

DIY Essential Oil Sprays

❧ RECIPE SHEET ❧

CALM ME DOWN BODY SPRAY

- ❧ 2 drops Lavender
- ❧ 1 drop Bergamot
- ❧ 1 drop Frankincense
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spray on face and body as needed.

LIFT ME UP BODY SPRAY

- ❧ 2 drops Peppermint
- ❧ 1 drop Geranium
- ❧ 1 drop Eucalyptus
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spray on body whenever you need a "Pick Me Up".

PASSION BODY SPRAY

- ❧ 1 drop Ylang Ylang
- ❧ 2 drops Geranium
- ❧ 1 drop Clove
- ❧ 1 drop Wild Orange
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spray around you to create a passionate atmosphere and enjoy a more romantic moment.

YOGA MAT CLEANING SPRAY

- ❧ 7 drops Melaleuca
- ❧ 5 drops Lavender
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spray Yoga Mat, wipe clean and let dry.

LAVENDER LINEN PILLOW SPRAY

- ❧ 3 drops Lavender
- ❧ 2 drops Roman Chamomile
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Lightly mist sheets and pillows at bedtime.

ODOR ELIMINATOR ROOM SPRAY

- ❧ 2 drops Lavender
- ❧ 2 drops Lemon
- ❧ 3 drops Wild Orange
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spray room to eliminate unwanted odors.

REFRESHING ROOM SPRAY

- ❧ 2 drops Peppermint
- ❧ 3 drops Wild Orange
- ❧ 1 drop Rosemary
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spray room for a rejuvenating aroma.

#2 TOILET SPRAY

- ❧ 3 drops Bergamot
- ❧ 2 drops Eucalyptus
- ❧ 2 drops Grapefruit
- ❧ 2 drops Lemongrass
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spritz the #2 Toilet Spray into toilet bowl to eliminate any odor before it even begins.

DIY Essential Oil Sprays

❧ RECIPE SHEET ❧

SLIM & TRIM BODY SPRAY

- ❧ 20 drops Metabolic Blend
- ❧ 8 drops Eucalyptus
- ❧ 8 drops Wintergreen
- ❧ 5 drops Peppermint
- ❧ 5 drops Lavender
- ❧ 5 drops Grapefruit
- ❧ 5 drops Cypress
- ❧ Grapeseed Oil

Add essential oils to a 2 oz. spray bottle and fill with Grapeseed Oil. Shake well before each use.

To Use: Spray on targeted area and cover with muslin or cotton cloth then wrap with plastic wrap. Leave wrap on for at least 2 hours. Increase water intake to flush toxins.

HOLIDAY SPICE ROOM SPRAY

- ❧ 2 drops Cinnamon
- ❧ 2 drops Clove
- ❧ 2 drops Wild Orange
- ❧ Distilled Water

Add essential oils to a 2 oz. spray bottle and fill with water. Shake well before each use.

To Use: Spray in room to enjoy the Holiday Aroma.

NOTES:

Caution: For external use only. Avoid contact with eyes. Keep out of reach of children.

Disclaimer: The product statements for these recipes have not been evaluated by the Food and Drug Administration. These recipes are not intended to diagnose, treat, cure, or prevent disease.

Essential Oils for Skin

DON'T FORGET
MATCHING
SKIN
BOTTLE LABELS!

20
CUSTOMIZABLE
RECIPES
ON BACK

Sure, heredity plays a huge role in your skin, but there are many things you can be doing to further help or harm your skin.

5 Tips for Amazing Skin



Diet & Hydration

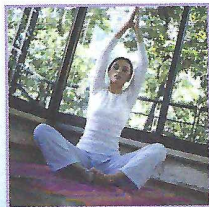
Getting adequate sleep and eating a nutritious diet of grains, fiber, fruits and vegetables rich in Vitamin C are great building blocks to keep

your body running well during the day and producing healthy skin.

The skin is comprised of 50-70% water, therefore when you are dehydrated your skin will be the first to show signs. Carry a glass water bottle with you wherever you go.

To keep dehydration away, steer clear of:

- being out in the sun too long without hydration
- sodas
- alcohol, beer, wine, caffeinated beverages



Exercise & Stress

The skin contains 1/2 to 2/3 of all blood in the body, therefore, regular exercise, yoga, facials or massage provides beneficial circulation that

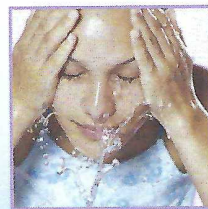
keeps nutrients and blood flowing to the skin and helps manage stress which can lead to premature aging and deep "worry" lines.

Quit Smoking

Smokers have a nearly five times greater chance of being criss-crossed with a roadmap of wrinkles than those who don't smoke. This is due in part to smoking destroying the collagen and oxygen rich blood cells in the skin.

Smoking induces a grayish, suffocating complexion, creases, furrows, and lines around your mouth and eyes, and nicotine-stained nails, not to mention skin cancer, are just a few of the traces smoking leaves on your skin.

Research also suggests that smoking may reduce the body's natural Vitamin A, which provides protection against skin-damaging agents produced by smoking. Therefore smoking may actually be WORSE than the sun's effects. Also, smoking may contribute to hyperpigmentation or discoloration of the skin.



Proper Skin Care

Cleansing skin regularly with a mild cleanser using warm - not hot water. Avoid using soap which can strip natural oils from your skin.

Moisturizing is essential for great looking skin. Even oily skin needs moisture! Choose a moisturizer that caters to your skin's unique needs and is made with natural ingredients.

Exfoliation is beneficial for the skin as long as it is not overdone. Your skin naturally sheds (exfoliates itself) an entire layer every 28 days. Manual exfoliation strips away dead cells at the skin's surface to reveal glowing, healthy skin. Some methods of exfoliation include scrubs, chemical peels, dry brushing, microdermabrasion, Retin A, or a loofah.

Sun Protection

A healthy looking tan is in fact just the opposite - it is skin that has been damaged. The skin produces melanin as a natural sunscreen to try and protect the skin cells against further damage. Thus resulting in skin discoloration over time (age spots, freckles, etc). Wearing appropriate clothing, hats, sunglasses and SPF are crucial when you will be out the sun for extended periods. Our bodies do require the sun to produce Vitamin D and it's recommended to spend roughly 20 minutes per day in the sun to get the beneficial amount of UVB rays.

Essential Oils for Skin

Frankincense: aging, scarring, warts, wrinkles

Helichrysum: bleeding, bruises, wounds, psoriasis, eczema, broken blood vessels

Juniper Berry: acne, dermatitis, eczema

Lavender: aging, burns, wounds, rash, impetigo, sunburn, wrinkles, stings

Melaleuca: wounds, warts, shingles, jock itch, athlete's foot, cold sores, acne, boils, canker sores, chicken pox

Myrrh: dry skin, skin ulcers, stretch marks, wounds, wrinkles

Rose: scars, wounds, wrinkles

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Essential Oils for Skin

Customized Skincare Recipes

For fully customized skincare recipes on this page, where you see an asterisk (*) select oils based on your skin type!

DIY

	All Skin Types	Acne Prone Skin	Mature Skin
Carrier Oil	Olive, Sunflower, Tamanu	Grapeseed, Jojoba, Sweet Almond Tamanu	Argan, Apricot Kernel, Avocado, Rosehip
Essential Oils	Clary Sage, Frankincense, Geranium, Hawaiian Sandalwood, Lavender	Bergamot, Geranium, Patchouli, Melaleuca	Frankincense, Myrrh, Rose, Neroli

Gentle Foaming Facial Wash

In an 4 oz foaming pump dispenser, add the following:

- 1/4 C. Distilled Water
- 2 Tbsp. Unscented Gentle Baby Castile Soap
- 1/2 Tbsp. Organic Aloe Vera Gel
- 8 drops essential oil(s)*

Wet face and use 2-3 pumps. Massage in circular motions with fingers. Rinse and pat dry with soft towel.

Gentle Facial Exfoliant

This once a week exfoliant is gentle, yet effective for clarifying and light exfoliation of skin.

- 2 Tbsp Baking Soda
- 1 Tbsp Lemon Juice
- 2 drops essential oil(s)*

Create mixture in hands and apply to wet face in circular motion with fingers. Rinse and pat dry with soft towel.

Face & Body Oil

In a 1 oz. dropper bottle, add the following:

- 12 drops essential oil(s) of your choice*

Fill to top with carrier oil.*

Simply put a few drops in your hands, rub them together and apply underneath makeup and to body.

Hydrating Spray

Keep a hydrating spray nearby for dry, winter days. Add ingredients into 2 oz fine mist spray bottle:

- 6 drops Frankincense
- 6 drops Lavender
- 5 drops Cypress
- 1 drop Myrrh
- 1 drop Helichrysum
- 1 drop Sandalwood

Fill to top with distilled water or carrier oil*

Spray face, décolleté or hands as needed.

Body Wash

*Using 32 oz. Unscented Gentle Baby Castile Soap, add 45-50 drops essential oil(s).**

Face & Body Lotion

In an 8 oz bottle with pump dispenser, add the following:

- 1/2 C. Carrier Oil*
- 1/2 C. Organic Aloe Vera Gel
- 25 drops essential oil(s)*

Body Exfoliant

Not sure whether to use sugar or salt? Sugar is less abrasive and will dissolve once mixed with water, and salt is more abrasive. Salt scrubs are best for sloughing dryer areas like: elbows, feet or knees.

In an 8 oz jar with lid, add the following:

- 1/2 C. Organic White Sugar or Salt
- 1/2 C. Carrier Oil*

25 drops essential oil(s)*

Wet skin and apply in light circular motion with hands. Rinse and pat dry.

Customized Rollerball Skincare Recipes

Add oils, then fill to top of 10 ml rollerball bottle with carrier oil*. For fully customized blends, select a carrier oil based upon your skin type and desired outcome. Recipes conform to the recommended standard dilution ratio of 3% for adults for occasional or short term use.

Eczema

- 2 drops Helichrysum
- 2 drops Juniper
- 1 drop Myrrh
- 1 drop Melissa (or Myrrh)

Psoriasis

- 3 drops Bergamot
- 2 drops Lavender
- 1 drop Chamomile

Dry

- 3 drops Sandalwood
- 2 drops Geranium
- 1 drop Chamomile

Shingles

- 2 drops Bergamot
- 2 drops Eucalyptus
- 2 drops Melaleuca

Scars

- 3 drops Frankincense
- 2 drops Helichrysum
- 1 drop Geranium

Warts

- 3 drops Lemon
- 2 drops Melaleuca
- 1 drop Lavender

Varicose Veins

- 2 drops Cypress
- 2 drops Juniper
- 2 drops Rosemary

Hemangiomas

- 2 drops Helichrysum
- 1 drop Frankincense
- 1 drop Lemon
- 1 drop Cypress

Acne

- 2 drops Geranium
- 2 drops Melaleuca
- 1 drop Lavender
- 1 drop Bergamot

Wrinkles

- 2 drops Frankincense
- 2 drops Sandalwood
- 2 drops Lavender

Bruise

- 2 drops Rosemary
- 2 drops Black Pepper
- 1 drop Fennel
- 1 drop Lavender

Age Spots/Freckles

- 3 drops Lemon
- 2 drops Helichrysum
- 1 drop Lavender

Cold Sore

For best results blend into alcohol (i.e. isopropyl alcohol or vodka)

- 3 drops Bergamot
- 2 drops Eucalyptus
- 1 drop Melaleuca

Once blister has formed, alternate Lavender neat with the alcohol blend.

Mood Management WITH ESSENTIAL OILS

CREATE YOUR
SOUL BLEND!
INSTRUCTIONS
ON BACK

The biggest and fastest growing part of America's drug problem is prescription drug abuse.

– National Institute on Drug Abuse

Preschool aged children are the fastest growing age group being prescribed anti-depressants.

– National Mental Health Association

The pharmaceutical business isn't in the business of healing, they're in the business of disease management and symptom maintenance.

America represents 5% of the world's population, yet we consume 75% of the world's prescription drugs.

In the past 10 years, the 11 largest pharmaceutical companies made \$711,000,000,000 (711 BILLION!).

DON'T FORGET
MATCHING
SOUL BLEND
BOTTLE LABELS!

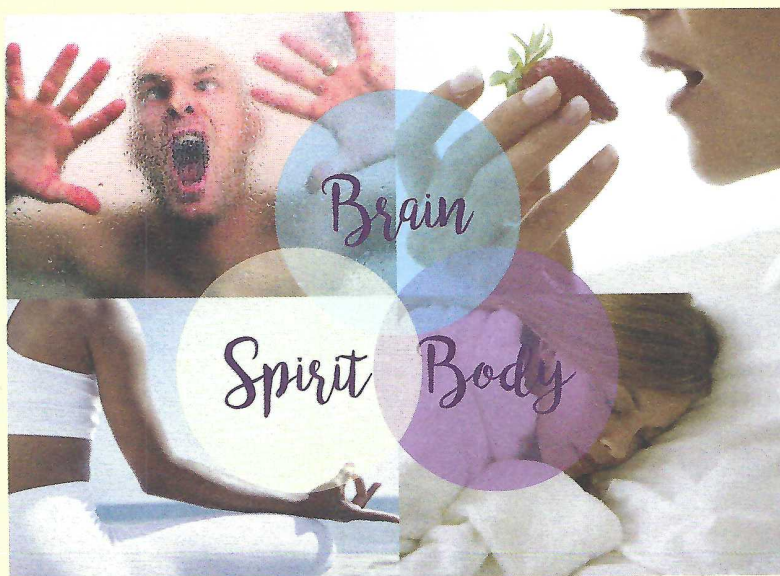


Whole Wellness

It has been proven your thoughts and spiritual connections can affect your physical health and vice-versa.

Seeing the body as a complex interconnected whole is key to making lasting positive change. As you can see, these items are connected with other facets:

- Surround yourself with positivity! Positive people, thoughts, affirmation, news, supporting friends or professionals that will help your journey. Let go, turn off or tune out those things that are negative
- Make a customized Rollerball "Soul Blend" based on your needs
- Aromatherapy - wear or diffuse oils
- Well-balanced diet, drink lots of water, exercise, get adequate sleep and take supplements as needed
- Meditate, pray, spend time alone, talk with a friend, do something for yourself and someone else each day



Essential Oils for Mood Management

Try diffusing or topically apply one of the essential oils (diluted) to enjoy the many benefits. If you don't get the response you are seeking, use another oil or a combination of oils.

FEELING?	ESSENTIAL OILS PROVEN HELPFUL
Angry Impatient	Sandalwood, Lavender, Ylang Ylang, Bergamot, Frankincense, Roman Chamomile
Anxious Tense Worried	Lavender, Melissa, Juniper Berry, Frankincense, Spikenard
Stressed Hopeless Withdrawn	Lavender, Bergamot, Vetiver, Sandalwood, Orange, Rose, Tangerine, Lemongrass
Sad Unmotivated Discouraged	Lemon, Frankincense, Lavender, Bergamot, Melissa, Grapefruit, Orange

ESSENTIAL
OILS

- Natural wellness
- No side effects
- Address root cause rather than treat symptoms
- No harsh withdrawal

ARE YOU?

ESSENTIAL OILS PROVEN HELPFUL

Grieving

Bergamot, Clary Sage, Geranium, Lavender, Lemon, Roman Chamomile

Unfocused

Basil, Eucalyptus, Orange, Rosemary, Lemon, Peppermint

FACT

Inhalation of essential oils affect the Olfactory & Limbic System which directly control your long-term memories, emotions, hormones, blood pressure, heart rate and autonomic nervous system



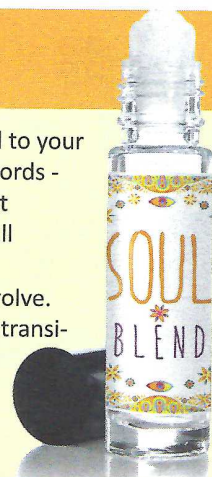
Mood Management WITH ESSENTIAL OILS

STEP 1

Begin Your Soul Journey

- Firstly, remember your Soul Blend, is all about you! Applying your blend should be a ritual when you are alone, in a quiet space, have a clear mind and dedicated time to work on yourself.
- Set realistic emotional growth goals looking forward. Research how to bring balance, harmony, gratitude and growth into your life, then practice these daily. Seek guidance from a professional if you choose.
- Some Growth Stages (below) may take days, months or years to work through. Be patient with yourself and enjoy your journey.
- Keep a journal with short and long-term growth goals and positive affirmations. Keep track of achieved growth and relief.

- Leading up to and when applying your Soul Blend to your skin, think of affirmations that use ALL positive words - nothing negative. Remember, you are sending out vibrations into the world and open to accepting all positive in return.
- Going forward, your Soul Blend will most likely evolve. Remember, with growth there is change; you are transitioning from one stage to another. Be mindful of your progress and celebrate it!
- Practice all Whole Wellness facets for maximum benefits.



STEP 2

Growth Stages Using Essential Oils

Select the stage you can most identify with or feel you need relief from. When in doubt, start with Stage 1.

STAGE 1: PURGATIVE STAGE

PHENOLS are active and stimulating, they open and purify. Signs are: feeling damaged, closed off, hopeless, wanting to be rid of toxins, cellular damage, free radicals or medication. Once feeling free and clear, you are ready for the Illuminative Stage.

Basil, Bay, Cinnamon, Cassia, Clove, Cumin, Fennel, Melaleuca, Nutmeg, Oregano, Peppermint, Thyme, Wintergreen

STAGE 2: ILLUMINATIVE STAGE

SESQUITERPENES are calming and can have a sedative effect. They can pass the blood-brain barrier to correct and align proper functioning of the body. They suppress the negative and allow for restoration in the Unitive Stage.

Black Pepper*, Cedarwood, Frankincense, German Chamomile*, Ginger*, Myrrh*, Patchouli*, Sandalwood, Spikenard*, Vetiver, Ylang Ylang*

*Oils with highest sedative effect.

STAGE 3. UNITIVE STAGE

Found in most oils, **MONOTERPENES** have the highest concentration in citrus and conifer oils and therefore most often have an uplifting effect. Monoterpenes can renew, restore and correct DNA as well as inhibit accumulation of toxins.

Balsam Fir, Bergamot, Black Pepper, Cardamom, Cypress, Douglas Fir, Frankincense, Grapefruit, Juniper Berry, Lemon, Lime, Marjoram, Orange, Ravintsara, Rosemary, Siberian Fir, Tangerine, White Fir

STEP 3

Create Your Customized "Soul Blend"

INGREDIENTS

- 6 total drops Essential Oils
- Carrier Oil (Fractionated Coconut, Jojoba, etc)

SUPPLIES

- 10 ml Rollerball Bottle

YIELD
1 (10ml) bottle

DIFFICULTY
Easy

TIME
15 minutes

DIRECTIONS

1. When creating your custom blend, select 1-2 oils from your Growth Stage (above). Some experimentation is expected and is part of the process of finding what suits your needs *right now*. Your next Soul Blend may contain a blend of 2-3 oils.
2. Using a 10 ml rollerball bottle, add 5-6 drops TOTAL Essential Oils to maintain a standard 3% dilution ratio for adults.
3. Fill to top of bottle with carrier oil.
4. Use "Soul Blend" bottle labels and lid stickers.

My Notes:

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