

HOME ESSENTIALS KIT RECIPES

TOX FREE FOOD, HOME
AND PERSONAL CARE



the
aroma
co.

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WHAT ARE ESSENTIAL OILS

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants.

In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have been used throughout history in many cultures for their many benefits.

Modern scientific study and trends towards more holistic approaches to wellness are driving a revival and new discovery of essential oil health applications.

dōTERRA (CPTG)[®] essential oils represent the safest, purest, and most beneficial essential oils available today. They are gently and skilfully distilled from plants that have been patiently harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy. Experienced essential oil users will immediately recognise dōTERRA's superior quality standard for naturally safe, purely effective CPTG essential oils.



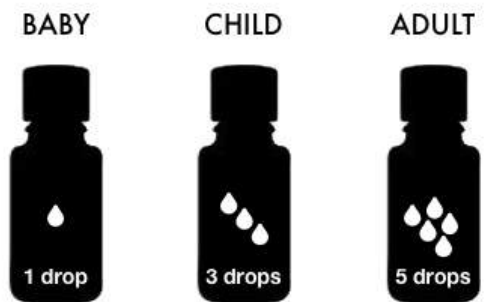
USING YOUR ESSENTIAL OILS

ONE drop of doTERRA essential oil is potent and goes a long way. Not all essential oils are created equal, far from it, they are 100% natural, pure and potent with no additives.

We use the oils to effectively support our physical, emotional and environmental wellbeing.

There are three ways to use your oils: Topically, Aromatically and Internally.

For topical use, we recommend dilution in our own therapeutic grade Fractionated Coconut oil at the following conservative dilution ratios:



[10ml Carrier Oil]





HOME ESSENTIALS KIT

- frankincense - excellent for skin conditions, immune support, grounding, cellular and neural health, inflammation, calming/anxiety.
- lavender - skin clearing, immune support, pain relief, calming/anxiety, sleep.
- lemon - detoxifying, deodorising, brightening, uplifting, natural cleanser.
- tea Tree - air purifying, skin clearing, oral health, pest repellent, surface cleaning.
- oregano - powerful cleanser, immune support, antioxidant, food flavouring, mould killing, fungicidal, mega strong!
- peppermint - digestive support, oral health reparatory health, cooling for fevers, energising and focus, head tension when paired with lavender.
- Easy Air - respiratory support, clears airways, good for asthma, allergies and sinusitis.
- DigestZen - digestive health, motion sickness, travel sickness, nausea, IBS support, gastro and vomiting.
- On Guard - immune support, natural cleanser, air purifying, antioxidant, excellent guard against environmental threats.
- Ice Blue - natural 'deep heat', muscular tension, aches and pains, calming for nervous system.
- And a Petal Diffuser.

NO-TOX HOME & SKIN RECIPES USING ESSENTIAL OILS

Please be aware that all pure essential oils are anti-bacterial. Many of these solutions can be made with numerous oils. Oregano, tea tree, On Guard and lemon are all great for cleaning and deodorising.

For face and body oils, potions and lotions, use gentle oils such as lavender, lemon, tea tree and frankincense.

Please note that oregano should never be used neat on the skin, (unless for specific purposes like wart removal), as it will burn.

Product and packaging resource list on back page.



LAVENDER ROLLER FOR SLEEP, RELAXATION AND MILD PAIN

10ml roller bottle

5 - 10 drops lavender oil

top up with fractionated coconut oil

for sleep, roll onto the soles of the feet

for infant teething pain, roll along the jawline

for discomfort, apply where hurts



PEPPERMINT AND LEMON ROLLER FOR FEVERS AND FOCUS

10ml roller bottle

5 - 10 drops lemon oil

5 - 10 drops peppermint oil

top up with fractionated coconut oil

apply on the temples, and

along the back of the neck



LAVENDER AND PEPPERMINT HEADACHE BLEND

10ml roller bottle

5 - 10 drops lavender oil

5 - 10 drops peppermint oil

top up with fractionated coconut oil

for discomfort, apply on the temples,
along the back of the neck



PEPPERMINT AND TEA TREE FRESH BREATH SPRAY

50ml spray bottle

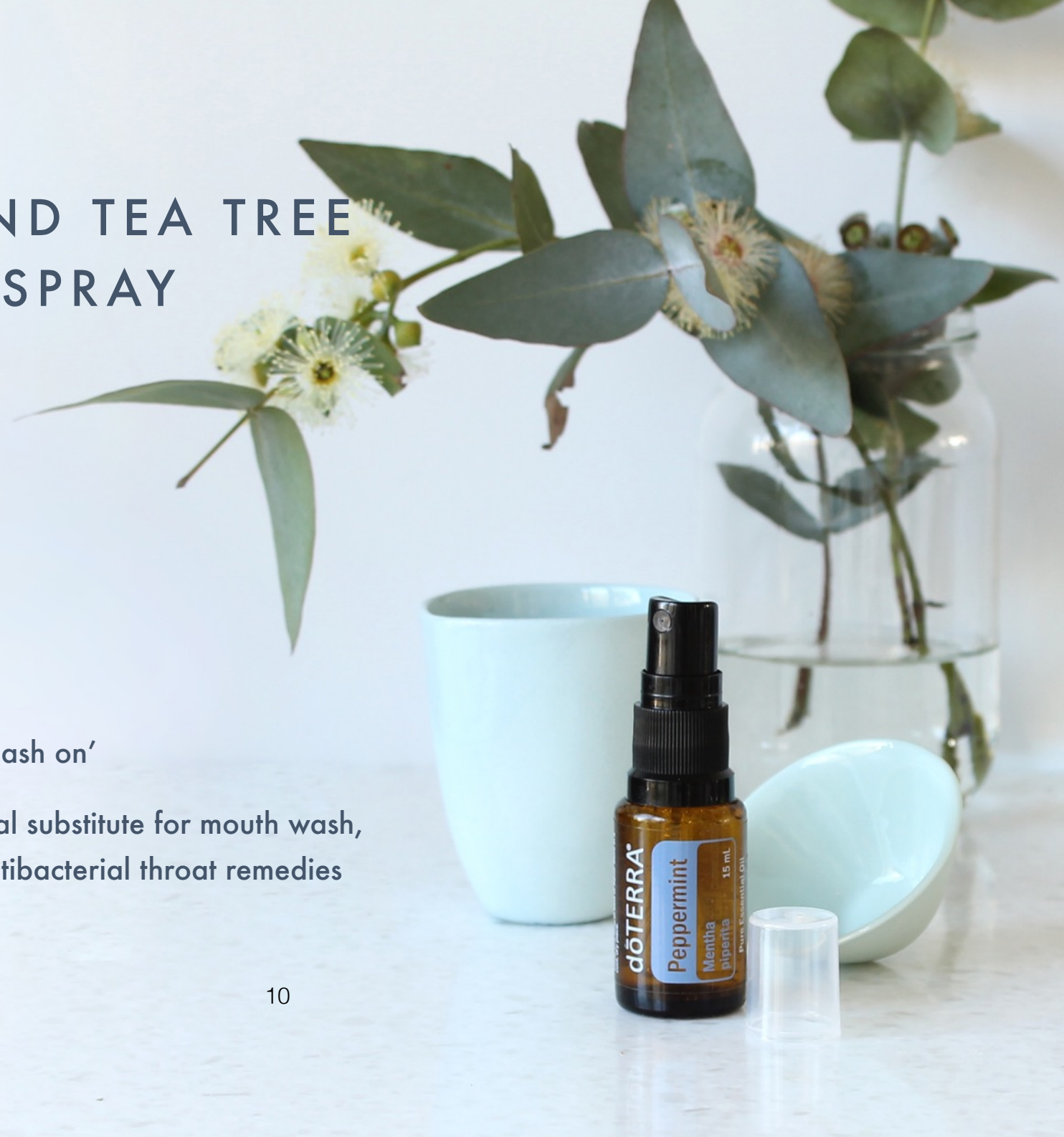
4 - 6 drops tea tree oil

5 - 8 drops peppermint oil

top up with filtered water

spray into the mouth before you 'pash on'

good for sore throats, and a natural substitute for mouth wash,
breath mints, gum and synthetic antibacterial throat remedies



ON GUARD AND TEA TREE HAND SANITISER SPRAY

50ml spray bottle

10ml organic vegetable glycerine

5 drops doTERRA tea tree oil

5 drops doTERRA on guard oil

top up with filtered water

shake and spritz your filthy mitts





ON GUARD ANTIBACTERIAL BENCH SPRAY

750ml glass trigger spray bottle

1/2 cup white vinegar

8 drops doTERRA tea tree oil

8 drops doTERRA on guard oil

top up with filtered water

shake before use

spray onto surface and wipe clean

LEMON AND OREGANO ALL PURPOSE SPRAY

750ml glass trigger spray bottle

1/2 cup white vinegar

8 drops doTERRA lemon oil

8 drops doTERRA oregano oil

top up with filtered water

shake before use, leave a little warm water on the surface, spray, leave for 5 minutes and wipe clean

perfect for showers, stoves and ovens





NATURAL CLEANSER

50ml serum bottle

20ml dr. bronners baby unscented pure castile soap

6 drops lemon oil

6 drops lavender oil

6 drops tea tree oil

top up with filtered water

apply to moist face, rinse clean

for cleansed and soothed skin

NATURAL TONER

50ml spray bottle

25ml witch hazel

8 drops tea tree oil

8 drops lavender oil

top up with filtered water

apply to cleansed face

shake before use

doubles as a soothing daily face mist



NATURAL MOISTURISER

50ml dropper bottle

40ml organic carrier oil of your choice; rosehip, macadamia, jojoba, apricot kernel, fractionated coconut oil

5 - 10 drops frankincense oil

5 - 10 drops lavender oil

apply to moist face after toner

great for discolouration, fine lines, scars

and balancing trouble skin



DETOX MAGNESIUM SALTS

1 cup of magnesium salts
5 drops doTERRA lavender oil
5 drops doTERRA lemon oil

removes toxins, supports the lymphatic system

If you don't have a bath, turn your shower into a human-sized diffuser by rubbing the mag salts over your body with coconut oil (really rub it in and LOVE your body while you do) and then turn the hot water in the shower on and allow the essential oil molecules to lift and be inhaled. Aaaaah.



DEODORANT PASTE

1 tbs organic beeswax pellets/drops

2 tbs coconut oil

1 tbs organic shea butter

2 tbs arrowroot powder

2 tbs bicarb soda

8 drops doTERRA lemon oil

8 drops doTERRA peppermint Oil

Melt the beeswax and shea butter in a glass bowl over simmering water. Add coconut oil and melt. Remove from heat, stir through oils. Pour into wide mouth jar or shallow tin and allow to set. Use pea sized amount for each armpit. Other oils we use are spearmint and wild orange.



GODDESS BODY OIL

50ml glass bottle with cap

45 ml carrier oil of your choice such as: jojoba, apricot kernel,
macadamia, coconut.

8 drops doTERRA lavender oil

8 drops doTERRA wild orange oil

Rub over the whole body after your shower.

Tell each body part how much you love it while you do so.
moisturises, protects, calms



IMMUNE BOOSTING KIDS BATH DROPS

50ml serum bottle

8 drops tea tree oil

8 drops on guard

30ml dr. bronners baby unscented pure castile soap

top up with filtered water

add 2 squirts to bathwater as the tap is running

use after school, kinder, childcare, swimming, sports, or the
playground





ODOUR EATER

1 cup bicarbonate of soda
5 drops doTERRA lemon oil

removes odours

add to a glass jar or vessel, cover with fabric and
an elastic band.

Top up lemon oil once a fortnight.

SHEET AND LINEN SPRAY

50ml spray bottle

25ml witch hazel

8 drops lavender oil

top up with filtered water

spray on hanging sheets and linens

or the last ten minutes of a dryer cycle

optional oils include geranium, lemon, and bergamot





COLD SORE SALVE

1 tsp organic beeswax pellets

1 tbs coconut oil

8 drops doTERRA tea tree oil

5 drops doTERRA on guard oil

makes enough for 2-3 lip balm tins

melt beeswax in a glass bowl over simmering water

add coconut oil, melt and remove from heat

stir through oils and pour into tins, allow to set

ESSENTIAL OIL FOOD RECIPES

doTERRA produce the only food grade essential oils we use and trust. We use essential oils for flavouring in our cooking and raw foods. When used for flavouring they offer clarity, purity and healthful properties that other oils and flavours cannot. They are 100% pure, organic and free from synthetics and chemicals.

There are approximately 60 drops of essential oil per teaspoon, while this may not seem like much it is important to remember this example – just “one” drop of peppermint oil equals about 28 cups of peppermint tea.

We recommend the “Toothpick Method” for powerful oils like oregano, because doTERRA oils are much stronger than their companion spices. Always add oils to your cooked dish once you have turned off the heat.



GUT LOVIN' GUMMIES

INGREDIENTS

- 1/3 cup of strained juice (freshly squeezed lemons or freshly juiced apples, pears, blueberries, beetroot, orange)
- 1-3 tablespoons of sweetener of choice (raw honey, maple syrup, rapadura or Xylitol)
- according to taste, tolerance and sweetener.
- 20g or 8 sheets of good quality gelatine (organic/grass fed).
- 6 drops doTERRA wild orange essential oil OR
- 6 drops doTERRA Lemon oil

INSTRUCTIONS

1. Place all the ingredients into a saucepan. Cook on medium heat and stir constantly until the mixture is smooth (about 5 minutes) and all the lumps have disappeared.
2. Take off the heat and stir through essential oils
3. Place immediately into silicon ice cube trays or a pyrex dish and place in the freezer or fridge for about fifteen minutes.
4. Once they have set remove them from the moulds and place in a jar for storage.
5. If you poured the mixture into a pyrex dish, cut up into bite size pieces. They will be fine for a few weeks at room temperature.

RAW LEMON BLISS BALLS

INGREDIENTS

- 1 cup raw cashews
- 1 cup desiccated coconut
- 8 drops of doTERRA Lemon Oil juice of half a lemon (optional)
- 1/2 teaspoon concentrated natural vanilla extract
- pinch of salt
- 2 tablespoon maple syrup
- 1 teaspoon honey (optional)
- extra desiccated coconut for rolling in

INSTRUCTIONS

1. Place the ingredients into your processor in the order listed above and blend until the mixture resembles a sticky crumb.
2. Use your hands to shape the mixture into balls. Roll the balls in the extra coconut and place in the fridge to set.



BLISS BALL SLICE

Essential oils we use in bliss balls are (and not limited to): grapefruit, cardamom, fennel, ginger, lime, peppermint, spearmint, wild orange, lemon (typically we add 6-12 drops of a single oil depending on the oil and how strong we want the flavour. You can experiment with which flavours you like.)

INGREDIENTS

- 1 cup dried dates soaked in boiling water for 10mins
- 1/2 cup melted coconut oil
- 1/2 cup desiccated coconut
- 1/2 cup cacao powder
- 3/4 cup almond meal
- pinch of sea salt
- 1 tsp vanilla bean paste (optional)

INSTRUCTIONS

1. Blend or process strained dates and melted coconut oil until it forms a caramel paste. Transfer to a bowl and mix in remaining ingredients. Drip oil in, mix and taste.
2. Press into a lined container and refridgerate until firm. Slice into pieces and serve.



EMPTY JARS, SPRAY AND ROLLER BOTTLES

packmyproduct.com

au.aromatools.com

eBay.com

EDUCATIONAL RESOURCES

Modern Essentials App via iTunes.com

Modern Essentials Book via au.aromatools.com

Emotions and Essential Oils via au.aromatools.com

ONLINE RESOURCES

draxe.com

pubmed.com largest online medical library of clinical studies

doterra.com

doterraeveryday.com

HOW TO PURCHASE doTERRA

doTERRA sell their certified pure therapeutic grade essential oils via Wellness Advocates like myself.

A wholesale membership is the most cost effective way to get your oils as they are priced at 25% off the retail price.

- You can pay the \$35 membership fee which is renewed annually at a cost of \$25. And doTERRA will send you a free bottle of peppermint oil valued at \$27 when that happens. YAY!
- OR you can purchase any Enrolment Kit which waives the \$35 and provides you with the most popular essential oils at the best value.

No matter which of the above options you choose, there are no minimum monthly orders or selling required. *Ever!*

We recommend starting with at least the Home Essentials Kit.

HOW TO ENROL/PURCHASE

- Click this link: <https://www.mydoterra.com/cheriebirks/>
- Click Join and Save.
- Choose the country and language that's appropriate for you.
- Click 'Local'.
- Choose Wellness Advocate - NOT Wholesale Customer, The Wellness Advocate membership will give you a *minimum* 25% off on all products + my support but will NOT obligate you in any way to sell or buy.
- Enter your personal information, leave ABN blank if you don't have one.
- At *Enroller id*, enter my number: 4287223
- Then click verify (it should then show you my name, Cherie Birks).
- Set yourself up with a password.
- Click over to the next page.
- Select which kit you'd like to order, we recommend the Home Essential Kit, and type in Fractionated Coconut Oil to manually add that to your order.
- Enter your Credit Card details and process your order.

If you get stuck at any point, please email cherie@thearomaco.com and I can help you get your oils in your hot little hands as quick as possible.



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