

# Essential Oil Recipes

Created by Natural Revolution

## De-Stress Body Spray

2 drops Lavender  
1 drop Bergamont  
1 drop Frankincense  
2 oz. Distilled Water

Add essential oils to a spray bottle and fill with distilled water. Shake well before use.

## Odor Eliminator Spray

2 drops Lavender  
2 drops Lemon  
3 drops Wild Orange  
2 oz. Distilled Water

Add essential oils to a spray bottle and fill with distilled water. Shake well before use.

## Refreshing Room Spray

2 drops Peppermint  
3 drops Wild Orange  
1 drop Rosemary  
2 oz. Distilled Water

Add essential oils to a spray bottle and fill with distilled water. Shake well before use.

## Fruit & Veggie Cleaner

1 drop Grapefruit  
1 drop Lemon  
1/4 Cup Distilled Water  
1/4 Teaspoon Baking Soda

Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.

## Toilet Bowl Spray

3 drops Bergamont  
2 drops Eucalyptus  
2 drops Lemongrass  
2 oz. Distilled Water

Add essential oils to a spray bottle and fill with distilled water. Shake well before use.

## Linen and Pillow Spray

3 drops Lavender  
2 drops Chamomile  
1 drop Ylang Ylang  
2 oz. Distilled Water

Add essential oils to a spray bottle and fill with distilled water. Shake well before use.

## Bed Bug Spray

1 drop Bergamot  
1 drop Lavender  
1 drop Cedarwood  
1/4 Cup Distilled Water

Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.

## Uplifting Body Spray

2 drops Peppermint  
1 drop Geranium  
1 drop Eucalyptus  
2 oz. Distilled Water

Add essential oils to a spray bottle and fill with distilled water. Shake well before use.

## Window Cleaning Spray

1 drop Lime  
1 drop Lemon  
1/8 Cup White Vinegar  
1/8 Cup Distilled Water

Add essential oils to a spray bottle and fill with distilled water. Shake well before use.

## All-Purpose Cleaner

2 drops Lavender  
1 drop Lemon  
1 drop Geranium  
1 drop Clove  
2 oz. Distilled Water  
1/4 Cup White Vinegar

Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.

## Mold & Mildew Spray

1 drop Tea Tree  
1 drop Lavender  
1 drop Eucalyptus  
1 drop Wild Orange  
1/2 Teaspoon Borax  
2 oz. Distilled Water

Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.

## Dandruff Eliminator

1 drop Tea Tree  
2 drops Rosemary  
1 drop Thyme  
2 drops Lavender  
1 drop Patchouli

Add essential oils to your favorite shampoo or use with a carrier oil like almond. Massage into scalp, wash and rinse.

For every additional 2 ounces of liquids, double the amount of drops.

2 oz. = 1 drop  
4 oz. = 2 drops  
6 oz. = 3 drops  
8 oz. = 4 drops

*Natural Revolution*  
Empowering Natural Living™

# Essential Oils Recipe

**Akamai Health Journals**



## **Essential Oils Recipe:**

**Essential Oil Recipes** Carla Whites, 2017-03-04 This best seller is a guide and a fast reference on several essential oils recipes for different occurrences and circumstances This book was carefully and intentionally written to help make living a lot easier and great Each page is a compelling read that is loaded with different essential oils recipes for you your home and your loved ones Very easy to read concise and with a writing approach that makes it easy for anyone with no prior essential oil experience to read and understand the beauty of essential oils and its application This book will help get you started on an unforgettable essential oil journey In this book you will discover the following and much more 1 The most Important facts about several essential oils that we have 2 The application of these essential oils for beauty your home your health and to yourself 3 Short information about the effectiveness of essential oils 4 The art of mixing essential oils and in the right proportions to achieve qualitative results from each use 5 Safety measures when handling essential oils 6 How to test essential oils 7 A step by step approach to blending essential oils and getting right results 8 A professional approach to the handling blending application and general use of essential oils 9 Many essential oil recipes for your health beauty and your home And many more So what are you waiting for Get started now and experience the limitless perks that essential oils have to offer

**My Essential Oil Recipes** Akamai Health Journals, 2019-05-05 This pretty floral My Essential Oil Recipes notebook will help keep you organized as you record your favorite oil recipes This organizer includes worksheets checklists and much more Some of the custom designed pages for you to fill out include Essential Oil Inventory Sheets My Favorite Oils Log Sheets Oil Testing and Rating Sheets My Favorite Blends and Uses Sheets Diffuser Recipes with Different Blends to Try Happiness Blends Wellness Blends Lavender Blends Well Rested Blends Write your own essential oil recipe blends Essential Oil Wish Lists Lined Note Pages and MORE My Essential Oil Recipes Book is the perfect place to compile all your favorite oil recipes and makes the perfect gift for essential oil lovers 6 x 9 inches 150 Custom Pages Soft Glossy Cover **The Big**

**Book Of Essential Oil Recipes For Beauty** Mel Hawley, 2016-09-18 Everyone wants to have a healthy skin However many resort to store bought products which often contained chemicals that may be detrimental to the overall objective Using essential oil in our homemade beauty products such as perfumes lotions creams cleansers body scrubs and deodorants is one of the best ways to get the best out of our products Essential oils do a lot more than make you smell nice They offer tremendous healing and purifying benefits This book is a mega collection of natural body and skin care products recipes and regime that will blow your mind You will wonder why you ever used store bought products after going through the plethora of natural recipes which contained essential oils in this book Besides this wide range of recipes are lots of helpful information and valuable tips to boost your knowledge There are recipes for facial and body scrubs and baths such as milk bath Bath salts bath oils bath bombs bath teas bubble baths bath cookies shower steamers milk baths face wash body wash Others include facial steams facial masks massages soaps hair care lip balms nail care lotions shea butters creams powders deodorants

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essential oils are indispensable for every home They are natural inexpensive and 100 effective for optimum healing and health Synthetic substances contained in expensive drugs merely cover up symptoms but damage vital organs in the name of side effects Essential oils are not like that Proven to be 50 times stronger than herbs essential oils heal at a cellular level



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## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Essential Oils Recipe**

In some sort of inundated with monitors and the cacophony of quick communication, the profound energy and psychological resonance of verbal art frequently fade in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, situated within the musical pages of **Essential Oils Recipe**, a interesting work of literary elegance that pulses with raw feelings, lies an remarkable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this magical opus guides readers on a psychological odyssey, lightly revealing the latent possible and profound affect stuck within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect their charming publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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### **Table of Contents Essential Oils Recipe**

1. Understanding the eBook Essential Oils Recipe
  - The Rise of Digital Reading Essential Oils Recipe
  - Advantages of eBooks Over Traditional Books
2. Identifying Essential Oils Recipe
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Essential Oils Recipe
  - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Oils Recipe

- Personalized Recommendations
- Essential Oils Recipe User Reviews and Ratings
- Essential Oils Recipe and Bestseller Lists
- 5. Accessing Essential Oils Recipe Free and Paid eBooks
  - Essential Oils Recipe Public Domain eBooks
  - Essential Oils Recipe eBook Subscription Services
  - Essential Oils Recipe Budget-Friendly Options
- 6. Navigating Essential Oils Recipe eBook Formats
  - ePub, PDF, MOBI, and More
  - Essential Oils Recipe Compatibility with Devices
  - Essential Oils Recipe Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Essential Oils Recipe
  - Highlighting and Note-Taking Essential Oils Recipe
  - Interactive Elements Essential Oils Recipe
- 8. Staying Engaged with Essential Oils Recipe
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Essential Oils Recipe
- 9. Balancing eBooks and Physical Books Essential Oils Recipe
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Essential Oils Recipe
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Essential Oils Recipe
  - Setting Reading Goals Essential Oils Recipe
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Essential Oils Recipe

- Fact-Checking eBook Content of Essential Oils Recipe
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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