

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

Wolfgang Guggemos



Essential Oils Recipe:

The book delves into Essential Oils Recipe. Essential Oils Recipe is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Essential Oils Recipe, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Essential Oils Recipe
- Chapter 2: Essential Elements of Essential Oils Recipe
- Chapter 3: Essential Oils Recipe in Everyday Life
- Chapter 4: Essential Oils Recipe in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Essential Oils Recipe. The first chapter will explore what Essential Oils Recipe is, why Essential Oils Recipe is vital, and how to effectively learn about Essential Oils Recipe.
3. In chapter 2, the author will delve into the foundational concepts of Essential Oils Recipe. This chapter will elucidate the essential principles that must be understood to grasp Essential Oils Recipe in its entirety.
4. In chapter 3, the author will examine the practical applications of Essential Oils Recipe in daily life. The third chapter will showcase real-world examples of how Essential Oils Recipe can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Essential Oils Recipe in specific contexts. This chapter will explore how Essential Oils Recipe is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Essential Oils Recipe. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Essential Oils Recipe.

https://staging.conocer.cide.edu/files/book-search/index.jsp/Exercises_For_The_Everyday_Writer_A_Brief_Reference.pdf

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Essential Oils Recipe Introduction

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