

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

DP Hallahan



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

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