree with water for a gentle facial rinse.

**Lemon** (*Citrus x limon*)
**AVAILABLE IN CERTIFIED ORGANIC**
Extracted from the peel of the fresh fruit, lemon oil is a sweetly scented, purifying oil. **Quick Tip:** Add lemon’s clean, sweet aroma to unscented home care products to give them a boost.

**Lemon Balm** (*Melissa officinalis*)
**AVAILABLE IN PRECIOUS ESSENTIALS®**
Lemon balm has a sweet, herbaceous and lemon-like middle note. **Quick Tip:** Blend with ylang ylang in a jojoba base to create an exotic perfume.

**Lemon Tea Tree** (*Leptospermum petersonii*)
The soft, sweet, lemon-like scent of this variety of tea tree is refreshing and protecting. **Quick Tip:** Add lemon tea tree to unscented liquid soap to create a natural cleanser.

**Lemongrass** (*Cymbopogon flexuosus*)
**AVAILABLE IN CERTIFIED ORGANIC**
This tropical grass has traditionally been used in India and is an effective ingredient in skin care products. **Quick Tip:** Diffuse the lemon-like, green scent of lemongrass to freshen room air.

**Lime** (*Citrus aurantifolia*)
Expressed from fresh lime peel, this oil shares many of lemon’s aromatherapy qualities. **Quick Tip:** Combine with eucalyptus to create a fresh and purifying diffusion.
Marjoram, Sweet (Origanum majorana)
AVAILABLE ONLY IN CERTIFIED ORGANIC
Often overshadowed by lavender, sweet marjoram oil offers many of the same benefits without lavender’s sweet floral aroma. Use with skin care oils to warm and comfort. Quick Tip: Diffuse to produce a calm, relaxed atmosphere.

Marjoram, Wild (Thymus mastichina)
Actually a wild species of thyme, wild marjoram has a warm, spicy, herbaceous aroma. Quick Tip: Blend with grapeseed oil to make a warming, invigorating massage oil.

Myrrh (Commiphora myrrha)
AVAILABLE IN PRECIOUS ESSENTIALS®
The spicy, earthy aroma of myrrh has been used as incense for almost 4,000 years. Quick Tip: Combine with rose and rosehip seed oil for a nourishing facial oil.

Myrtle (Myrtus communis)
Myrtle has a sweet, forestry-fresh scent. The oil is used in cleansing skin care applications. It also has a gentle but powerful effect on the senses, opening and elevating the spirit. Quick Tip: Create a penetrating massage with myrtle and sweet almond oil.

Neroli (Citrus x aurantium)
AVAILABLE IN PRECIOUS ESSENTIALS®
Distilled from the flower of the bitter orange tree, neroli has a deep, intoxicating floral aroma. Quick Tip: Inhale neroli to evoke a calm, quiet mood and settled thoughts.

Nutmeg (Myristica fragrans)
The spicy and intensely radiant scent of nutmeg awakens the senses. Quick Tip: Combine nutmeg with apricot kernel oil to create a deeply warming massage.
Patchouli & Sweet Orange Room Diffusion

Calming patchouli and normalizing sweet orange combine to create a relaxed yet exotic atmosphere in this simple candle lamp diffusion.

INGREDIENTS
9 drops patchouli essential oil
9 drops sweet orange essential oil
3 tablespoons water

DIRECTIONS
1. Measure water into bowl of candle lamp.
2. Add essential oils to water.
3. Light candle and diffuse aroma for 20-30 minutes.

Orange, Mandarin (Citrus reticulata)
Associated with the Mandarins of ancient China, this fruity citrus oil possesses a neroli-like floral nuance.
Quick Tip: Inhale Mandarin orange to calm the spirit and balance the emotions.

Orange, Sweet (Citrus sinensis)
AVAILABLE IN CERTIFIED ORGANIC
The familiar orange scent makes this one of the world’s most popular oils and the heart of many floral blends. Sweet orange’s gentle, clarifying nature cheers the heart and brightens the mood. Quick Tip: Place a few drops in your sink drains to deodorize.

Oregano (Origanum vulgare)
AVAILABLE IN CERTIFIED ORGANIC
Oregano is a highly active oil with a powerful herbal aroma. Quick Tip: Combine with lemon in a room purifying diffusion.
**Palmarosa** (*Cymbopogon martinii*)
Palmarosa has a lemon-like scent with floral nuances and is used in cleansing, skin care products. **Quick Tip:** Blend with citronella and water to create a soft and sweet-scented patio spray.

**Patchouli** (*Pogostemon cablin*)
**AVAILABLE IN CERTIFIED ORGANIC**
A widely used fixative in perfumes, patchouli’s rich, earthy aroma provides an olfactory bridge between floral and herbaceous oils. **Quick Tip:** For a nourishing and aromatic skin care application, mix patchouli with sweet almond oil.

**Peppermint** (*Mentha x piperita*)
**AVAILABLE IN CERTIFIED ORGANIC**
Peppermint oil has a very potent, fresh, minty-menthol aroma that produces a cooling sensation and a refreshing atmosphere. **Quick Tip:** Dispense 3-5 drops on the floor of your shower to release peppermint’s invigorating aroma.

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**Peppermint Body Wash**

Sometimes cleansing isn’t just about getting clean, but getting a fresh, vigorous start. In the morning before work or after a long day, this bracing and minty body wash will get you going.

**INGREDIENTS**
4 oz. unscented liquid soap (Castile type)
18 drops peppermint essential oil
3 drops sweet orange essential oil
3 drops lavandin essential oil

**DIRECTIONS**
1. Mix oils and liquid soap and use anytime you need an energizing, cleansing boost.
2. Before use, spot-test in an inconspicuous area to ensure the product does not irritate your skin.
**Peru Balsam** *(Myroxylon balsamum)*
A soothing addition to skin creams and cleansers, this oil has a rich, vanilla-like scent. Peru balsam contains a natural substance that can form white crystals in the oil. If this happens, warm the bottle slightly until the crystals dissolve. **Quick Tip:** Combine Peru balsam and avocado oil to create a comforting massage oil.

**Pine** *(Pinus sylvestris)*
**AVAILABLE IN CERTIFIED ORGANIC**
The woody, typically evergreen aroma of this oil lends a pleasant, deodorizing scent to many household and personal care products. **Quick Tip:** Add pine to sweet almond oil to create a deep tissue massage oil.

**Rose Absolute** *(Rosa damascena)*
**AVAILABLE IN PRECIOUS ESSENTIALS™**
With its rich and long-lasting floral aroma, rose is used extensively in quality perfumes as both an aromatic and a fixative. **Quick Tip:** Diffuse rose absolute to create a stabilizing, comforting atmosphere.

**Rose Otto** *(Rosa damascena)*
**AVAILABLE IN PRECIOUS ESSENTIALS™**
This essential oil is distilled from the ancient damask rose. Rose otto evokes a sense of harmony and peace while dispelling fear and tension. **Quick Tip:** Simply inhale to enjoy rose’s calming nature.
**Rosemary** (*Rosmarinus officinalis*)
*Available in Certified Organic*
Rosemary has a fresh, herbaceous scent and purifying and cleansing benefits. **Quick Tip:** Blend rosemary oil with argan or grapeseed oil to make a nourishing scalp massage blend.

**Sage** (*Salvia officinalis*)
Distilled from the common culinary garden plant, sage’s intense herbal aroma is activating and purifying. **Quick Tip:** Inhale sage to awaken the senses.

**Sandalwood** (*Santalum spicatum*)
*Available in Precious Essentials®*
Sandalwood is a valuable perfume fixative with a powerful earthy, woody scent. The oil is sacred in many traditions, renowned for inspiring insight and spiritual elevation. **Quick Tip:** Blend sandalwood with grapeseed oil to create a perfume oil.

**Spearmint** (*Mentha spicata*)
This sweet, minty oil offers a softer, gentler energy than its botanical cousin peppermint. **Quick Tip:** Blend lavender and spearmint in a skin care oil to create a soothing bath oil.

**Tangerine** (*Citrus reticulata*)
The fresh, fruity scent of tangerine is a delightful addition to children’s aromatherapy blends. **Quick Tip:** Blend tangerine and lavender in a skin care oil to create a soothing evening bath oil.
Tea Tree & Lemon Floor & Surface Cleaner

A newly cleaned surface should smell fresh, not of harsh cleaners. Wipe away grime with this gentle yet purifying three-ingredient essential oil-based cleaner.

**INGREDIENTS**
- 2 teaspoons unscented liquid soap
- 8 drops lemon essential oil
- 4 drops tea tree essential oil

**DIRECTIONS**
1. Mix essential oils and liquid soap.
2. Pour essential oil/liquid soap mixture into a 1-gallon bucket of warm water. Stir until well combined.
3. Dampen a sponge, mop or wash cloth with mixture and wipe grime from floors and hard surfaces.

Tea Tree (Melaleuca alternifolia)
AVAILABLE IN CERTIFIED ORGANIC
With its intense, spicy-medicinal aroma, tea tree is a superior cleansing and protecting oil. **Quick Tip:** Add tea tree to unscented liquid Castile soap to create a purifying household cleanser.

Thyme, Red (Thymus vulgaris)
The essential oil of the common garden and culinary thyme, red thyme, is high in thymol, a powerfully purifying constituent that can be irritating so is best not used in topical dilutions. **Quick Tip:** Diffuse a mix of red thyme and sweet orange to cleanse airspace.

Thyme, White (Thymus vulgaris)
White thyme is the result of a redistillation of red thyme oil that removes much of the potentially irritating thymol constituent, making it better suited to use in topical dilutions. **Quick Tip:** Combine this oil with eucalyptus, tea tree and lavandin in clarifying salves or room sprays.
**Vanilla** *(Vanilla planifolia)*

**AVAILABLE ONLY IN PRECIOUS ESSENTIALS®**

Deliciously scented vanilla oil, a common ingredient in perfumes, is extracted from the cured seed pods of a tropical orchid. Its familiar aroma — deep, rich and sweet — comforts the emotions and calms the spirit. **Quick Tip:** *Blend vanilla with grapeseed oil to create a perfume oil.*

**Vetiver** *(Vetiveria zizanioides)*

**AVAILABLE IN CERTIFIED ORGANIC**

Vetiver has a rich, earthy scent and is often used as a perfume fixative. The aroma anchors the spirit and stabilizes the emotions. **Quick Tip:** *Blend vetiver with unscented liquid Castile soap to create a grounding body wash.*

**Wintergreen** *(Gaultheria fragrantissima)*

Wintergreen’s potent woody-sweet aroma is reminiscent of strong mint. Generally not used in topical aromatherapy applications, wintergreen blends nicely with ylang ylang in a diffusion. **Quick Tip:** *Use wintergreen well diluted, (1 drop/per tsp. skin care oil) in soothing massage applications.*

**Ylang Ylang III** *(Cananga odorata)*

**AVAILABLE IN CERTIFIED ORGANIC**

This “flower of flowers” has a heady, sensual aroma. The scent elevates the spirit and consoles the heart. **Quick Tip:** *Blend with sandalwood and cocoa butter for an exotic body butter.*

**Ylang Ylang Extra** *(Cananga odorata)*

“Extra” grade (the highest quality) ylang ylang has an intense floral aroma that is prized in perfumes. The powerful scent nourishes and encourages the spirit. **Quick Tip:** *Dilute in a skin care oil and dab on pulse points to create an alluring perfume.*

A woman picks organic ylang ylang flowers in Madagascar. Aura Cacia built a preschool near the ylang ylang trees so working parents no longer have to worry about their children walking one hour each way to attend school in a neighboring village.
Aura Cacia
Essential Oil Blends

These unique aromatherapy blends are carefully formulated so the essential oils reinforce and balance each other for maximum effect.

Energize
A blend of lemon, peppermint, rosemary and sweet orange oils that helps restore vitality and galvanize resolve. Diffuse for an instant pick-me-up.

Euphoria
A blend of bergamot BF, amyris, ginger and ylang ylang III oils that creates a sense of well-being and good cheer. Create a celebratory, uplifting mood at your next gathering by diffusing this blend.
**Heart Song**
A blend of lavender, coriander, geranium and rose absolute oils that fosters feelings of kindness and affection. Comfort the emotions or inspire love with a diffusion of this rosy blend.

**Inspiration**
A blend of lemon, bergamot BF, balsam fir needle, sweet basil and rosemary oils that promotes an atmosphere of creativity and enthusiasm. Diffuse in an office or studio space to promote positive, creative energy.

**Lavender Harvest**
A blend of lavender, lavandin and spike lavender oils that relaxes and refreshes with the benefits of a full array of lavender oils. Inhale at night.

**Meditation**
A blend of cedarwood, myrtle, patchouli and sandalwood oils that promotes a state of calm and awareness. Diffuse this blend to create an atmosphere conducive to meditation and prayer.

**Purify**
A blend of patchouli, sage, peppermint and tea tree oils that counteracts negative feelings and establishes clarity. Add a few drops to an end-of-day foot soak to cleanse, soothe and cool.

**Relaxation**
A blend of sweet orange, tangerine, lemon, bergamot BF, lavender, Roman chamomile, ylang ylang and sandalwood oils that facilitates a calm, steady attitude. Diffuse to slow down and relax.

**Soothing Heat**
A blend of balsam fir needle, lemon, eucalyptus, juniper berry and myrtle oils that holistically comforts and warms the body after a workout.

**Tranquility**
A blend of lavender, balsam fir needle, patchouli, palmarosa, geranium and Roman chamomile oils that promotes relaxation and serenity. Add several drops to an evening bath after a stressful day.
Essential Solutions

Chill Pill
Take a deep breath! Orange, peppermint and basil help relieve the mind of its burdens, while lavender, patchouli and chamomile cool off the emotions.

Creative Juice
Inspire and nurture your creativity with this energizing and uplifting blend of citrus and spice aromas.

Cool Hottie
Lavender, geranium, clary sage, and the unique properties of vitex essential oil help simplify life’s transitions.

First Response
Lemon and orange add a sweet synergy to the protective, preventative properties of tea tree, eucalyptus and sandalwood essential oils.

Gray Matter Batter
Peppermint and spearmint penetrate and cool, while lavender and chamomile exercise their calming influence.

Love Potion
The pure essences of flowers have been inextricably linked with love and lovemaking through the ages.

Mellow Mix
The aromas of lavender, chamomile and neroli are formidable tools for diffusing (and defusing) volatile, tense atmospheres.

Panic Button
This blend features the oils of rose flowers (rose absolute) and orange flowers (neroli), whose incredible depth and heart-warming radiance evoke a sense of peace and calm.
**Pep Talk**
Peppermint refreshes the senses and dispels a lack of motivation. The delicious aromas of orange and lemon are an invitation to the unique possibilities the day can bring.

**Pillow Potion**
The fruity, intoxicating essence of hops combines with relaxing lavender, yarrow, and chamomile flower to set you adrift in a tranquil sea of deep relaxation.

**Body Care Blends**
Take the uncertainty out of blending your own skin care recipes with these four essential oil blends specifically formulated for use in homemade body care recipes like deodorant, body scrubs, skin mists and more.

**Comfort**
A warm, herbaceous essential oil blend for use in comforting, deep conditioning body care recipes.

**Freshen**
A fresh, crisp, floral essential oil blend for use in everyday body care recipes.

**Indulge**
A spicy, earthy essential oil blend for use in indulgent, at-home spa body care recipes.

**Renew**
A bright, fruit-like essential oil blend for use in everyday body care recipes.
Aura Cacia
Skin Care Oils

These oils are perfect carriers for essential oils and offer a natural way to care for your skin.

Each oil has its own unique combination of fatty acids and other characteristics that make it special. Use this index to learn which oils are best suited for general skin care, facial care, bath, massage, hair care and more. Note that organic versions of some oils are available.
**Apricot Kernel** *(Prunus armeniaca)*
Extracted from the nut meats of apricots, apricot kernel oil is high in the essential fatty acids oleic and linoleic. It has a slightly lighter consistency than sweet almond oil and is especially good for skin care, massage and bath applications.

**Argan** *(Argania spinosa)*
AVAILABLE ONLY IN CERTIFIED ORGANIC
Aura Cacia argan oil is sustainably sourced from a women’s cooperative in Morocco and is valued for the protection it offers from the dry desert atmosphere of North Africa. Argan oil contains high levels of skin-rejuvenating essential fatty acids and is great for facial and hair care.

**Avocado** *(Persea Americana)*
Extracted from the ripe fruit (actually a berry) avocado oil contains oleic acid. A rich, skin-nourishing oil, avocado is at its best in skin care applications.

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**Argan Hot Oil Hair Application**

An occasional argan hot oil treatment is a natural way to condition scalp and hair.

**INGREDIENTS**
2 teaspoons argan oil
12 drops rosemary essential oil (for dark hair)

**DIRECTIONS**
1. Blend oils in a glass container.
2. Set in a hot water bath to warm the oils.
3. Work the warmed oil into scalp and along shafts of hair.
4. Wrap head in hot towel and leave in place until cool.
5. Shampoo and condition hair as normal.
**Baobab (Adansonia digitata)**

**AVAILABLE ONLY IN CERTIFIED ORGANIC**

Baobab comes from the nuts of an indigenous African tree and is regarded throughout the continent as nutritious for the skin. Considered an emollient, baobab is a good oil for improving the appearance of your skin.

**Grapeseed (Vitis vinifera)**

Extracted from grapeseeds as a by-product of wine-making, grapeseed oil has a nice balance of skin-supporting oleic, linoleic, palmitic and stearic acids. Its light, sheer and absorbent properties make it desirable for massage and bath.

**Jojoba (Simmondsia chinensis)**

**AVAILABLE IN CERTIFIED ORGANIC**

Extracted from the seed of a desert shrub in the American southwest, jojoba contains proteins, liquid waxes and natural oil. The oil closely resembles the skin’s own natural emollients. Because it is easily absorbed, jojoba does not provide much lubricity or glide. It is an excellent supplement to the other skin care oils.

**Macadamia (Macadamia ternifolia)**

**AVAILABLE ONLY IN CERTIFIED ORGANIC**

Macadamia nut is cultivated in Kenya where the oil’s nutrifying qualities have been appreciated for years. It is hydrating, versatile and a desirable ingredient in cosmetics and skin care.
**Rosehip** *(Rosa canina)*

*AVAILABLE ONLY IN CERTIFIED ORGANIC*

Rosehip is extracted from the seeds of rose fruits, known as hips, in Chile and is valued as a potent skin rejuvenator. Rosehip oil is often used as a facial serum after cleansing, as a general body oil to rejuvenate and soften the skin, and to nourish hair.

**Sesame** *(Sesamum indicum)*

*AVAILABLE IN CERTIFIED ORGANIC*

Extracted from the familiar culinary seeds, sesame is a balanced nourishing oil. Sesame oil is excellent in massage and skin care applications.

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**Rosehip & Carrot Seed Facial Oil Serum**

Rosehip seed oil provides sheer texture and absorbing nourishment to this oil-based facial serum. Balancing carrot seed, geranium and rose oils add a gentle touch and aromatic scent.

**INGREDIENTS**

- ¼ oz. grapeseed oil
- 6 drops carrot seed essential oil
- ¼ oz. rosehip oil
- 6 drops Aura Cacia Rose Otto Precious Essentials Oil
- 6 drops geranium essential oil

**DIRECTIONS**

1. Mix all ingredients in a small bottle with a dropper cap.
2. After cleansing, dot the oil serum on face and smooth into skin using upward sweeping motions.
Sweet Almond (Prunus amygdalus dulcis)
AVAILABLE IN CERTIFIED ORGANIC
Extracted from almond kernels, sweet almond oil is high in the same essential fatty acids as apricot kernel oil, but has a slightly richer consistency. It provides smooth glide and hydrates the skin, making it appropriate for skin care, bath oils and long-lasting massage oil.

Tamanu (Calophyllum inophyllum)
AVAILABLE ONLY IN CERTIFIED ORGANIC
Tamanu oil comes from the nuts of trees growing throughout Vietnam, where it is employed as a purifying and protecting body oil. Emerald green tamanu oil promotes the vibrancy of the skin.
**Dilution & Safety**

Essential oils are potent substances. Always refer to essential oil label guidelines before use. Do not use undiluted essential oils on your skin — dilute in a carrier such as Aura Cacia skin care oils.

**How to Use Essential Oils Safely**

- Keep oils tightly closed and out of the reach of children. (Note: Aura Cacia ½-ounce bottles come with a child-resistant cap.)
- Never ingest essential oils or use them in cooking.
- Keep oils away from eyes, ears and mucous membranes.
- Do not use undiluted oils on your skin. (Note: Some oils should not be used on the skin at all—check labels carefully.)
- Whether for skin care or home cleaning, spot-test new oils and recipes before use. For skin care, dilute a small amount and apply to the skin of your inner arm. Do not use if redness or irritation occurs.
- If at any time redness, burning, itching or irritation occurs, stop using the oil immediately.
- If pregnant, nursing, suffering from any medical condition or taking medication, consult a healthcare practitioner before using.

### APPLICATION | ESSENTIAL OIL DROPS per 1 oz/30 mL of carrier

<table>
<thead>
<tr>
<th>Application</th>
<th>Dilution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Oil (massage, salve balm, facial serum)</td>
<td>6 - 30 (1 - 5% dilution)</td>
</tr>
<tr>
<td>Body Mist</td>
<td>18 - 30 (3 - 5% dilution)</td>
</tr>
<tr>
<td>Air Mist</td>
<td>30 - 60 (5 - 10% dilution)</td>
</tr>
<tr>
<td>Home Cleaning</td>
<td>30 - 120 (5 - 20% dilution)</td>
</tr>
</tbody>
</table>
The stories behind our products include the people and the biodiversity of the regions where our botanicals are grown. We cultivate relationships to improve lives while fostering the development and sustainability of the resources involved. Here are a few key examples.

**ARGAN**

We went directly to Morocco to find a unique source for our argan oil. It’s brought to us by a women’s-based cooperative. The relationship provides the women a rare source of autonomous income and produces a superior oil. Each wild-growing argan nut is hand-selected and cracked by the cooperative.

**SANDALWOOD**

We were one of the first essential oil companies to convert our supply of sandalwood from the dwindling supply of endangered Indian Santalum album to sustainably produced, regulated and renewable Australian sandalwood.
**YLANG YLANG**
The flowers that produce Aura Cacia’s ylang ylang oil are hand-harvested from groves of cultivated trees in Ambohimena, Madagascar. Families that pick the ylang ylang flowers can send their children to a nearby preschool funded by Aura Cacia.

**ROSE OTTO & ROSE ABSOLUTE**
The roses for these exquisite oils are handpicked by families of Romani people in the Valley of the Roses in Kazanlik, Bulgaria. Their knowledge of fine rose oil production has been handed down for many generations.

**ROSEHIP**
The best rosehip seed oil is from wild rose bushes that grow in Chile. The skin care powerhouse that is rosehip seed oil is quite fragile and susceptible to degradation, so ours is cold pressed right at the source.

**ROSEMARY**
Our rosemary oil is sustainably sourced from wild plants that grow along the slopes of the Atlas Mountains in Morocco. Local harvesters carefully trim the shrubs and remove just the amount needed to produce a fine-quality oil and assure the continued growth of this valuable Moroccan resource.
Find more recipes and tips, and share your favorite ways to use essential oils and skin care oils with us on social media.

We’d love to hear about your experiences and connect you with others exploring the world of essential oils.