

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

RC Schank



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

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 perfumes to name just a few So grab your essentials oils and a copy of this book and be beautiful naturally

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oils recipes resources laid out in a quick concise and easy to read format In this book you will learn the following awesome information The basic information about the different essential oils that you can use Brief information regarding the effectivity of the essential oils The 100% best way to ensure that you are mixing the right essential oils together to achieve maximum effect A stepbystep tutorial on how you can mix the essential oils to achieve the right blend or right essential oil product The definitive guide that contains tons of awesome essential oils recipes Our professional tips about these essential oil recipes We d love to share these to you Several recipes for essential oil blends and products which are good for you your kids your pets and even your home and much much more So what are you waiting for Get started today and experience the various benefits that essential oils can do to you This 1 Best Selling Critically Acclaimed Book is now available Globally on Amazon Get it Now Tags essential oils essential oils recipes recipes essential oils essential oil blends aromatherapy

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Harness the healing power of essential oils with this deck of 52 cards with simple recipes for natural remedies and household use from the bestselling authors of the Healing Power of Essential Oils Essential oils have been the basis for natural medicine for thousands of years Now science can explain how they work on the body s physiology and their important role as complementary therapy for a range of health conditions Whether you re a beginner who just bought your first starter kit or an expert with a deep roster of oils and blends Essential Oils Recipes offers fifty unique DIY recipes for daily use As experts in evidence based essential oils treatments Dr Eric Zielinski and Sabrina Ann Zielinski have collected countless practical and cost effective uses for popular essential oils Recipe cards are divided into five categories Basics Basic formulas for diffuser

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List to track your inventory Wish Lists to keep track of all the oils you want to try Favorite Oils Lists Oil Ratings Pages Blend Testing Pages to record vital information and ratings for blends Blank Recipe Pages to record personal recipes 12 Pages of Done for You Diffuser Recipes which equals 96 Oil Recipes

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