

9 ESSENTIAL OIL RECIPES EVERYONE NEEDS

PRACTICAL WAYS TO GET THE MOST FROM YOUR OILS



THE POWER OF ESSENTIAL OILS

Essential oils can be an integral part of a healthy lifestyle. From them, we can create a pleasant and therapeutic environment within our homes and workplaces that are safe and uplifting to the mind, body, and spirit.

Aromatherapy has withstood the test of time and has lived to prove its value in both practice and clinical trials. From skin ailments, sore joints, or respiratory infections, essential oils are an important and useful tool for natural healing.

We've assembled nine practical ways to use your essential oils that are simple and make a positive impact in quality of life.



FLIRTY PERFUME

*Make your own
custom perfume that
is all you and free
from synthetics.*

Oils Needed

- 3 drops lavender
- 3 drops bergamot
- 2 drops clary sage
- 2 drops cedarwood
- 1 drop ylang ylang
- 8 ml jojoba oil, or preferred carrier oil

Supplies Needed

- 10 ml amber roller bottle

How to Make

- Add your essentials to the amber bottle. Fill the rest of the way with your carrier oil.
- Shake well, apply as desired.



PMS MASSAGE BLEND

Find relief from menstrual cramps with this soothing combo.

Oils Needed

- 4 drops lavender
- 2 drops clary sage
- 2 drops geranium
- 2 tsp coconut oil, or preferred carrier oil

How to Make

- Add your essentials and carrier oil to the palm of your hand. Massage into your abdomen in a circular motion.





NASAL CLARITY

*Remedy congestion
with this beneficial
diffuser blend.*

Oils Needed

- 4 drops of pine needle
- 3 drops of eucalyptus
- 3 drops of rosemary

Supplies Needed

- Air diffuser

How to Make

- Add all essential oils to your air diffuser. Allow it to run within your proximity and inhale the therapeutic oils as needed.

RICH BODY BUTTER

Moisturize and relieve dry skin. Plus, add some joy to your day with the fresh rejuvenating aroma of sweet orange.

Oils Needed

- 1/2 cup coconut oil
- 1 1/2 Tbsp shea butter
- 1/4 tsp jojoba oil
- 30 drops sweet orange

Supplies needed

- Medium bowl
- Hand mixer
- Spatula
- Glass jar with lid

How to Make

- Combine oils and butter in a mid-sized bowl.
- Use a hand mixer to beat the ingredients for a few minutes until creamy, about 6 minutes.
- Transfer to a glass container. Use as needed.



ALL- PURPOSE CLEANER

Disinfect and clean your home while adding a refreshing and uplifting scent.

Oils Needed

- 15 drops lemon
- 10 drops tea tree

Supplies Needed

- 1 cup of distilled water
- 1 cup of white vinegar
- 16 oz dark glass spray bottle

How to Make

- In a dark, glass spray bottle add the water, vinegar, and essential oils. Shake before use and spray over surfaces. Allow it to sit for 10 minutes before wiping clean to promote the best possible microbial cleaning.
- Store in a cool, dark location and shake before each use.



INSECT REPELLENT

The essential oils in this natural repellent have surpassed the effectiveness of chemical-riddled sprays in multiple studies.

Oils Needed

- 1 tsp jojoba oil
- 20 drops citronella
- 20 drops geranium
- 10 drops patchouli
- 10 drops lavender

Supplies needed

- 2 oz of distilled water
- 2 oz of witch hazel
- 6 oz dark glass spray bottle

How to Make

- In a dark, glass spray bottle add all ingredients together. Shake well before each use and spray over body and clothing. Avoid getting it to your eyes.
- Store in a cool, dark location and shake before each use.





COMFORTING PILLOW SPRAY

This beautiful mist will help bring you to that blissful state of comfort and pure peace.

Oils Needed

- 3 drops lavender
- 2 drops marjoram
- 1 drop lemon

Supplies Needed

- 3 ounces of distilled water
- 4 oz dark glass spray bottle

How to Make

- Add the water and oils to a small glass spray bottle, and shake well.
- Mist over pillows and around your bedroom before bedtime or a nap.

HAPPY BODY BUTTER

Superior moisture and uplifting feelings will be the result of this incredible butter.

Oils Needed

- 1/3 cup shea butter
- 1/3 cup cocoa butter
- 1/3 cup coconut oil
- 1/3 cup jojoba oil
- 15 drops grapefruit
- 10 drops lemon
- 10 drops lavender

Supplies needed

- 12-ounce amber glass jar

How to Make

- In a double boiler, over medium heat, combine all ingredients except for the essential oils.
- Stir constantly until melted. Remove from heat.
- Transfer to refrigerator 30-60 minutes.
- Using a hand mixer, whip for 10 minutes or until fluffy. Add the essential oils and whip for another 1-2 minutes.
- Spoon into your glass container and store in a cool, dark area.



COCONUT HAIR MASK

Get hydration and new growth with this combo.

Oils Needed

- 3 drops clary sage
- 3 drops cedarwood
- 2 Tbsp coconut oil

How to Make

- Combine the coconut oil and essential oils in the palm of your hand.
- Work through your hair, focusing on massaging into your scalp.
- Wrap your hair up in a bun and place a shower cap over your hair. If you prefer no shower cap you can lay a clean hand towel over your pillow to avoid oil stains on your pillowcase.
- Leave in overnight.
- In the morning, wash your hair thoroughly as you normally would, focusing on the scalp. You may need to do this twice to ensure you get all of the oil out.
- Repeat about once every month or as needed.



SAFETY

Essential oils are powerful plant extracts which is why they naturally work so well. However, due to their potency, caution should be used when interacting with them.

Keep away from children. Know the topical safety for each oil. Some are "hot" and can burn the skin.

Not all oils are safe for pets. Speak to your vet or find trusted resources to understand what your pet can and cannot handle, especially for topical contact.

Avoid mucous membranes.

Patch test your essential oil on the interior of your forearm. Check for tolerance.

Speak to your doctor if you are pregnant, nursing, or considering becoming pregnant.

Do not consume until you have spoken to a physician or aromatherapist.

Avoid direct sunlight exposure for 12 hours after applying most citrus oils to your skin.

Diffuse in a ventilated area.

www.sixthscentsoils.com

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*Look deep into nature
and you will understand
everything better.*

-Albert Einstein

