



HOW TO GET
STARTED

WITH
*Lavender,
Peppermint,
and Lemon*

ESSENTIAL OILS

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LEMON ESSENTIAL OIL

NATURAL GLASS CLEANER



1 Cup White Vinegar

1 Cup Water

3-5 Drops of Lemon Essential Oil

Mix together. Pour into a spray bottle. Shake before use. The cleaner lasts indefinitely.

LIVER LOVE DIFFUSER BLEND



2 drops Lemon

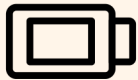
4 drops Lavender

4 drops Rosemary

Add oils to a diffuser. Diffuse for 20 minutes, three times daily. Continue for 1 month.

LAVENDER ESSENTIAL OIL

LAVENDER CARPET DEODORIZER



5 drops Lavender essential oil
1 Cup Baking Soda

Combine the lavender oil and the baking soda.
Sprinkle the mixture on your carpets before
vacuuming it to deodorize them.

WORRY-FREE MIND DIFFUSER BLEND



3 drops Bergamot
2 drops Lavender
2 drops Wild Orange

Add oils to a diffuser. Diffuse for 20 minutes, three
times daily. Continue for 1 month.

PEPPERMINT ESSENTIAL OIL

MIGRAINE MAGIC ROLLERBALL



40 drops Copaiba
40 drops Peppermint

Add oils to a 10 ml empty rollerball.
Top with fractionated coconut oil.
Replace the rollerball and cap. Gently shake to mix.
Apply to inner wrists or neck
when you're feeling migraine pain.

ENERGY-BOOSTING DIFFUSER BLEND



3 drops Peppermint
2 drops Sweet Orange

Add oils to a diffuser. Diffuse for 20 minutes.

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OTHER USES

LEMON:

Natural Produce Wash -in a spray bottle combine 1 cup apple cider vinegar, 1 cup water and 10 drops of lemon essential oil. Spray on fruits and vegetables and let the wash sit for a minute before rinsing. Shake before using. Use mixture within 6 months.

LAVENDER:

Add 5 drops of lavender essential oil to a face cloth, throw it in the dryer with your clothes for a fresh, natural, clean scent without the toxic fabric softeners.

PEPPERMINT:

Put a few drops of peppermint oil on cotton balls around your home to ward off ants, mice, and spiders.



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