

Essential Oils:
A Guide to Natural Healing

Recipes



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Give yourself a little love! Here are some helpful essential oil recipes for tackling everyday needs and ailments.



Om My Gosh Meditative Pick-Me-Ups

Take care of your mind and emotions.

Relaxed	Awoken	Productive
<i>Key Oils:</i>	<i>Key Oils:</i>	<i>Key Oils:</i>
.....
Chamomile	Lemon	Lemon
Basil	Grapefruit	Rosemary
Geranium	Peppermint	Cardamom
Frankincense	Basil	Bergamot
Lavender	Eucalyptus	Peppermint

Don't Say Yes to the Stress Massage Oil



Ingredients

- 3 drops lavender oil
- 3 drops sandalwood oil
- 3 drops geranium oil
- 1 drop basil oil
- 3 tbsp carrier oil

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Combine the ingredients and massage into your neck, or have someone else do it!

- Mixture from Massage & Aromatherapy -



Anti-Anxiety Air Diffuser Mixture



Ingredients

2 drops peppermint oil 2 drops rose oil
2 drops neroli oil Water
2 drops jasmine oil

Add the manufacturer's recommended amount of water and the oils to your diffuser.

- Mixture from Essential Oils for Healing -

Let's Get Happy! Room Spray

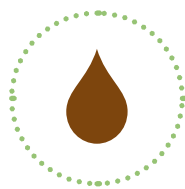


Ingredients

2 drops rose oil 1 drop rosemary oil
2 drops sandalwood oil 4 ounces water
2 drops frankincense oil
2 drops bergamot oil

Combine ingredients in a 4-ounce spray bottle and shake before using. Spray in your home, car or office for some major uplifting aromas.

- Mixture from Essential Oils for Healing -



Be Comfortable in the Skin You're in Beauty Treatments

Take care of your best you.

Acne-Prone Skin	Sensitive Skin	Dry/Mature Skin
<i>Key Oils:</i>	<i>Key Oils:</i>	<i>Key Oils:</i>
.....
Lavender	Neroli	Neroli
Lemon	Geranium	Rose
Grapefruit	Ylang-ylang	Sandalwood
Clary sage	Rose	Geranium
Tea tree	Jasmine	Palmarosa

Acne Away Serum for Blemishes



Ingredients

- 2 drops clary sage oil
- 2 drops German chamomile oil
- 2 drops lavender oil
- 2 drops lemongrass oil
- 2 drops bergamot oil
- 2 ounces jojoba oil

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Rub this oil mixture on affected areas for clear skin. Store this in a dark jar or bottle for up to three months.

- Mixture from Essential Oils for Healing -

Bye-Bye to the Dry Mask for Dry Skin



Ingredients

6 drops lavender oil 2 tbsp oatmeal
 2 drops frankincense oil 2 tbsp water
 2 drops peppermint oil
 1 drop myrrh oil

Combine the ingredients together by mashing them, but not too much! Apply the paste to your dry skin and gently rinse off after one minute.

- Mixture from Essential Oils for Healing -

Super Soothing Salve for Eczema



Ingredients

4 drops tea tree oil 1 drop helichrysum oil
 4 drops chamomile oil 1 ounce carrier oil
 2 drops lavender oil

Pour the essential oils into a dark, glass jar and then add the carrier oil to mix. Apply on any affected areas. Store in a cool place for up to three months.

- Mixture from Essential Oils for Healing -



I'm Hair to Stay Spray for Hair Loss

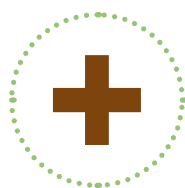


Ingredients

5 drops rosemary oil 4 ounces water
5 drops lavender oil

Combine in a spray bottle and spritz on the scalp for air drying. The oils will be absorbed into the hair follicles. Store in a dark, cool place for up to 3 months.

- Mixture from Essential Oils for Healing -



Sick and Tired of Being Sick and Tired Wellness Remedies

Keep it clean with anti-viral and anti-bacterial remedies.

Healing Room

Key Oils:

Eucalyptus
Niaouli
Lemon
Grapefruit
Hyssop

Breathe Deep

Key Oils:

Eucalyptus
Sandalwood
Frankincense
Pine
Tea tree

Clean Up

Key Oils:

Lemon
Clove
Thyme
Eucalyptus
Tea tree



Breathe Easy Decongestant Rub



Ingredients

- | | |
|------------------------|-------------------------|
| 6 drops eucalyptus oil | 2 drops lemon oil |
| 2 drops peppermint oil | 1 drop black pepper oil |
| 2 drops thyme oil | 2 ounces carrier oil |



Pour the essential oils into a dark, glass jar and then add the carrier oil to mix. Rub on the chest and make sure not to get it in your eyes. Store in a cool place for up to three months.

- Mixture from Essential Oils for Healing -

Not So Nauseous Nausea-Reducing Oil



Ingredients

- | | |
|------------------------|---------------------|
| 3 drops lemongrass oil | 1 drop fennel oil |
| 2 drops chamomile oil | 1 ounce carrier oil |



Pour the essential oils into a dark, glass jar and then add the carrier oil to mix. Rub on the chest and stomach throughout the day as needed. Store in a cool place for up to three months.

- Mixture from Essential Oils for Healing -

It's Gone Viral Room Spray



Ingredients

5 drops peppermint oil 5 drops lemon oil
5 drops lime oil 4 ounces water
3 drops clove oil

Combine in a spray bottle and spritz the room to keep the room free of airborne germs.

- Mixture from Essential Oils for Healing -



Sources

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