

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

LL Leslie



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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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

blends serums roll ons and spritzers Rest and Relief Recipes for better sleep energy and focus and anxiety relief Physical Support Support for heart health immunity and anti inflammation Household Non toxic natural cleaners snacks and deodorizing sprays Body Care Soothing skin serums shampoos conditioners sensual massage oils and more The easy to follow recipes are enhanced by colorful reference images and sleek minimalist design making each card easy to parse and inspiring to look at Master the recipes in this deck and then experiment with your own blends The synergistic healing powers of essential oils are endless Essential Oils Recipes is just the beginning **My Essential Oils Recipe and Journal Book** Essential Oils,2019-06 Great resource for any essential oil lover to track everything about their essential oils It includes pages from tracking current inventory to experimenting with their own blends and writing down the recipes they used and all the notes they need for that blend This journal is an essential accessory for any aromatherapy enthusiast Not only that there is also a large collection of already done for you recipes ready to be used Here s what you ll find inside this journal Inventory 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 *My Essential Oil Recipes Notebook One Drop At A Time* Akamai Health Journals,2019-08-06 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 Notebook 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 Cover [Peace Love Oils](#) Akamai Health Journals,2019-08-06 This Peace Love Oils Journal 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 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 and MORE This Journal Notebook is the perfect place to compile all your favorite oil recipes and makes the perfect gift for essential oil lovers 6 x 9 inches 100 Custom Pages Soft Cover *My Essential Oils Recipes and Blends* Essential Oils,2019-06 Great resource for any essential oil lover to track everything about their essential oils It includes pages from tracking current inventory to experimenting with their own blends and writing down the recipes they used and all the notes they need for that blend This journal is an essential accessory for any aromatherapy enthusiast Not only that there is also a large collection of already done for you recipes ready to be used Here s what you ll find inside this journal Inventory

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

Reviewing **Essential Oils Recipe**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Essential Oils Recipe**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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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

Essential Oils Recipe Introduction

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web ph d masters postgraduate diplomas bachelors diploma certificate doctor of philosophy in biochemistry research doctor of philosophy in business administration doctor of philosophy in computer science research doctor of philosophy in conservation biology research doctor of philosophy in counselling psychology

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list of postgraduate courses offered at mku 2023 2024 - Jun 23 2022

web feb 6 2023 the accredited list of postgraduate diploma masters and doctorate courses offered at the mount kenya university mku and their requirements for 2023 2024 has been released and published here

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