



natrogix

200

essential oil blends
for peace, health
and wellness

contents





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introduction

The background of the entire page is a repeating pattern of stylized, overlapping floral or geometric shapes. Each shape is composed of multiple thin, curved lines that create a sense of depth and texture. The pattern is uniform and covers the entire area, with the word 'introduction' overlaid in the top left corner.



We are proud to bring you this guide to the use of our Essential Oils. Our aromatherapy products are of the finest quality and made from the finest natural sources. A single pound of Essential Oil can require up to 10,000 pounds of organic material, and the result is worth it. The uses for Essential Oils are beneficial, rejuvenating, aromatic, health-conscious, and very numerous. Explore this book and find the Essential Oil benefits you didn't know you were searching for!

meet the
top eighteen
essential oils



Lavender

Relieve your anxiety and stress and sleep easier with Lavender. Its therapeutic effects have been well documented around the world. A favorite ingredient in famous perfumes, soaps, and body care products, Lavender is one of the most unique and beloved scents.



Eucalyptus

Eucalyptus invigorates. Minty with a touch of honey, Eucalyptus oil relieves exhaustion and enhances creativity, relieves pain and heals. Try adding a few drops to a spray bottle and use in your shower and breathe in the healing steam. Feel calm and refreshed now with Eucalyptus.





Frankincense

Long considered a holy oil, the use of Frankincense dates to the time of the Sumerians and Egyptians. Frankincense has an unmistakable earthy and sweet aroma and is recommended by many aromatherapists. Diffuse it for an instant sense of peace and decorum.



Peppermint

Clear the fog with Peppermint Essential Oil. Effortless focus and concentration is yours. Peppermint Essential Oil naturally brings you back to center and eliminates fatigue and drifting thoughts. Awaken your senses and enhance your performance.





Lemongrass

Lemongrass is clean, crisp, and energizing. Perfect for massage oils and natural skin care. It provides a pleasant astringency within massage oils and natural skin care. When diffused, it brings sunny cleanliness and purifying comfort. Wake up the senses with Lemongrass, the perfect way to start the day.



Lemon

Marvelously bright and exceptionally fragrant, Lemon is a purifying oil with endless benefits. Feel enlivened and euphoric. Lemon oil can change your outlook and cleanse your surroundings. Turn your day around with the power of Lemon.





Sweet Orange

Sweet Orange will take you back to pleasant memories of mellow brunches, holidays, family picnics and simple, quenching refreshment. Simply uplifting, you'll feel a quiet confidence and joy that others can't help but notice.



Tea Tree

A powerful medicinal aroma only hints at the unique benefits of Tea Tree Essential Oil. Famous around the world for its miraculous health benefits. Tea Tree Essential Oil can work wonders on skin problems and many ailments. Often added to cosmetics and ointments, Tea Tree can work with your body to unleash powerful natural healing.





Turmeric Oil

Turmeric is a powerful healing herb with a warming and calming aroma. A potent anti-inflammatory long used to support healthy joints, make this exotic spice a part of your life.



Tangerine

Drift away on a Tangerine Dream. The sweet aroma of Tangerine is reminiscent of a gentle, peaceful summer night. An amazing indulgence and a marvelous addition to aromatherapy blends.





Ylang Ylang

Alluring and conducive to romance, Ylang Ylang will make you feel sensual and seductive, alive and euphoric. The exotic scent will recall the waving palm fronds and adventure of Bali, Indonesia. Dab a single drop on your wrist pulse points for an alluring perfume.



Basil

Take your senses on a trip through scenic Tuscany and Venice as you inhale this quintessential Italian herb. Italians use Basil for more than cuisine. Basil inspires romance, affection, and connection. In Aromatherapy, Basil is wonderfully clearing, and can help you transition into a restful sleep.





Atlas Cedarwood

Breathing in Atlas Cedarwood provides a sense of strength, stability and grounding. Its enchanting aroma transports your mind to the refuge of a peaceful forest. Perfect for meditation, Cedarwood Oil will become a favorite part of your daily routines and rituals.



Spearmint

Minty and bright, Spearmint Essential Oil is perfect for boosting your mood and those me-time moments. As with all mint Essential Oils, Spearmint is the perfect support for your respiratory system and has myriad other benefits.





Bergamot

A famous fragrance and an essential note in perfumes, Bergamot has a very sweet smell. When added to ordinary black tea, the result is Earl Grey.

Bergamot promotes clarity and calm. Diffusing with Lavender before bedtime can lead to sweet dreams and a restful wake.



Copaiba Balsam

Copaiba Balsam has long been used to soothe the joint pains associated with aging. More gentle than stronger oils like Eucalyptus, Copaiba Balsam makes a delicate and warming addition to respiratory blends





Rosemary

Invigorating. Refreshing. Stimulating. Rosemary is the perfect oil for long study sessions or long distance drives. Regarded as the herb of remembrance Rosemary is supportive of cognition and memory. Peak Performance is yours



Cinnamon Leaf

Cozying up on a chilly morning with little to do but enjoy the warmth of the indoors can remind us of the stillness and peace of quiet moments. Cinnamon Leaf has an aroma that can fill a home with comforting delight.



recipes

Home

1. Floor Cleaner

In a bucket, mix 2 cups of white vinegar, 1 gallon of water, 10 drops Peppermint, 10 drops Lemon, and 10 drops Eucalyptus. Use this mixture the same as your regular mopping liquid.

2. Bathroom Surface Disinfectant

In a 16 oz. spray bottle, mix 14 oz. water with 9 drops Lemon and 3 drops Eucalyptus. If you would rather have a smoother fragrance, add a 1-2 drops of Atlas Cedarwood or Bergamot to your mixture. Clean bathroom counter tops and dry with a towel once per week to keep the fragrance fresh.

3. Toilet Bowl Cleaner

Gather $\frac{1}{4}$ cup of baking soda with $\frac{1}{4}$ cup borax. Add 5 drops Tea Tree and 5 drops Lemon and pour all ingredients into the toilet and let sit overnight. In the morning, scrub with a toilet brush. This mixture doesn't have to be left overnight, but the cleaning properties work better if it is.

4. Fly Deterrent

Place a bowl with 2 cups potpourri in an area where flies or other winged insects roam around. Then, put 8 drops Eucalyptus and 7 drops Atlas Cedarwood into



the potpourri and mix well. Dried flowers work as an alternative to potpourri.

5. Aromatic Toilet Roll

Add 4-5 drops of Atlas Cedarwood or Bergamot to the inside of your toilet paper roll. This is a subtle way to add the fragrance to your bathroom routine.

6. Pest Control

Mix 4-5 drops each of Lemon, Eucalyptus, and Peppermint into a spray bottle. Spray into kitchen cabinets and drawers to keep bugs away.

7. Refreshing Air Filter

Add together equal parts water and Lavender into a small spray bottle, filling it about 1/4 of the way. Spray the entirety of the bottle's contents onto your home's air-conditioning unit intake filter.

8. All-purpose Cleaner

Add 2 drops Lemon and 3 drops Tea Tree to a small spray bottle. Spritz onto countertops to disinfect and clean while leaving behind a pleasant scent.

9. Trashcan Freshener

Drip 2 drops Lemon, 1 drop Cinnamon and 1 drop Atlas Cedarwood onto a cotton ball and place at the bottom of your trashcan, below the garbage bag.

10. Smoke Smell Remover

In a 16 oz. spray bottle, put 4 drops Rosemary, 4 drops Tea Tree and 4 drops Eucalyptus oil. Fill the bottle half of the way with water and spray around the house wherever that smell smoke happens to be.



11. Shower Curtain Scum Remover

In a 16 oz. spray bottle, put 4 drops Eucalyptus, 3 drops Tea Tree, and 2 drops lemon. Fill the rest of the way with water, spray onto the shower curtain and leave it there for a few minutes before wiping off.

12. Sponge Smell Remover

Place a few drops of Lemon and Lavender onto a sponge that sat in the sink overnight and became smelly. Put it in the dishwasher with your next load of dishes.

13. Clean Burnt Pans

Add 3-6 drops Lemon to your scrubber before going to work on those burnt-on pan messes to lift them off with ease.

14. Eliminate Mold

Add Tea Tree oil to your diffuser to get rid of mold and similar pathogens in the air. Apply 3-5 drops of Tea Tree oil to a cloth to treat small mold and mildew spots.

15. Glass Surface Cleaner

In a spray bottle, create a mixture of 6 drops Lemon, 4 drops Sweet Orange, 2 drops Tangerine, 12 oz. white vinegar, and 1 oz. water. Shake well and use on glass tables, windows, or any other glass surface.

16. Wash Produce

Add 2 drops of Lemon to your water before washing produce.

17. Bathroom Freshener

Soak a cotton ball with Lavender or Lemon oil and place it behind the toilet to passively freshen the bathroom where it needs it most.

18. Air Detoxifier

Add a 3-5 drops of both Peppermint and Eucalyptus oil into a diffuser to get rid of that chemical smell under the sink or after cleaning with conventional products.

19. Spotless Dishes

Add 2-4 drops of Lemon to the dishwasher before turning it on to ensure a thorough cleaning.

20. Bathtub Cleaner

Mix ½ cup of baking soda, ½ cup of vinegar and 5 drops Bergamot; use as a scrub for a sink or bathtub.



Clothing and Furniture

21. Sports Gear

If your kids play sports, add two drops each of tea tree



oil and lemon Essential Oil to one quart of warm water; next add four tablespoons of baking soda and mix. Use to clean ripe (!) jerseys, cleats and sports gear.

22. No More Shoe Smell

Remove the soles of your shoes, wash them, and then add 3 drops Lemon Essential Oil to them before putting them back into the shoe.

23. Clean Leather Items

Leather clothing and furniture can be cleaned with three drops Lemon Essential Oil combined with ½ cup olive oil and ½ cup white vinegar.

24. Freshen Furniture

Mix 4-5 drops Lavender with ½ cup baking soda. Sprinkle onto couch cushions and vacuum it all up.

25. Vacuum Freshener

Use the same baking soda/Lavender process outlined above in number 24, vacuuming the carpet instead of cushions. Borax works as an alternative to baking soda and is better for larger areas.

26. Gum Remover

Rub 3-5 drops Lemon onto area of surface and massage out the gum. It's that easy!



27. Laundry

Ad 3-5 drops Lavender and/or Copaiba Balsam to unscented laundry detergent for a personalized and fragrant alternative to your regular brand.

28. Eliminate Sweat Smell

Rub 2 drops Lemon, Lemongrass, and Eucalyptus onto sweat-stained area. Wipe off with a damp cloth and add the piece of clothing to your next laundry load.

29. Aromatic Seats

Over time, a drab scent sets into furniture that gets a lot of use, one to which we become nose-blind. After freshening the cushions, soak a cotton ball in Atlas Cedarwood or Sweet Orange and put it under the seat cushion just before the back rest.

30. Sleep Assistant Pillow

Put a Lavender-doused cotton ball inside the pillow case your head normally rests on. Make sure the side containing the cotton ball is facing the bed.

Mood

31. Focus Blend

Into a diffuser, combine 2 drops Frankincense, 3 drops Rosemary, and 3 drops Basil. This blend is best diffused for 20 minutes at a time during the day to ensure that it continues working, and only when you need it to work.

32. Getting in 'The Mood'

Diffuse 2 drops Ylang Ylang, 2 drops Rosemary, 2 drops



Basil, and 2 drops Atlas Cedarwood before you start to get intimate. Perfect for diffusing at the beginning of a long night.

33. *No-stress Blend*

Diffuse 2 drops Bergamot, 2 drops Lavender, 1 drop Lemon, 1 drop Orange, and 2 drops Ylang Ylang. If that seems like a lot of scent profiles all at once, don't worry. The scents of lemon and orange blend together to form just a hint of citrus to call a bit of attention to the aroma.

34. *For Grief and Sadness*

Diffuse 3 drops Atlas Cedarwood, 3 drops Frankincense, and 2 drops Ylang Ylang. The resulting aroma from this blend isn't meant to lift up the spirits (like with the next one on this list). Instead, this recipe carries the senses and mind through those rough times, gently.

35. *Lift Self-esteem*

Diffuse 2 drops Bergamot, 3 drops Rosemary, and 3 drops Sweet Orange or Lemon, depending on how much citrus one thinks they can handle.

36. *Energizing Blend*

Combine 2 drops Frankincense, 1 drop Bergamot and 1 drop Rosemary into a diffuser. This blend is best

diffused a few minutes before starting work or study in order to ensure the aroma is working when it counts.

37. For a Romantic Atmosphere

Diffuse 3-5 drops of Ylang Ylang and 1-2 drops of Lavender.

38. Concentration Blend

Diffuse 5 drops Rosemary, 4 drops Lemon and 2 drops Peppermint just before getting to work.

39. Pick-me-up

Rub 2 drops rosemary, 2 drops lemon, and 2 drops Peppermint onto the chest after waking up or whenever you need a spring in your step.

40. Mood Balance

Diffuse 2 drops Tangerine, Sweet Orange, and Bergamot. Citrus works wonders for evening things out, emotionally.

41. Stop Panic

Diffuse 2 drops Lavender with 1 drop Peppermint. The calming and soothing effects of this blend are not to be underestimated.



42. Address Hyperactivity

Diffuse a blend of 3 drops Atlas Cedarwood and 2 drops Lavender. The calming and focusing effect of these two oils together helps quell overactivity and hyperactivity.

43. Blend for Nervousness

Diffuse or soak a cotton ball with 3 drops Bergamot and breath it in.

44. Rejuvenate the Senses

Diffuse or soak a cotton ball with 3 drops Rosemary and breath of it deeply. This oil works like a 'reset' button for the sense of smell, making things you've gone nose blind to become noticeable while also increasing the sense of taste.

45. Mental Clarity

Diffuse or soak a cotton ball with 2 drops Rosemary and 2 drops Lemon and breath it in through the nose.

46. Relaxation

Diffuse 4 drops Lavender. This Essential Oil's popularity is due to its potent ability to help carry us off to a comfortable sleep. It also works for relaxation during other parts of the day, not just bedtime.

47. Fix Fatigue

Diffuse 2 drops of Peppermint, Basil and Spearmint.

48. Ease Agitation

In a small amount of coconut oil or onto a roller, add 2 drops Bergamot, 1 drop Lavender, and 1 drop Ylang Ylang. Add a few drops of chamomile lotion or



chamomile extract instead of coconut oil to really boost the effects of this blend.

49. Youthful Spirit

Diffuse 3 drops Copaiba Balsam with 2 drops Bergamot and 1 drop of either Rosemary (for women) or Atlas Cedarwood (for men).

50. Better Socializing

Rub 2-3 drops of Sweet Orange Essential Oil onto the neck just above the breastplate and sides of the neck to get a much-needed confidence boost.



Health

51. For Muscle Pain

Rub 2 drops Bergamot, 2 drops Lavender and 2 drops of Peppermint onto a tense or sore area of the body. This combination works on multiple levels, not just the first few layers of skin, and its effects will be noticeable.

52. Antidepressant

Put 2-3 drops of Bergamot onto a cotton ball. Hold it up to your nose and breathe in, exhaling through the mouth. Repeat as many or few times as desired.

53. Great Night's Sleep

Diffuse 5-10 drops of Lavender in the bedroom before laying down to rest. Lavender Essential Oil is famous for its ability to make us sleep, try it out!

54. Ease Anxiety

Diffuse 3 drops Lavender, 2 drops Copaiba Balsam, and 1 drop Frankincense.

55. Better Breathing Support

Combine a drop of Peppermint with a drop of Eucalyptus into a touch of coconut oil and rub the mixture into your chest. The goal is to open up air pathways to make breathing easier and more refreshing.

56. No More Headache

Massage a drop or two of Peppermint into the temples for as long as is needed.

57. Overheated Feet at Night?

Rub a few drops of Peppermint onto the soles of the feet. A cooling sensation will come quickly and ease that feeling of overheated feet.

58. Common Cold Recovery

Diffuse a 2 drops Lavender, Peppermint, and



Eucalyptus during every stage of your cold to help with sleep and congestion. Rub 2 drops of Tea Tree onto achy areas of the body for extra assistance with symptoms.

59. Treat Age Spots

Tea Tree oil has natural anti-inflammatory properties and other anti-age benefits. A few times a week, rub 1 drop onto those problem areas of the face and neck that aren't up to your standards of beauty.

60. Hand Sanitizer

Combine 22 drops Tea Tree, 10 drops Bergamot, and 3 drops Lavender into 4 oz. of aloe vera gel in a small dispenser bottle. Shake well to ensure the mixture blends together. Rub onto hands and into skin until very little moisture, if any, can be detected.

61. Stop Teeth Grinding

Diffuse 5-10 drops of Lavender before bedtime.



62. Fight a Cold or Flu

Diffuse 4 drops Tea Tree oil and 4 drops Eucalyptus for a powerful decongestant and soothing aroma. Alternatively, or in addition, put one drop of Oregano oil onto the tongue – it won't taste good, but many people swear by its beneficial effects.

63. Settle an Upset Stomach*

Put 1 drop Peppermint into your regular 8 oz. glass of hot tea (or just hot water) and drink it down.

64. Aching, Tired Joints

On a small, damp cloth or applicating roller, put 13 drops Eucalyptus. Rub into areas that need some relief.

65. Cold Sores & Blisters

Create a mixture of ½ oz. grapeseed oil and 30 drops Tea Tree oil. Apply a small amount to the affected area three times a day until the blister or cold sore disappears.

66. Promote Balanced Blood Sugar*

Cinnamon is sometimes used as a natural method to equalize blood sugar levels. Add a drop to your tea or other drink, but make sure your medication is always the first line of defense.

67. Detoxify the Body

Add 3 drops of Lemon Essential Oil to iced tea or a glass of water.

68. No More Dandruff

Mix 5 drops each of Rosemary and Lavender with three

* Take what you've discovered in the recipe, and use the edible essential oil to make changes in your life.

tablespoons of unscented oil. Massage into your scalp and leave on for ten minutes before rinsing the mixture out with your usual shampoo.

69. Migraine Relief

Try combining a few drops of Lavender and Peppermint and apply to temples to help with migraines.

70. Reduce Appetite*

Diffuse 3 drops Peppermint and 2 drops Cinnamon whenever an unwelcome hunger craving comes around to suppress the urge to eat.

71. Improve Digestive Health*

Add a drop or two of Peppermint to a slice of ginger candy. After eating, the benefits from the oil and ginger will complement one another as they calm upset stomach and promote healthy digestive function.

72. Relieve Motion Sickness

If you'll be going on a trip and are used to getting motion sickness, or if it comes at a random time, grab your bottle of Lavender and Peppermint and apply 1-2 drops of each onto your hands, rub them together, and breathe in the aroma deeply.



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73. Arthritis Rub

Mix 2 drops each of Eucalyptus, Spearmint, and Peppermint into a small amount of unscented lotion or coconut oil. Apply to painful joints and inflamed areas.

74. Help Soothe Back and Neck Pain

Combine Peppermint, cypress and ginger oils with cayenne pepper and coconut oil for a homemade pain relieving muscle rub.

75. Hangover Relief*

Mix 2 drops Lemon and 1 drop Rosemary into warm honey and water. Drink the mixture, and rub a few drops of Peppermint onto the temples for extra headache relief.

76. Athlete's Foot Blend

Combine 5 drops of your choice massage oil, 2 drops Tea Tree and 1 drop Lavender. Mix together with the palms of your hand and apply to feet and toes at least twice a day.

77. For General Ear Ache

Mix 1 drop Lavender and 1 drop Tea Tree with a small amount of chamomile. Massage the blend into the area around the affected ear and across the cheekbone nearest it.

78. Stay Awake Blend

In a spray bottle, mix 2 tbsps. water, 10 drops Peppermint, 8 drops Lemon, and 8 drops Rosemary. Spray around work or sitting area that you'll be sitting in for long hours to help stave off sleep.



* Take what you've discovered in the recipe, and use the edible essential oil to make changes in your life.

79. Muscle Relaxation

Add 3 drops Lavender, 3 drops Tangerine and 1 drop Sweet Orange to a 1 oz. bottle of jojoba oil. Mix into a hot bath or massage onto body.

80. Ease Menstrual Pain

On a warm, damp washcloth, sprinkle 4 drops Lavender, 3 drops Peppermint, and 1 drop Eucalyptus. Rub washcloth against itself to spread the oil around, then fold the cloth over itself three times in the same direction. Hold the cloth onto lower abdomen for as long as needed.



Skin Care

81. Cuts, Burns, Rashes

The first modern usage of Lavender Essential Oil for health purposes was actually this very treatment. A researcher applied Lavender to his skin after burning it in his laboratory and found that its effectiveness was very powerful. This same simple oil can be used to treat cuts, scrapes, and even bruises – just heat up a cloth and place it over the area for that last one. For burns, mix a few drops with aloe vera before application.

82. Soothe Insect Bites

A drop of Basil rubbed onto the affected area works to soothe the itchiness and inflammation of insect

bites. It's also good for sensitive skin that can't handle some of the stronger Essential Oils like Eucalyptus and Peppermint.

83. Toner and Lightener

A few drops of Frankincense mixed with unscented skin can help restore pigmented skin. It can also help with lightening skin over time.

84. Treat Oily Skin

Ylang Ylang oil rubbed on daily is great for treating oily or acne prone skin. In addition, Ylang Ylang may also stimulate cell growth.

85. Wrinkles?

Lemongrass is an astringent. That is, it causes slight contractions in the skin, tightening looser areas of skin such as where wrinkles appear.

86. Anti-fungal and Anti-Bacterial

Tea Tree's use as an anti-fungal and antibacterial dates back hundreds of years. Use on cuts and scrapes that you may not have noticed for a few days to discourage the development of an infection.

87. Preserve Youthful Skin

Mix 3 drops Rosemary, 2 drops Tea Tree, and 1 drop Lemon with a palm-sized amount of coconut oil. Rub onto face and neck.

88. Homemade Sunscreen

Mix ½ oz. coconut oil, ¼ tsp. zinc oxide, ¼ oz. shea butter, ¼ oz. helichrysum oil and 10 drops Lavender Essential Oil. Store in a dark-colored squeeze bottle.



89. Detox Bath

Into bathwater, mix Epsom salt, sea salt, and 10 drops Lavender.

90. Itchy Scalp Shampoo

Add 2-3 drops each of Lavender and either Atlas Cedarwood or Basil to your regular shampoo to soothe an itchy scalp.

Beauty

91. Foot Bath

Add a few drops of lemon or Eucalyptus oil to a large bowl of warm water to help soothe the feet.

92. Aromatic Body Spray

Add 5-10 drops to four ounces of water and use as a fragrant body spray.

93. For Stretch Marks

Blend 3 drops Frankincense, 3 drops Lavender, and coconut oil together and message onto the area.

94. Reverse Oily Hair

Mix 10 drops of Ylang Ylang, lime and rosemary oil with two ounces of unscented oil. Massage onto scalp 2-3 times per week. Wash out as usual.

95. Heal Dry, Cracked Feet

Add three drops of Lavender oil to two tablespoons of coconut oil. Apply to the feet at night and put on some socks.

96. Unclog pores

Mix 1 cup sea salt with ½ cup olive oil and 10 drops lemon. Gently scrub areas prone to acne.

97. Skin Toner

Boil 4 tablespoons green tea and 1 cup of water, add 1-3 drops of tea tree oil. Use a cotton ball to apply toner morning and night.

98. Hair Thickness and Volume

Mix 5 drops rosemary, 5 drops Lavender, 4 drops cypress, and 4 drops clary sage with favorite shampoo and use once a day.

99. Keep Acne Away

Apply Lavender oil directly to the affected areas for 2-3 days.

100. Keep Oily Skin Away

Dilute 1-4 drops lemon or geranium in water and apply to face using cotton ball.

101. Hair Freshener

Onto the center of a damp, hot hand towel, put 5 drops Sweet Orange, 3 drops Ylang Ylang and 2 drops Rosemary or Basil. Gather your hair and bunch it together inside the towel and apply pressure to make sure the hair soaks up the mixture. Blow dry hair immediately to have a lasting, subtle but noticeable fragrance throughout the day.



102. Personalized Outfit Scents

Instead of making or purchasing several different perfumes, create an assortment of tops and dresses that go with outfits. Dampen them and put a 7-10 drop mixtures of Essential Oils on each. Dry them separately and store them with an unscented divide between.

103. For Puffy Eyes

Rub 1-2 drops of Tea Tree onto the area just below the eyes. If the aroma irritates the eyes, simply wipe it off. It only needs a short amount of time to be absorbed by the skin.

104. Keep Feet Soft

Mix 1 cup coconut oil, 1 cup Epsom salt, and 3-5 drops of favorite Essential Oil. Rub on feet and wash with warm water.

105. Nail Strengthener

Combine 1 drop wintergreen, 2 drops Frankincense, 2 drops myrrh, and 2 drops lemon, apply 1 drop to each nail 2-3 times a day.

106. Antifungal (for Nails)

Rub 2-3 drops of Eucalyptus on your toes every morning.

107. Daily Skin Cleanser

Add 1-3 drops of Bergamot, Lavender, and Frankincense onto a warm, moist cloth and rub the mixture in. Lay onto face for about 7 minutes or until the cloth loses its heat.

108. Natural Aftershave

Mix together 15 drops Eucalyptus, 1 drop Peppermint, 5 drops Atlas Cedarwood, and 2 ounces melted coconut oil (in a glass jar). Apply a small amount to face or legs after shaving.

109. Easy Breathing Bath Blend

Into your bath, add 20 drops Lavender, 10 drops Bergamot, and 10 drops Eucalyptus. Stir the water and get in. The Lavender and Bergamot create a calming atmosphere while the Eucalyptus opens up the airways. Just don't fall asleep!

110. Shower-Activated Aroma

This recipe works by using the steam that rises up from the water of a shower to carry the aroma and benefits of Essential Oils. This works best with a shower mat, but it can be done with an ordinary hand towel. Gather 10 cotton balls. Put 3 drops Lavender onto five of them, 3 drops Bergamot onto the other five, and then 3 drops Eucalyptus onto any five. Place them on the floor of the shower underneath a bathmat or hand towel. When you turn on the shower, make sure it's hot enough to create steam but still comfortable to stand in.



Fall

111. Cozy Afternoon

- 3 drops Cinnamon
- 2 drops Sweet Orange
- 2 drop Atlas Cedarwood
- 1 drop Turmeric

112. Nature's Woods Aroma

- 4 drops Frankincense
- 3 drops Atlas Cedarwood
- 1 drop Spearmint

113. Sweet Spice

- 4 drops Sweet Orange
- 2 drops Cinnamon
- 2 drops Rosemary
- 1 drop Basil

114. Hard Candies

- 3 drops Spearmint
- 3 drops Sweet Orange
- 2 drops Cinnamon

115. Thanksgiving Spirit

- 3 drops Rosemary
- 2 drops Basil
- 2 drops Lemongrass
- 1 drop Ylang Ylang



116. Calming Roots

- 3 drops Bergamot
- 2 drops Frankincense
- 2 drops Lemongrass
- 2 drops Atlas Cedarwood

117. Warming Citrus

- 4 drops Sweet Orange
- 2 drops Ylang Ylang
- 1 drop Bergamot

118. Mountain Mood

- 3 drops Frankincense
- 2 drops Atlas Cedarwood
- 1 drop Copaiba Balsam
- 1 drop Spearmint

119. Autumn Morning

- 2 drops Sweet Orange
- 2 drops Rosemary
- 2 drops Eucalyptus
- 2 drops Atlas Cedarwood
- 1 drop Cinnamon

120. Sweet Fall

- 4 drops Sweet Orange
- 3 drops Lemon
- 3 drops Atlas Cedarwood

121. Sunrise Orchard

- 3 drops Frankincense
- 2 drops Tangerine
- 2 drops Bergamot
- 1 drop Rosemary



122. Cinnamon and Spice

- 2 drops Tangerine
- 2 drops Cinnamon
- 1 drop Basil
- 1 drop Rosemary

123. Cozy Blend

- 3 drops Tangerine
- 2 drops Cedarwood
- 1 drop Lemongrass

124. Trick or Treat

- 2 drops Sweet Orange
- 2 drops Frankincense
- 2 drops Ylang Ylang

125. Crisp Autumn

- 3 drops Tangerine
- 3 drops Cedarwood
- 1 drops Spearmint

126. Spice and Warmth

- 3 drops Atlas Cedarwood
- 2 drops Bergamot
- 2 drops Tangerine or Sweet Orange

127. Autumn Evening

- 2 drops Tangerine
- 1 drop Bergamot
- 1 drop Lemongrass
- 1 drop Lemon
- 1 drop Basil

128. Holiday Remembrance

- 3 drops Frankincense
- 2 drops Tangerine
- 2 drops Peppermint

129. A Day at the Cabin

- 2 drops Bergamot
- 2 drops Atlas Cedarwood
- 2 drops Copaiba Balsam

130. Autumn Romance

- 3 drops Atlas Cedarwood
- 2 drops Lavender
- 2 drops Ylang Ylang



Winter

131. Christmas Morning

- 3 drops Peppermint
- 2 drops Atlas Cedarwood
- 1 drops Frankincense

132. Spiced Cider

- 2 drops Rosemary
- 2 drops Basil

- 2 drops Sweet Orange
- 1 drop Cinnamon

133. Candy Cane

- 3 drops Peppermint
- 2 drops Spearmint
- 1 drop Lemongrass

134. Christmas Cheer

- 2 drops Sweet Orange
- 2 drops Rosemary
- 1 drop Atlas Cedarwood
- 1 drop Cinnamon

135. Winter's Night

- 2 drops Atlas Cedarwood
- 2 drops Frankincense
- 2 drops Rosemary

136. The First Christmas

- 3 drops Frankincense
- 2 drops Sweet Orange
- 1 drop Rosemary



137. Frosted Forest

- 2 drops Spearmint
- 1 drop Peppermint
- 1 drop Atlas Cedarwood
- 1 drop Copaiba Balsam

138. Brisk and Calm

- 3 drops Lemon
- 3 drops Peppermint
- 2 drops Lavender

139. Sweet Cider

- 3 drops Sweet Orange
- 2 drops Tangerine
- 1 drop Lemongrass

140. Trees, Trees, Trees

- 4 drops Atlas Cedarwood
- 2 drops Frankincense
- 3 drops Spearmint

141. Holiday Wreath

- 5 drops Copaiba Balsam
- 1 drop Cinnamon
- 1 drop Sweet Orange

142. Winter's Sun

- 3 drops Bergamot
- 3 drops Tangerine

143. Innervating Peppermint

- 4 drops Peppermint
- 2 drops Ylang Ylang

144. Fireside Warmth

- 3 drops Atlas Cedarwood
- 2 drops Frankincense
- 1 drop Turmeric

145. Wintertime Melt

- 3 drops Frankincense
- 2 drops Ylang Ylang
- 1 drop Spearmint

146. Crisp Morning

- 3 drops Tangerine
- 2 drops Eucalyptus
- 1 drop Atlas Cedarwood

147. Snowy Peak

- 3 drops Frankincense
- 1 drop Spearmint
- 1 drop Lemongrass
- 1 drop Atlas Cedarwood

148. Sweet Boughs

- 3 drops Ylang Ylang
- 3 drops Copaiba Balsam
- 2 drops Atlas Cedarwood



149. Winter Wonderland

- 4 drops Peppermint
- 3 drops Bergamot
- 1 drop Atlas Cedarwood

150. Solstice Citrus

- 2 drops Sweet Orange
- 2 drops Lemongrass
- 2 drops Bergamot
- 1 drop Copaiba Balsam



Spring

151. Sunday Morning

- 4 drops Lemongrass
- 1 drop Sweet Orange
- 1 drop Tangerine
- 1 drop Lemon

152. Clean and Refreshing

- 2 drops Lemon
- 2 drop Rosemary
- 2 drops Lavender

153. Bright and Sunny

- 4 drops Orange
- 2 drops Ylang Ylang
- 2 drops Bergamot

154. Flower's Dew

- 4 drops Ylang Ylang
- 4 drops Lemongrass



155. Open Air

- 2 drops Eucalyptus
- 1 drop Frankincense
- 1 drop Peppermint

156. Spiced Cedar

- 3 drops Atlas Cedarwood
- 2 drops Cinnamon
- 1 drops Lemon
- 1 drop Lemongrass
- 1 drop Tangerine

157. Sunshine Bloom

- 3 drops Lemon
- 3 drops Tangerine
- 2 drops Orange
- 1 drop Cedarwood
- 1 drop Ylang Ylang

158. Spring Fresh

- 3 drops Bergamot
- 2 drops Lemon
- 1 drop Tangerine
- 1 drop Ylang Ylang

159. Ocean Breeze

- 3 drops Lavender
- 1 drop Lemon
- 1 drop Tangerine
- 1 drop Spearmint

160. Flower Petals

- 4 drops Lavender
- 3 drops Ylang Ylang
- 1 drop Rosemary

161. Simple Spring

- 2 drops Bergamot
- 2 drops Lavender

162. Easy Breathing

- 2 drops Lemongrass
- 2 drops Eucalyptus
- 2 drops Lavender

163. In the Garden

- 2 drops Peppermint
- 2 drops Ylang Ylang
- 1 drop Basil

164. Cooling Relief

- 3 drops Atlas Cedarwood
- 3 drops Lavender
- 2 drops Tangerine

165. Sunny Day

- 4 drops Sweet Orange
- 2 drops Bergamot
- 1 drop Ylang Ylang

166. Spring Clean

- 3 drops Lemon
- 3 drops Lavender
- 3 drops Rosemary

167. April Rain

- 4 drops Lemongrass
- 3 drops Eucalyptus
- 2 drops Lemon

168. Spring Break

- 4 drops Bergamot
- 3 drops Sweet Orange
- 2 drops Lavender
- 1 drop Spearmint

169. Rainy Day

- 3 drops Lemongrass
- 2 drops Eucalyptus
- 1 drop Ylang Ylang
- 1 drop Bergamot

170. Exotic Bloom

- 4 drops Sweet Orange
- 4 drops Ylang Ylang



Summer

171. Summer's Beginning

- 3 drops Lemongrass
- 2 drops Sweet Orange
- 1 drop Bergamot

172. Island Mix

- 4 drops Bergamot
- 4 drops Sweet Orange

173. On the Beach



- 4 drops Tangerine
- 2 drops Sweet Orange
- 1 drop Eucalyptus
- 1 drop Bergamot

174. *Welcome Home*

- 3 drops Ylang Ylang
- 3 drops Copaiba Balsam
- 2 drops Bergamot

175. *Warm Weather*

- 3 drops Copaiba Balsam
- 3 drops Tangerine
- 1 drop Ylang Ylang

176. *Seashore*

- 2 drops Lavender
- 2 drops Bergamot
- 1 drop Rosemary
- 1 drop Eucalyptus

177. *Brisk Sailing*

- 2 drops Tangerine
- 2 drops Bergamot
- 2 drops Spearmint

178. *Summer Solstice*

- 4 drops Lemon
- 1 drop Tangerine
- 1 drop Basil
- 1 drop Spearmint

179. *Cooling Off*

- 2 drops Spearmint

- 1 drop Lemongrass
- 1 drop Lavender

180. *Fresh Outdoors*

- 4 drops Lemongrass
- 1 drop Basil
- 1 drop Rosemary

181. *Shady Shore*

- 2 drops Lavender
- 2 drops Bergamot
- 2 drops Spearmint
- 2 drops Rosemary

182. *Ease and Relaxation*

- 3 drops Lavender
- 2 drops Lemongrass
- 1 drop Copaiba Balsam

183. *Summer Inspiration*

- 2 drops Sweet Orange
- 2 drops Lemon
- 2 drops Rosemary

184. *Sweet Dreams*

- 3 drops Tangerine
- 2 drops Sweet Orange
- 1 drop Lavender

185. *Summer Bliss*

- 3 drops Ylang Ylang
- 3 drops Bergamot
- 1 drop Eucalyptus



186. *Sunset Blend*

- 2 drops Ylang Ylang
- 1 drop Sweet Orange
- 1 drop Tangerine
- 1 drop Atlas Cedarwood

187. *Early Summer Morning*

- 4 drops Bergamot
- 2 drops Spearmint

188. *Clear Mind*

- 3 drops Lavender
- 2 drops Lemongrass
- 1 drop Peppermint

189. *Tropical Blend*

- 2 drops Bergamot
- 2 drop Ylang Ylang
- 2 drops Tangerine
- 1 drop Eucalyptus

190. *Summer Love*

- 2 drops Lavender
- 2 drops Copaiba Balsam



DIY Recipes

191. *Essential Oil DIY Deodorant*

Ingredients

- 6 tbsps. coconut oil
- tbsps. baking soda
- 1 tsp. shea butter
- 4 tbsps. organic cornstarch



- 1 tsp. Essential Oil (your choice)

Instructions

- Set aside 1 teaspoon of your favorite scent of Essential Oil or combination of Essential Oils, staying away from Eucalyptus and Peppermint.
- Mix baking soda and cornstarch together in a medium sized bowl.
- Mash in coconut oil with a fork until well mixed. Repeat with shea butter.
- Add oils.
- Store in small glass jar or old deodorant container for 24 hours before use.

192. Disinfectant Cloths

Ingredients

- 3 teaspoons natural liquid soap (not castile soap)
- 50-75 drops Essential Oils of your choice (Tea Tree, Lavender, Peppermint recommended)
- 10 drops Sweet Orange Essential Oil
- 3 cups vinegar
- Reusable cloths, old t-shirt squares, etc.

Instructions

- Add the cloths to a bowl and allow them to soak up the solution.

Repeat the process until the solution is gone.

193. Homemade Lip Balm

Ingredients

- 1 tbsp. coconut oil
- ½ tsp. beeswax
- 4 drops Sweet Orange
- 7 drops Peppermint
- Small container

Instructions

- Mix coconut oil and beeswax together in a heat-resistant container.
- Melt the mixture.
- Using a small utensil, mix in the Sweet Orange and Peppermint. Cover with an airtight seal. Let the mixture cool and sit for 24 hours before use.

194. Homemade Detox Drink*

Ingredients

- 5-10 drops Lemon Essential Oil
- 2-5 drops Spearmint Essential Oil
- 1 cup ice
- 1 cup chopped cucumber
- 1 liter water

Instructions

- Mix all ingredients together in a mason jar
- Let sit overnight in the fridge

195. DIY Essential Oil Toothpaste

Ingredients

- 6 tbsps. baking soda



* Take what you've discovered in the recipe, and use the edible essential oil to make changes in your life.

- 10 drops Spearmint or Peppermint Essential Oil
- 2 tbsps. warm coconut oil
- ½ tsp. fine-grain sea salt

Instructions

- Mix ingredients in a small bowl
- Transfer contents into a container of your choice
- Let the mixture sit for 1 hour before use

196. Homemade Automatic Air Freshener

Ingredients

- Small bottle with a plastic cap
- Water, enough to fill the bottle
- 40-50 drops Essential Oil
- Small tray with slightly raised edges (an old mint container works)

Instructions

- Fill the bottle with water and put its lid on. Manipulate a piece of wire (a wire hanger works) so that it can hold up the bottle with the lid lifted above and



facing toward a flat surface without falling when the table is bumped.

- Place wire holder on desired surface and put the small, raised edge container beneath it.

- In a bowl, mix together your choice of Essential Oils.

- Puncture the plastic lid of the bottle with a 1-millimeter needle.

- Puncture bottom of the bottle with any smaller needle.

- Pour mixture into bottle with a finger over the bottle's hole and put the cap on, tight.

- Place bottle into wire holder

Note: Over the course of a week or two, depending on the size of the bottle, the mixture will slowly drip onto the tray below it, evaporating and dispersing into the air. The wire holder and bottle can be covered with material to make it more aesthetically pleasing.

197. Natural Shampoo

Ingredients

- ¼ cup natural, raw honey
- 1/3 cup liquid castile soap
- 5-7 drops Lavender
- 5-7 drops Bergamot

Instructions

- Combine non-oil ingredients inside a dispensing container, mix well.
- Add Essential Oils, mix well.

198. DIY Shaving Cream

Ingredients

- 1 ½ cups coconut oil
- 4 tbsps. honey
- 10 drops Sweet Orange

Instructions

- Melt the coconut oil and pour into desired container
- Combine all other ingredients and cover, making sure to get an airtight seal.

199. Cough Syrup

Ingredients

- 3 tbsps. coconut oil
- 2 tbsps. water
- 3 drops Lemon
- 1 drop Basil
- 1 drop Peppermint
- ¼ tsp. ground ginger
- ¼ cup manuka honey

Instructions

- Combine all ingredients in a small container, mix well.
- Take 1 tbsp. as needed for cough.



200. Hair Spray

Ingredients

- 1 cup filtered water
- 2 tbsps. white sugar
- ¼ cup 100% aloe vera juice
- 1 tbsps. vodka
- 5 drops Lavender
- 5 drops Atlas Cedarwood
- 5 drops Rosemary

Instructions

- Bring water to boil
- Add sugar
- Cool to room temperature
- Add vodka, aloe vera, and Essential Oils
- Store in spray bottle and use as you normally would to style hair

