

Unlock the Power of Nature: Essential Oils Recipes for Every Occasion

Essential Oil Recipes
Created by Natural Revolution

<p>Deodorant Spray</p> <p>2 drops Lavender 1 drop Bergamot 1 drop Frankincense 2 oz. Distilled Water</p> <p>Add essential oils to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Odor Eliminator Spray</p> <p>2 drops Lavender 2 drops Lemon 3 drops Wild Orange 2 oz. Distilled Water</p> <p>Add essential oils to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Refreshing Room Spray</p> <p>2 drops Peppermint 2 drops Wild Orange 1 drop Rosemary 2 oz. Distilled Water</p> <p>Add essential oils to a spray bottle and fill with distilled water. Shake well before use.</p>
<p>Fruit & Veggie Cleaner</p> <p>1 drop Grapefruit 1 drop Lemon 1/4 Cup Distilled Water 1 Teaspoon Baking Soda</p> <p>Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Humidifier Spray</p> <p>3 drops Bergamot 2 drops Eucalyptus 2 drops Lemongrass 2 oz. Distilled Water</p> <p>Add essential oils to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Green and Yellow Spray</p> <p>3 drops Lavender 2 drops Clove 1 drop Frankincense 2 oz. Distilled Water</p> <p>Add essential oils to a spray bottle and fill with distilled water. Shake well before use.</p>
<p>Bed Bug Spray</p> <p>1 drop Bergamot 2 drops Lavender 1 drop Cedarwood 1/4 Cup Distilled Water</p> <p>Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Uplifting Body Spray</p> <p>2 drops Peppermint 1 drop Citrus 1 drop Eucalyptus 2 oz. Distilled Water</p> <p>Add essential oils to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Window Cleaning Spray</p> <p>1 drop Lime 1 drop Lemon 1/8 Cup White Vinegar 1/8 Cup Distilled Water</p> <p>Add essential oils to a spray bottle and fill with distilled water. Shake well before use.</p>
<p>All-Purpose Cleaner</p> <p>2 drops Lavender 1 drop Lemon 1 drop Geranium 1 drop Clove 2 oz. Distilled Water 1/4 Cup White Vinegar</p> <p>Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Mold & Mildew Spray</p> <p>1 drop Tea Tree 1 drop Lavender 1 drop Eucalyptus 1 drop Wild Orange 1 Teaspoon Borax 2 oz. Distilled Water</p> <p>Add all ingredients to a spray bottle and fill with distilled water. Shake well before use.</p>	<p>Dandruff Eliminator</p> <p>1 drop Tea Tree 2 drops Rosemary 1 drop Thyme 2 drops Lavender 1 drop Patchouli</p> <p>Add essential oils to your favorite shampoo or conditioner with a carrier oil like almond or jojoba into scalp, wash and rinse.</p>

For every additional 2 ounces of liquid, 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

Discover a World of Wellness with Essential Oils

Embark on an aromatic journey with Essential Oils Recipes For All Occasions, your comprehensive guide to harnessing the transformative

power of essential oils. This extraordinary book unlocks a treasure trove of practical recipes for every aspect of your life, empowering you to elevate your well-being, enhance your beauty, and create a harmonious home environment.



Essential Oils: Recipe Quick Reference: Essential Oils Recipes for All Occasions (essential oils, essential oils recipes, recipes essential oils, essential ... aromatherapy, essential oils book, beginne) by Dr Philip Ozz

★★★★☆ 4 out of 5

Language : English
File size : 1629 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 139 pages
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A Holistic Guide to Essential Oils

Essential Oils Recipes For All Occasions is more than just a recipe book; it's a comprehensive reference that delves into the science behind essential oils, their therapeutic properties, and safe and effective usage. With expert insights and clear instructions, this book empowers you to confidently incorporate essential oils into your daily routine.

Recipes for Every Occasion

Whether you're seeking to soothe your mind and body, boost your immunity, or create a cozy and inviting home, *Essential Oils Recipes For All Occasions* has a recipe for you. Discover a wide range of applications, from aromatic blends for relaxation to invigorating bath salts for rejuvenation.

- **Relaxation and Sleep:** Unwind with soothing blends of lavender, chamomile, and frankincense that promote deep relaxation and restful sleep.
- **Pain Relief and Inflammation:** Alleviate aches and pains with powerful recipes featuring essential oils like peppermint, eucalyptus, and ginger.
- **Immunity and Health:** Boost your immune system and fight illness with blends that utilize tea tree oil, rosemary, and oregano.
- **Skin and Beauty:** Enhance your natural beauty with recipes for skincare, hair care, and cosmetics that harness the rejuvenating properties of essential oils.
- **Home and Atmosphere:** Create a cozy, fragrant home with recipes for diffusers, room sprays, and cleaning solutions that promote a refreshing and uplifting atmosphere.

Empowering You with Knowledge

Essential Oils Recipes For All Occasions is not just a collection of recipes; it's a valuable resource that empowers you with the knowledge you need to understand and use essential oils safely and effectively. You'll gain insights into:

- Safety precautions and recommended dosages

- Properties and benefits of different essential oils
- Tips for blending and customizing recipes
- Common pitfalls and how to avoid them

A Journey of Aroma and Well-being

Essential Oils Recipes For All Occasions is an invitation to embark on a transformative journey into the world of essential oils. With its practical recipes, expert insights, and empowering information, this book will inspire you to unlock the limitless possibilities of nature's healing oils. Discover the power of essential oils to:

- Reduce stress and promote relaxation
- Alleviate pain and inflammation
- Boost immunity and overall health
- Enhance skin and hair health
- Create a harmonious and fragrant home

Unlock the power of Essential Oils Recipes For All Occasions today and embark on a journey of aroma and well-being that will transform your life.

Free Download Your Copy Now

Essential Oils Recipes For All Occasions is available in both print and e-book formats. Free Download your copy now and begin your aromatic adventure towards a life of balance, harmony, and well-being.

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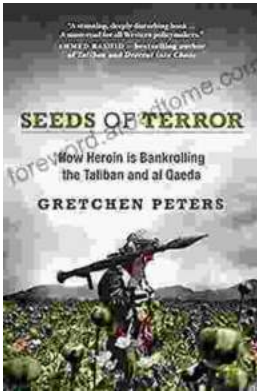
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