

Greenwood Health Systems, Inc.

Essential

Oils

Recipes

Please note that any historical usages of essential oils for the treatment of any diseases or conditions listed here are just that, historical usages.
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AIR FRESHENERS

The following are to be mixed and stored in amber, or dark, glass bottles until you wish to use them.

Garden Air Freshener

5 drops Lavender Essential Oils
3 drops Jasmine Essential Oils
3 drops Ylang Ylang Essential Oils
1 drop Elemi Essential Oils
1 drop Geranium Essential Oils

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Fresh as Spring Air Freshener

5 drops Frankincense Essential Oils
5 drops Hong Kuai Essential Oils
3 drops Cedarwood Essential Oils
3 drops Hinoki Essential Oils
2 drops Sandlewood Essential Oils
1 drop Spikenard Essential Oils

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Freshen-Up Air Freshener

3 drops Eucalyptus Essential Oils
3 drops Pine Essential Oils
2 drops Ravensara Essential Oils
1 drop Lavender Essential Oils
1 drops Lemongrass Essential Oils
1 drop Myrtle Essential Oils
1 drop Petitgrain Essential Oils
1 drops Rosemary Essential Oils
1 drop Tea Tree Essential Oils

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Forest Fresh Air Freshener

7 drops Idaho Balsam Fir Essential Oils
2 drops Blue Cypress Essential Oils
1 drop Wintergreen Essential Oils
1 drop Bergamot Essential Oils

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 1

5 drops Lime Essential Oil
3 drops Orange Sweet Essential Oil
1 drop Cinnamon Essential Oil
1 drop Jasmine Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 2

12 drops Patchouli Essential Oil
5 drops Vanilla Essential Oil
2 drops Linden Blossom Essential Oil
1 drop Neroli Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 3

4 drops Bergamot Essential Oil
3 drops Sandlewood Essential Oil
2 drops Grapefruit Essential Oil
1 drop Jasmine Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

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Smell Good Diffuser Blend 4

10 drops Lime Essential Oil
7 drops Bergamot Essential Oil
2 drops Ylang Ylang Essential Oil
1 drop Rose Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 5

4 drops Bergamot Essential Oil
2 drops Grapefruit Essential Oil
2 drops Lemon Essential Oil
2 drops Ylang Ylang Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 6

5 drops Spruce Essential Oil
3 drops Cedar (Virginian) Essential Oil
2 drops Lavender Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 7

5 drops Lavender Essential Oil
4 drops Rosewood Essential Oil
1 drop Ylang Ylang Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 8

5 drops Rosemary Essential Oil
3 drops Lavender Essential Oil
1 drop Peppermint Essential Oil
1 drop Roman Chamomile Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 9

11 drops Lemon Essential Oil
6 drops Bergamot Essential Oil
3 drops Spearmint Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 10

5 drops Bergamot Essential Oil
4 drops Lavender Essential Oil
1 drop Cypress Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 11

9 drops Orange Sweet Essential Oil
5 drops Lavender Essential Oil
5 drops Spearmint Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 12

5 drops Sandlewood Essential Oil
2 drops Lemon Essential Oil
2 drops Scotch Pine Essential Oil
1 drop Rose Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 13

6 drops Orange Sweet Essential Oil
3 drops Patchouli Essential Oil
1 drop Jasmine Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

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Smell Good Diffuser Blend 14

4 drops Clary Sage Essential Oil
4 drops Ylang Ylang Essential Oil
2 drops Bergamot Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 15

7 drops Orange Sweet Essential Oil
2 drops Vanilla Essential Oil
1 drop Ylang Ylang Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 16

6 drops Juniper Essential Oil
3 drops Orange Sweet Essential Oil
1 drop Cinnamon Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Smell Good Diffuser Blend 17

9 drops Sandlewood Essential Oil
1 drop Neroli Essential Oil

Mix oils in an amber bottle. Add 3 – 5 drops to a diffuser.

Calming Diffuser Blend 1

3 drops Orange Sweet Essential Oil
1 drop Rose Essential Oil
1 drop Vetiver Essential Oil

Drop oils into a diffuser.

Calming Diffuser Blend 2

3 drops Bergamot Essential Oil
1 drop Jasmine Essential Oil
1 drop Ylang Ylang Essential Oil

Drop oils into a diffuser.

Calming Diffuser Blend 3

2 drops Bergamot Essential Oil
2 drops Orange Sweet Essential Oil
1 drop Roman Chamomile Essential Oil

Drop oils into a diffuser.

Calming Diffuser Blend 4

3 drops Orange Sweet Essential Oil
2 drops Patchouli Essential Oil

Drop oils into a diffuser.

Anti-Anxiety Diffuser Blend 1

2 drops Bergamot Essential Oil
2 drops Clary Sage Essential Oil
1 drop Frankincense Essential Oil

Drop oils into a diffuser.

Anti-Anxiety Diffuser Blend 2

3 drops Sandlewood Essential Oil
2 drops Bergamot Essential Oil

Drop oils into a diffuser.

Anti-Anxiety Diffuser Blend 3

3 drops Lavender Essential Oil
2 drops Clary Sage Essential Oil

Drop oils into a diffuser.

Anti-Anxiety Diffuser Blend 4

2 drops Mandarin Essential Oil
1 drop Lavender Essential Oil
1 drop Rose Essential Oil
1 drop Vetiver Essential Oil

Drop oils into a diffuser.

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Confidence Boosting Blend 1

3 drops Bergamot Essential Oil
2 drops Bay Laurel Essential Oil

Drop oils into a diffuser.

Confidence Boosting Blend 2

3 drops Orange Sweet Essential Oil
2 drops Rosemary Essential Oil

Drop oils into a diffuser.

Confidence Boosting Blend 3

4 drops Bergamot Essential Oil
1 drop Jasmine Essential Oil

Drop oils into a diffuser.

Confidence Boosting Blend 4

3 drops Grapefruit Essential Oil
2 drops Cypress Essential Oil

Drop oils into a diffuser.

Depression Fighting Diffuser Blend 1

3 drops Sandlewood Essential Oil
1 drop Orange Sweet Essential Oil
1 drop Rose Essential Oil

Drop oils into a diffuser.

Depression Fighting Diffuser Blend 2

3 drops Bergamot Essential Oil
2 drops Clary Sage Essential Oil

Drop oils into a diffuser.

Depression Fighting Diffuser Blend 3

3 drops Grapefruit Essential Oil
1 drop Lavender Essential Oil
1 drop Ylang Ylang Essential Oil

Drop oils into a diffuser.

Depression Fighting Diffuser Blend 4

2 drops Frankincense Essential Oil
2 drops Jasmine or Neroli Essential Oil
1 drop Lemon Essential Oil

Drop oils into a diffuser.

Alertness & Energy Diffuser Blend 1

2 drops Basil Essential Oil
2 drops Grapefruit Essential Oil
1 drop Cypress Essential Oil

Drop oils into a diffuser.

Alertness & Energy Diffuser Blend 2

3 drops Grapefruit Essential Oil
2 drops Ginger Essential Oil

Drop oils into a diffuser.

Alertness & Energy Diffuser Blend 3

3 drops Bergamot Essential Oil
2 drops Rosemary Essential Oil

Drop oils into a diffuser.

Alertness & Energy Diffuser Blend 4

2 drops Lemon Essential Oil
2 drops Peppermint Essential Oil
1 drop Frankincense Essential Oil

Drop oils into a diffuser.

Fear Fighting & Energizing Diffuser Blend

3 drops Grapefruit Essential Oil
2 drops Bergamot Essential Oil

Drop oils into a diffuser.

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Fear Fighting & Calm Inducing Diffuser Blend

2 drops Clary Sage Essential Oil
2 drops Roman Chamomile Essential Oil
1 drop Vetiver Essential Oil

Drop oils into a diffuser.

Fear Fighting Diffuser Blend 1

3 drops Sandlewood Essential Oil
2 drops Orange Sweet Essential Oil

Drop oils into a diffuser.

Fear Fighting Diffuser Blend 2

2 drops Frankincense Essential Oil
2 drops Jasmine or Neroli Essential Oil
1 drop Clary Sage Essential Oil

Drop oils into a diffuser.

Grief Coping Diffuser Blend 1

3 drops Sandlewood Essential Oil
2 drops Rose Essential Oil

Drop oils into a diffuser.

Grief Coping Diffuser Blend 2

3 drops Cypress Essential Oil
2 drops Rose Essential Oil

Drop oils into a diffuser.

Grief Coping Diffuser Blend 3

3 drops Sandlewood Essential Oil
1 drop Neroli Essential Oil
1 drop Rose Essential Oil

Drop oils into a diffuser.

Grief Coping Diffuser Blend 4

2 drops Frankincense Essential Oil
1 drop Cypress Essential Oil
1 drop Helichrysum Essential Oil
1 drop Rose Essential Oil

Drop oils into a diffuser.

Happiness, Joy, & Peace Diffuser Blend 1

3 drops Bergamot Essential Oil
1 drop Grapefruit Essential Oil
1 drop Ylang Ylang Essential Oil

Drop oils into a diffuser.

Happiness, Joy, & Peace Diffuser Blend 2

2 drops Frankincense Essential Oil
2 drops Orange Sweet Essential Oil
1 drop Geranium Essential Oil

Drop oils into a diffuser.

Happiness, Joy, & Peace Diffuser Blend 3

2 drops Bergamot Essential Oil
2 drops Sandlewood Essential Oil
1 drop Rose Essential Oil

Drop oils into a diffuser.

Happiness, Joy, & Peace Diffuser Blend 4

2 drops Grapefruit Essential Oil
2 drops Lemon, Orange, or Bergamot Essential Oil
1 drops Neroli, Rose, or Ylang Ylang Essential Oil

Drop oils into a diffuser.

Ease Insecurity Diffuser Blend 1

3 drops Bergamot Essential Oil
1 drop Jasmine Essential Oil
1 drop Vetiver Essential Oil

Drop oils into a diffuser.

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Ease Insecurity Diffuser Blend 2

2 drops Bergamot Essential Oil
2 drops Cedarwood Essential Oil
1 drop Frankincense Essential Oil

Drop oils into a diffuser.

Ease Insecurity Diffuser Blend 3

4 drops Sandlewood Essential Oil
1 drop Jasmine Essential Oil

Drop oils into a diffuser.

Ease Insecurity Diffuser Blend 4

3 drops Sandlewood Essential Oil
2 drops Frankincense Essential Oil

Drop oils into a diffuser.

Insomnia Diffuser Blend

2 drops Roman Chamomile Essential Oil
1 drop Bergamot Essential Oil
1 drop Clary Sage Essential Oil

Drop oils into a diffuser.

Irritability Reducing Diffuser Blend 1

3 drops Mandarin Essential Oil
2 drops Lavender Essential Oil

Drop oils into a diffuser.

Irritability Reducing Diffuser Blend 2

2 drops Lavender Essential Oil
2 drops Roman Chamomile Essential Oil
1 drop Neroli Essential Oil

Drop oils into a diffuser.

Irritability Reducing Diffuser Blend 3

4 drops Sandlewood Essential Oil
1 drop Neroli Essential Oil

Drop oils into a diffuser.

Irritability Reducing Diffuser Blend 4

3 drops Sandlewood Essential Oil
2 drops Mandarin Essential Oil

Drop oils into a diffuser.

Irritability Reducing Diffuser Blend 5

3 drops Roman Chamomile Essential Oil
2 drops Mandarin Essential Oil

Drop oils into a diffuser.

Loneliness Easing Diffuser Blend 1

2 drops Bergamot Essential Oil
2 drops Frankincense Essential Oil
1 drop Rose Essential Oil

Drop oils into a diffuser.

Loneliness Easing Diffuser Blend 2

3 drops Clary Sage Essential Oil
2 drops Bergamot Essential Oil

Drop oils into a diffuser.

Loneliness Easing Diffuser Blend 3

3 drops Bergamot Essential Oil
2 drops Roman Chamomile Essential Oil

Drop oils into a diffuser.

Loneliness Easing Diffuser Blend 4

3 drops Clary Sage Essential Oil
2 drops Frankincense Essential Oil

Drop oils into a diffuser.

Memory & Concentration Boosting Diffuser Blend 1

3 drops Rosemary Essential Oil
2 drops Lemon Essential Oil

Drop oils into a diffuser.

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Memory & Concentration Boosting Diffuser Blend 2

4 drops Cypress Essential Oil
1 drop Peppermint Essential Oil

Drop oils into a diffuser.

Memory & Concentration Boosting Diffuser Blend 3

2 drops Cypress Essential Oil
2 drops Rosemary Essential Oil
1 drop Basil Essential Oil

Drop oils into a diffuser.

Memory & Concentration Boosting Diffuser Blend 4

3 drops Lemon Essential Oil
2 drops Hyssop Essential Oil

Drop oils into a diffuser.

Memory & Concentration Boosting Diffuser Blend 5

3 drops Lemon Essential Oil
2 drops Peppermint Essential Oil

Drop oils into a diffuser.

Panic Attack Soothing Diffuser Blend 1

3 drops Frankincense Essential Oil
2 drops Helichrysum Essential Oil

Drop oils into a diffuser.

Panic Attack Soothing Diffuser Blend 2

4 drops Lavender Essential Oil
1 drop Rose Essential Oil

Drop oils into a diffuser.

Panic Attack Soothing Diffuser Blend 3

4 drops Lavender Essential Oil
1 drop Neroli Essential Oil

Drop oils into a diffuser.

Panic Attack Soothing Diffuser Blend 4

4 drops Frankincense Essential Oil
1 drop Rose Essential Oil

Drop oils into a diffuser.

Stress Reducing Diffuser Blend 1

3 drops Clary Sage Essential Oil
1 drop Lavender Essential Oil
1 drop Lemon Essential Oil

Drop oils into a diffuser.

Stress Reducing Diffuser Blend 2

2 drops Lavender Essential Oil
2 drops Roman Chamomile Essential Oil
1 drop Vetiver Essential Oil

Drop oils into a diffuser.

Stress Reducing Diffuser Blend 3

3 drops Bergamot Essential Oil
1 drop Frankincense Essential Oil
1 drop Geranium Essential Oil

Drop oils into a diffuser.

Stress Reducing Diffuser Blend 4

3 drops Grapefruit Essential Oil
1 drop Jasmine Essential Oil
1 drop Ylang Ylang Essential Oil

Drop oils into a diffuser.

Winter Blues Dispelling Diffuser Blend 1

3 drops Orange Sweet Essential Oil
2 drops Grapefruit Essential Oil

Drop oils into a diffuser.

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Winter Blues Dispelling Diffuser Blend 2

4 drops Orange Sweet Essential Oil
1 drop Ylang Ylang Essential Oil

Drop oils into a diffuser.

Winter Blues Dispelling Diffuser Blend 3

3 drops Orange Sweet Essential Oil
2 drops Ginger Essential Oil

Drop oils into a diffuser.

Winter Blues Dispelling Diffuser Blend 4

3 drops Grapefruit Essential Oil
2 drops Cypress Essential Oil

Drop oils into a diffuser.

Winter Blues Dispelling Diffuser Blend 5

3 drops Bergamot Essential Oil
2 drops Clary Sage Essential Oil

Drop oils into a diffuser.

Winter Blues Dispelling Diffuser Blend 6

3 drops Bergamot Essential Oil
1 drop Neroli Essential Oil
1 drop Jasmine Essential Oil

Drop oils into a diffuser.

Stay Focused Diffuser Blend

2 drops Wild Orange Essential Oil
2 drops Peppermint Essential Oil

Drop oils into a diffuser.

Fresh & Clean Diffuser Blend

2 drops Lavender Essential Oil
2 drops Lemon Essential Oil
2 drops Rosemary Essential Oil

Drop oils into a diffuser.

Odor Eliminating Diffuser Blend

2 drops Lemon Essential Oil
1 drop Cilantro Essential Oil
1 drops Lime Essential Oil
1 drop Tea Tree Essential Oil

Drop oils into a diffuser.

Season Support Diffuser Blend

2 drops Lavender Essential Oil
2 drops Lemon Essential Oil
2 drops Peppermint Essential Oil

Drop oils into a diffuser.

Citrus Explosion Diffuser Blend

2 drops Wild Orange Essential Oil
1 drop Grapefruit Essential Oil
1 drop Lemon Essential Oil
1 drop Lime Essential Oil

Drop oils into a diffuser.

Respiratory Support Diffuser Blend

2 drops Peppermint Essential Oil
1 drop Eucalyptus Essential Oil
1 drop Lemon Essential Oil
1 drop Rosemary Essential Oil

Drop oils into a diffuser.

Flower Garden Diffuser Blend

2 drops Lavender Essential Oil
2 drops Roman Chamomile Essential Oil
1 drop Geranium Essential Oil

Drop oils into a diffuser.

Deep Breath Diffuser Blend

1 drop Bergamot Essential Oil
1 drop Patchouli Essential Oil
1 drop Ylang Ylang Essential Oil

Drop oils into a diffuser.

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Man-Cave Diffuser Blend

2 drops Cypress Essential Oil
2 drops White Fir Essential Oil
2 drops Wintergreen Essential Oil

Drop oils into a diffuser.

Bug Repellent Diffuser Blend

1 drop Basil Essential Oil
1 drop Eucalyptus Essential Oil
1 drop Lemongrass Essential Oil
1 drop Thyme Essential Oil

Drop oils into a diffuser.

Spiced Chai Tea Diffuser Blend

3 drops Cardamom Essential Oil
2 drops Cassia Essential Oil
2 drops Clove Essential Oil
1 drop Ginger Essential Oil

Drop oils into a diffuser.

Spicy Citrus Diffuser Blend

3 drops Wild Orange Essential Oil
2 drops Cinnamon Bark Essential Oil
1 drop Clove Essential Oil

Drop oils into a diffuser.

Woodsy Diffuser Blend

3 drops Frankincense Essential Oil
2 drops White Fir Essential Oil
1 drop Cedarwood Essential Oil

Drop oils into a diffuser.

Immune Booster Diffuser Blend

1 drop Cinnamon Bark Essential Oil
1 drop Clove Essential Oil
1 drop Eucalyptus Essential Oil
1 drop Rosemary Essential Oil
1 drop Wild Orange Essential Oil

Drop oils into a diffuser.

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Anti-Stress Diffuser Blend

2 drops Bergamot Essential Oil
2 drops Frankincense Essential Oil

Drop oils into a diffuser.

Goodnight, Sweet Dreams Diffuser Blend

2 drops Chamomile Essential Oil
2 drops Lavender Essential Oil
2 drops Vetiver Essential Oil

Drop oils into a diffuser.

Candy Store Diffuser Blend

2 drops Wild Orange Essential Oil
2 drops Wintergreen Essential Oil

Drop oils into a diffuser.

Energizing Diffuser Blend

2 drops Cinnamon Essential Oil
2 drops Frankincense Essential Oil
2 drops Wild Orange Essential Oil

Drop oils into a diffuser.

Grounding Diffuser Blend

2 drops Cedarwood Essential Oil
2 drops Vetiver Essential Oil

Drop oils into a diffuser.

Happy Holiday Diffuser Blend

2 drops White Fir Essential Oil
2 drops Wild Orange Essential Oil
2 drops Wintergreen Essential Oil

Drop oils into a diffuser.

Lavender Air Freshener

1 c water
Several drops Lavender Essential Oil
Spray Bottle

Mix ingredients in spray bottle and spray in air, on bed sheets, pillows, or bath towels.

Room Mist Air Freshener Blend 1

4 oz spray bottle with fine mist setting
1½ oz distilled water
1½ oz Witch Hazel
10 drops Lime Essential Oil
7 drops Bergamot Essential Oil
2 drops Ylang Ylang Essential Oil
1 drop Rose Essential Oil

Fill the spray bottle with distilled and witch hazel. Only put 3 oz of liquid into the 4 oz bottle to leave enough room to shake before each use. Add 15 to 20 drops of essential oils. Shake bottle immediately before each use. Mist lightly in each room.

Room Mist Air Freshener Blend 2

4 oz spray bottle with fine mist setting
1½ oz distilled water
1½ oz Witch Hazel
8 drops Clary Sage Essential Oil
4 drops Lemon Essential Oil
3 drops Lavender Essential Oil

Fill the spray bottle with distilled and witch hazel. Only put 3 oz of liquid into the 4 oz bottle to leave enough room to shake before each use. Add 15 to 20 drops of essential oils. Shake bottle immediately before each use. Mist lightly in each room.

Room Mist Air Freshener Blend 3

4 oz spray bottle with fine mist setting
1½ oz distilled water
1½ oz Witch Hazel
10 drops Rosemary Essential Oil
4 drops Grapefruit Essential Oil
2 drops Peppermint Essential Oil
1 drop Spearmint Essential Oil (optional)

Fill the spray bottle with distilled and witch hazel. Only put 3 oz of liquid into the 4 oz bottle to leave enough room to shake before each use. Add 15 to 20 drops of essential oils. Shake bottle immediately before each use. Mist lightly in each room.

Room Mist Air Freshener Blend 4

4 oz spray bottle with fine mist setting
1½ oz distilled water
1½ oz Witch Hazel
8 drops Bergamot Essential Oil
7 drops Spearmint Essential Oil

Fill the spray bottle with distilled and witch hazel. Only put 3 oz of liquid into the 4 oz bottle to leave enough room to shake before each use. Add 15 to 20 drops of essential oils. Shake bottle immediately before each use. Mist lightly in each room.

Linen or Body Spray

10 oz spray bottle
1 c Distilled Water
40-50 drops of your favorite Essential Oils
Suggestion: 10 drops Peppermint, 20 drops Eucalyptus, 20 drops Lemon

Mix all ingredients in a spray bottle. Shake well before each use. Spray on body or on linens.

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Air Freshener Spray

8 oz spray bottle

¾ c Distilled Water

2 Tbsp Witch Hazel or Real Vanilla Extract*

15-20 drops of your favorite Essential Oils

Combine all ingredients in a spray bottle, shake well, and spray as needed.

Air Freshener Suggestions

**Note: Use 2 Tbsp Real Vanilla Extract instead of Witch Hazel.*

<p><i>Citrus Mint</i> 10 drops Orange Sweet 8 drops Peppermint</p>	<p><i>Sweet Lavender*</i> 10 drops Lavender 5 drops Chamomile</p>	<p><i>Cozy Holiday</i> 6 drops Orange Sweet 5 drops Cassia 6 drops Clove</p>	<p><i>Get Focused</i> 10 drops Peppermint 8 drops Rosemary</p>
<p><i>Summer Citrus</i> 5 drops Orange Sweet 5 drops Lemon</p>		<p><i>Spicy Chai</i> 4 drops Cardamom 3 drops Cassia</p>	
<p><i>Woody</i> 7 drops White Fir 6 drops Cedarwood 5 drops Frankincense</p>	<p><i>Happy Homestead</i> 5 drops Lavender 5 drops Lemon 5 drops Rosemary</p>	<p><i>Deodorizing</i> 4 drops Tea Tree 8 drops lemon 6 drops Eucalyptus</p>	<p><i>Flower Garden</i> 8 drops Lavender 5 drops Geranium 5 drops Grapefruit</p>

Homemade Car Air Fresheners

Wool Felt

String

Essential Oils

Cut your wool felt into desired shape and punch a hole in it for the string. Tie a string through the hole, ensuring that the string is long enough to hang around the mirror in the car. Add 4-6 drops of Essential Oils. Hang in your car. You can refresh Essential Oils as needed.

Suggestions:

- **Bergamot** is both uplifting and calming, and is one of the best natural deodorizers. This makes it perfect for road trips.
- **Peppermint & Vanilla** is a sweet, uplifting, and calming combination. You get the stimulating benefits of peppermint and the comfort of vanilla. It feels homey, and it's an aromatic combination that kids and adults like.
- **Rosemary & Lemon** is a brightening, stimulating, and fresh combination. The citrus and herbal scent smells clean – which is great for the car. It's also a good mental booster.
- **Orange, Sweet** is brightening and uplifting, and covers foul odors. It's a good scent for uplifting your mood during winter months and can remind you of sunnier days.
- **Pine** is a woody, stimulating, and herbal scent, and brings the best of nature inside. Your car will smell naturally fresh.

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HOUSEHOLD CLEANERS

You can use whatever Essential Oils you prefer.

Bathroom Cleaner

2 c distilled water
1 Tbsp baking soda
3 Tbsp castile soap
30 drops Orange Essential Oils
30 Drops Tea Tree Essential Oils
1 spray bottle

Pour the water into the bottle, followed by the baking soda, castile soap, and essential oils. Place the top on the bottle and shake to mix the ingredients. Use this spray to clean the tub, tile, toilet, sink, and even floor (especially around the toilet).

Natural Floor Cleaner Wipes

1½ c distilled water
1½ c white vinegar
½ c rubbing alcohol
4 – 6 washcloths
10 drops Orange Essential Oils
5 drops Peppermint Essential Oils
5 drops Tea Tree Essential Oils
Swiffer
Jar with tight fitting lid

Roll the washcloths and place in the jar. In a small bowl, combine the water, vinegar, rubbing alcohol, and Essential Oils. Pour the mixture over the washcloths, pressing the washcloths down into the liquid. The washcloths should be wet. Depending on the size of your washcloths, you may need to add more vinegar/water as needed. Close the lid on the jar. Remove the washcloths from the jar as needed and attach to a Swiffer base. Wash the dirty cloths in the washer, and repeat the process.

Natural Liquid Dish Soap

1¾ c boiling water
1 Tbsp Borax
1 Tbsp grated natural bar soap (such as Ivory or Castile)
15-20 drops Essential Oils.

Heat water to boiling. Combine borax and grated bar soap in a medium bowl. Pour hot water over the mixture and whisk until the grated soap is completely melted. Allow mixture to cool for 6-8 hours, stirring occasionally. Dish soap will get upon standing. Transfer to a squirt bottle and add essential oils. Shake well to combine. Use as you would any liquid dish soap.

Shoe Deodorizer

4 Tbsp Baking Soda
4 Tbsp Non-GMO Cornstarch
5-6 drops Lavender Essential Oil

You can use 4 more Tbsp Baking Soda if Cornstarch is not available. Mix the baking soda and cornstarch together in a bowl. Gradually add the essential oil, and stir well to incorporate. Store in an airtight container. Powder Sifter containers work well. Sprinkle the deodorizer lightly into shoes in the evening or at times when the shoes will not be worn for several hours. Before wearing, turn shoes upside down and tap on the soles to eliminate the powder from inside the shoes (over a trashcan or outside). Be careful not to get the powder on the exterior of shoes with fragile surfaces that might be harmed by essential oils.

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Tea Tree-Lemon Household Cleaner

8 oz distilled water
4 oz distilled white vinegar
15 drops Tea Tree Essential Oil
15 drops Lemon Essential Oil
Glass Spray bottle

Fill spray bottle with ingredients. Close bottle and shake to mix. Shake bottle before each spray.

Tea Tree Toilet Bowl Scrub

½ c baking soda
1 c Distilled White Vinegar
½ tsp Tea Tree Essential oil

Combine vinegar and essential oil in a small spray bottle. Spray vinegar mixture inside bowl, and also on toilet seat, lid, and handle. Allow cleaner to sit for several minutes. Sprinkle baking soda inside toilet bowl and scrub inside of bowl with a toilet brush. Use a clean dry cloth to wipe vinegar solution off seat, lid, and handle.

Heavy Duty Toilet Formula

¾ c Borax
1 c Distilled White Vinegar
10 drops Lavender Essential Oil
5 drops Lemon Essential Oil

Combine all ingredients in a bowl or squirt bottle. Swish water around inside of toilet bowl with toilet brush, or simply flush to wet the inside of the bowl. Pour the entire mixture into the toilet bowl, and allow to sit for several hours or overnight. Scrub the bowl and flush toilet to rinse.

Disinfecting Cleaning Wipes

Wide-mouth Quart-size Jar with Tightly-fitting Lid
15-20 pieces of 10x10" square cloth
¾ c Distilled Water
¾ c Distilled White Vinegar
15 drops Lemon Essential Oil
8 drops Lavender Essential Oil
4 drops Bergamot Essential Oil

Combine all liquids in the jar. Swirl or stir to combine. Add cloths to jar and press down firmly to soak up liquid. Secure lid and tip jar upside down if needed to further moisten wipes. Store wipes in a cool, dark cupboard to preserve the properties of the essential oils. Wring excess liquid from cloths before using. After using, rinse cloth out with clean water and use to wipe surface again if necessary. Wipes can be rinsed out or machine washed after using and returned to the container to be used again. These wipes are great on glass, stainless steel, tile, linoleum and porcelain. They are great for disinfecting countertops and wiping up spills. Use them to clean the stovetop, sink, microwave, floors, faucets, and refrigerator messes. They're also great for wiping down sinks, mirrors, toilets, floors, shower doors, and shining faucets in the bathroom.

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HAIR CARE

Dull & Dry Hair Spray

To keep hair from looking dull or dry, especially if you are spending the day in the sun, spray this blend over your hair during the day.

1 c distilled water
10 drops Sandlewood Essential Oils
10 drops Frankincense Essential Oils
8 drops Cedarwood Essential Oils
8 drops Ylang Ylang Essential Oils

Combine all ingredients in a 12-oz spray bottle. Shake well before each use. Avoid spraying directly on roots.

Detangler Spray

½ c conditioner
1½ c hot (not boiling) distilled water
3 drops Cedarwood Essential Oils
3 drops Frankincense Essential Oils
3 drops Sandlewood Essential Oils

Put conditioner in a 12-oz spray bottle. Add distilled water and shake. Add essential oils and shake again. To use, spray on dry or damp hair, focusing on ends.

Shampoo

7 oz Unscented Shampoo Base
1 Tbsp Jojoba Oil (optional)
40 drops Lavender Essential Oil
10 drops Rosemary Essential Oil
5 drops Ylang Ylang Essential oil
8 oz bottle.

Add shampoo base to a mixing bowl and blend in essential oils. Mix well. Use a funnel to pour the shampoo into an 8 oz bottle. Use as you would any shampoo.

Highlight Spray

*Lighten any hair color with the spray for a “sun-kissed” look. **Over use on darker hair may cause brassy hues.***

1 c distilled water
3 drops Frankincense Essential Oils
3 drops Sandlewood Essential Oils
3 drops Ylang Ylang Essential Oils
2 drops Grapefruit Essential Oils
2 drops Lemon Essential Oils
2 drops Mandarin Essential Oils
2 drops Orange Essential Oils
2 drops Spearmint Essential Oils
2 drops Tangerine Essential Oils

Add all ingredients to a 12-oz spray bottle and shake well. Shake well before each use. Spray on hair when spending time in the sun. Start with small amounts to avoid over-drying hair.

Dry Scalp Shampoo

2 oz unscented shampoo
20 drops Lavender Essential Oils
10 drops Carrot Seed Essential Oils
5 drops Palmarosa Essential Oils
5 drops Rosemary Essential Oils
5 drops Sandlewood Essential Oils

Combine all ingredients in a squirt bottle.

Rosemary Mint Shampoo

6 oz Aloe Vera Gel
3 Tbsp Olive Oil
10 Tbsp Baking Soda
20 drops Rosemary Essential Oil
10 drops Peppermint Essential Oil
Dispenser bottle

Mix all ingredients together. Store in an 8-oz glass or plastic bottle.

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Hair Thickener

1 Tbsp Carrier Oil
5 drops Rosemary Essential Oil

Mix ingredients and massage into scalp after shower.

Rosemary Peppermint Shampoo

½ c Castile Soap
½ c distilled water
16 drops Rosemary Essential Oil
2 drops Peppermint Essential Oil

Add the Castile soap to a flip-top container. Then add the essential oils. Then add the distilled water. Apply a few squirts to your hair and shampoo and rinse normally.

Olive Oil & Jojoba Oil Conditioner

¼ c jojoba oil
1 Tbsp olive oil
Few drops of your favorite Essential Oil

Mix in a spray bottle. Store in the refrigerator. Shake well before each use. Apply to damp hair.

No Frizz Hair Styling Whip

8 Tbsp Shea Butter
2 Tbsp V-6 Vegetable Oil Blend
2 tsp Argan Oil
1 tsp Raw Honey
1 tsp Vitamin E Oil
½ tsp Xanthan Gum
6 drops Lavender Essential Oil
6 drops Rosemary Essential Oil
5 drops Cedarwood Essential Oil

Add all ingredients to a glass or metal bowl and whip until light and creamy. Store in a glass jar. Apply this whip while hair is wet, or dry to freshen up curls.

Jojoba Oil & Peppermint Conditioner

2 oz jojoba oil
4 oz distilled water
6 drops Peppermint Essential Oil

Pour ingredients into a spray bottle, shake well, and apply to wet hair. Let hair dry naturally or use a high quality hair dryer. Repeat at least twice a week for best results.

Leave in Conditioning Spray

¼ c Vegetable Glycerin
1 c Distilled Water
1 tsp of your favorite Essential Oils

Dry Hair: Sandlewood, Ylang Ylang, Lavender
Normal Hair: Rosemary, Rose, Lavender, Geranium
Oily Hair: Lemon, Sage, Tea Tree, Geranium

Add all ingredients to a spray bottle. Shake vigorously before each application.

Aid in Hair Growth

4 oz Jojoba Oil
10 drops Lavender Essential Oil
10 drops Rosemary Essential Oil
5 drops Basil Essential Oil

Mix all ingredients. Massage into scalp and hair regularly.

Hair Detangler & Leave in Conditioner

6 oz Distilled Water
2 tsp Coconut Oil
10 drops Lavender Essential Oil
10 drops Rosemary Essential Oil
8 oz Spray Bottle

Add all ingredients to spray bottle. Shake well before each use. Spray on hair, and then brush hair.

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Natural Hair Conditioner

1 Tbsp Jojoba Oil

1-3 drops Rosemary Essential Oil

This makes one application. Mix the ingredients in a small bowl. Wet your hair with warm water and then apply the conditioning blend. Let it sit on your hair for 15-30 min., then wash your hair as normal.

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BATH AND SHOWER

Essential Oil Guide By Skin Type

For Dry Skin: Geranium, Lavender, Roman Chamomile, Sandlewood, Lemon.

For Oily Skin: Lemon, Cypress, Frankincense, Geranium, Lavender, Marjoram, Orange, Rosemary.

For Acne Prone Skin: Melaleuca, Lavender, Geranium, Sandlewood, Thyme*, Vetiver, Lemon, Lemongrass, Marjoram, Patchouli.

**Avoid using Thyme Essential Oils while pregnant. It is a known uterine stimulant and could potentially bring on early labor.*

SCRUB RECIPES

Use once per week. Stir scrub gently before use, in case ingredients have separated. Sit on the edge of your bath, and wet the area you want to scrub (e.g your leg). Put a bit of scrub on your palm, and gently rub into your skin. Rinse well. Beware that your bath or shower floor may be slippery with oil afterwards! Enjoy your silky smooth skin.

All body scrubs contain just three primary ingredients:

1. An Exfoliant
 - a. Salt is great for relaxing muscles.
 - b. Sugar feels slightly gentler on your skin than salt.
 - c. Ground coffee may temporarily reduce varicose veins and rosacea.
 - d. Oatmeal is the gentlest of exfoliants and may be used with a bit of water instead of a carrier oil.
 - e. Other options are: Almond Meal, Flax Meal, Rice Bran, Wheat Bran, and Ground Nut Shells.
2. A Carrier Oil
 - a. Sunflower Oil has a very faint odor, thin consistency, and penetrates well without leaving much residue. Has a 12 month shelf life.
 - b. Sweet Almond Oil has a slight, sweet, nutty aroma, medium consistency, and absorbs fairly quickly. Has a 12 month shelf life.
 - c. Grapeseed Oil has a faint sweet odor, is very thin, and leaves a thin film on the skin. Has a 6-12 month shelf life.
 - d. Hazelnut Oil has a sweet, nutty odor, is quite thin, and leaves a film on the skin. Has a 12 month shelf life.
 - e. Kukui Oil (Candle Nut Oil) has a light, sweet, nutty odor, thin consistency, and absorbs well. Has a 12 month shelf life.
 - f. Macadamia Nut Oil has a nutty odor, thick consistency, and leaves an oily film. This is recommended for dry skin. Has a 12 month shelf life.
 - g. Jojoba Oil has a slight nutty odor and absorbs quickly without leaving a greasy residue and is nearly identical in chemical structure to the natural oils in skin and hair. Has a 5 year shelf life.
3. Fragrance
 - a. Normal Skin Types – 10 drops Lavender, 6 drops Geranium, 4 drops Ylang Ylang
 - b. Oily Skin Types – 8 drops Sandlewood, 6 drops Lemon, 6 drops Lavender
 - c. Dry Skin Types – 8 drops Sandlewood, 6 drops Geranium, 6 drops Rose
 - d. Sensitive Skin Types – 6 drops Chamomile, 4 drops Rose, 2 drops Neroli

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- e. Dehydrated Skin Types – 10 drops Rose, 8 drops Sandlewood, 2 drops Patchouli
- f. Mature Skin Types – 8 drops Neroli, 6 drops Frankincense, 6 drops Ylang Ylang
- g. Acne Skin Types – 10 drops Lemon, 10 drops Cypress, 5 drops Lavender
- h. Devitalized Skin Types – 10 drops Geranium, 6 drops Rose, 4 drops Cypress
- i. Broken Capillaries – 8 drops Rose, 6 drops Chamomile, 6 drops Cypress

Easy Sugar Scrub

1 c fine brown sugar
 1/3 c carrier oil
 20 drops Essential Oils

In a glass or ceramic bowl, add essential oil to sugar and stir thoroughly. Add carrier oil gradually, stirring continuously. Stop when the scrub reaches the consistency of moist sand.

Summer Lavender Sugar Scrub

1/2 c Jojoba Oil
 3/4 c white cane sugar
 6 drops Lavender Essential Oils
 Bunch of finely chopped fresh Lavender and flowers (optional)

Mix ingredients to make a paste. Rub onto your body before taking a shower, scrubbing vigorously. Leave the mixture on your body for a minute or two before rinsing off. You should feel tingly all over and your skin may turn red where you scrubbed it. Don't worry this is normal. Just remember to avoid sensitive skin areas though, such as your face and neck.

Whipped Coconut Oil Body Butter

1 c Coconut Oil
 1 tsp Vitamin E Oil
 3 – 5 drops of your favorite Essential Oils

Put all ingredients in a mixing bowl. (Do not melt the coconut oil first.) Mix on high speed with a wire whisk for 6 to 7 min or until whipped into a light, airy consistency. Spoon the whipped coconut oil body butter into a glass jar and cover tightly. Store at room temp or in the refrigerator if your house is warm enough to melt the oil.

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Easy Salt Scrub

1 c finely ground salt
 1/3 c carrier oil
 20 drops Essential Oils

In a glass or ceramic bowl, add essential oil to salt and stir thoroughly. Add carrier oil gradually, stirring continuously. Stop when the scrub reaches the consistency of moist sand.

WARNING: Don't use a salt scrub immediately after shaving your legs – it will sting! Instead use the scrub before shaving. The oils left on your skin will lubricate the blade and make shaving smoother.

Winter Rosemary Salt Scrub

3/4 c sea salt or table salt
 1/2 c Jojoba Oil
 4 drops Rosemary Essential Oils

Mix ingredients to make a paste. Rub onto your body before taking a shower, scrubbing vigorously. Leave the mixture on your body for a minute or two before rinsing off. You should feel tingly all over and your skin may turn red where you scrubbed it. Don't worry this is normal. Just remember to avoid sensitive skin areas though, such as your face and neck.

Coffee Body Scrub

1 c ground coffee
 1 Tbsp salt
 1/3 c carrier oil
 20 drops Essential Oils

In a glass or ceramic bowl, add essential oil to sugar and stir thoroughly. Add carrier oil gradually, stirring continuously. Stop when the scrub reaches the consistency of moist sand.

Gentle Oatmeal Body Scrub

1 c finely ground oatmeal
20 drops Essential Oils

In a glass or ceramic bowl, add essential oils drop by drop, stirring constantly to avoid clumps. Store in an airtight jar in the fridge – keeps for up to 1 year. To use, combine 1 Tbsp of the mix with a little water to form a paste, then gently rub onto skin.

Hand Scrub

$\frac{2}{3}$ c sea salt
 $\frac{1}{3}$ c coconut oil, melted*
7-10 drops Essential Oils

Melt the coconut oil. In a storage jar, add the sea salt. Pour the coconut oil and Essential Oils over the salt. Mix together with a spoon. To use, scoop a small amount with a spoon or your fingers. Rub all over hands (and/or body). Rinse with warm water.

**Coconut Oil will pass between solid and liquid. To prevent the scrub from becoming too hard, keep the finished product away from cold temperature. You can also use fractionated Coconut Oil which remains in a liquid state despite temperature.*

Homemade Body Wash

$\frac{1}{2}$ c coconut milk
 $\frac{2}{3}$ c castile soap
3 tsp Vitamin E oil
5 drops Essential Oils
2 tsp vegetable glycerin*

Combine all ingredients in a bottle. Shake and use on either a sponge or washcloth.

**This is the secret to suds!*

Liquid Hand Soap

$\frac{1}{2}$ c castile soap
 $\frac{1}{2}$ c distilled water
1 Tbsp Vitamin E Oil
1 Tbsp Sweet Almond Oil or Jojoba Oil
15 drops Tea Tree Essential Oils
5-10 drops Lavender Essential Oils or Peppermint Essential Oils

In a mason jar (or recycled soap dispenser), add the water first (to prevent bubbles), then the liquid castile soap, followed by the oils. Shake the ingredients together. Shake the soap dispenser before using, then squirt a small amount on your hands as needed, rinsing with water.

Shea Body Butter

1 c raw shea butter
 $\frac{1}{2}$ c raw coconut oil, softened
 $\frac{1}{4}$ c Sweet Almond Oil
 $\frac{1}{2}$ tsp Vitamin E Oil
20 drops Essential Oils

In a double boiler, melt shea butter and coconut oil together over med-hi heat. This will take about 10 min. Shea butter melts at a very high temperature so it will take longer than the coconut oil. Let the melted mixture come to room temperature and add the Sweet Almond Oil, Vitamin E Oil and Essential Oils. Chill the mixture in the fridge for 30 min – 1 hr, until it becomes opaque. Transfer the mixture to the bowl of a standup mixer fitted with the whisk attachment. Whip on med for 5 min or until thickened. Keep the body butter in a lidded container.

Note: While this cream does not need to be kept refrigerated, it will stay firmer if kept cold.

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Basic Mineral Bath

A once-a-week aromatherapy mineral bath is a too-often overlooked way to soothe, refresh, and restore the body, mind, and spirit.

½ c baking soda
½ c sea salt
20 drops Essential Oils

Mix salts and oils together until well-combined and store in a glass jar with a lid. Add ¼ cup per bath.

Note: For a soothing, relaxing mineral bath, choose Lavender, Chamomile, Rose, and Geranium. For an invigorating, energizing bath, choose Eucalyptus, Peppermint, and Lemon.

Hand & Body Scrub

1 c Sweet Almond Oil
¼ c cacao nibs, crushed into granules
¼ c granulated sugar
1 tsp coffee grounds
20 tsp Essential Oils

Pour Sweet Almond Oil in a pan over low heat. Crush cacao nibs and add to almond oil, heat until nibs release their oil and settle on the bottom. Remove pan from heat and allow to cool. Add sugar, coffee grounds and Essential Oils. Stir until well combined. Store in a tin or jar. Apply a dollop to skin and gently buff in a circular motion. Rinse with warm water.

Herbal Honey Lemon Sugar Scrub

1 c Cane Sugar
¼ c Olive Oil
2 Tbsp Raw Honey
2 tsp Dried Rosemary
15 drops Lemon Essential Oil
15 drops Lavender Essential Oil

Mix sugar, dried rosemary, olive oil, and raw honey together. Add essential oils and stir to combine. Store in a glass jar.

Shaving Cream 1

2 Tbsp Tamanu Oil
2 Tbsp Sweet Almond Oil
2 Tbsp Cocoa Butter or Shea Butter
1½ c distilled water
1 tsp baking soda
4 Tbsp castile soap
½ c aloe vera gel or honey
12 drops Essential Oils

Heat the Tamanu, Sweet Almond, and Butter in a double boiler at a low heat. Stir until the mixture is clear, then pour into a large bowl and let cool. In another pan, heat the water. Then add the baking soda and castile soap, stirring until completely diluted. Add the aloe vera or honey to this solution and stir. Pour the soap mixture into the bowl with the now room-temp oil mixture. Add Essential oils. Blend everything very well with a hand mixer or blender. For best results, blend for 2 min, stop, then blend again for another 2 min. Store the cream in an airtight container in a dark, cool location.

Basic Body Wash

1 c unscented liquid oil-based soap
10 drops Essential Oils

Mix Essential Oils into liquid soap. Decant in container and place in shower, on sink, or near bathtub. Use ¼ cup for bubble bath, 1 Tbsp for shower body wash, 1 tsp for hand soap.

Shower Gel

7 oz Unscented Shower Gel Base
70 drops of your favorite Essential Oils
8 oz bottle

Pour shower gel base into a mixing bowl and blend in essential oils. Mix well. Use a funnel to pour your shower gel into an 8 oz bottle. Apply as you would any shower gel.

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Whipped Body Butter with Shea, Coconut & Jojoba

½ c Shea Butter
¼ c Coconut Oil
¼ c Jojoba Oil
5 to 10 drops Essential Oils

Place shea butter, coconut oil, and jojoba oil in a glass bowl or measuring cup inside a saucepan. Place about 2 inches of water in saucepan. Whisk oils together over medium heat until they are melted and combined. Mixture will turn semi-clear when ready. Refrigerate melted oils for an hour or until white and solid. With a mixer, beat the oils until they are fluffy like whipped cream. Add essential oils and beat to incorporate. Fill your desired container with the whipped body butter and refrigerate another hour. Keeps for about 6 months at room temp.

Sugar Scrub Bar

Sugar Scrub Bars are a non-drippy alternative to oil-based sugar scrubs, and they yield all the same great benefits.

1 c granulated sugar
¾ c Coconut Oil
¼ c Beeswax or Soy Wax
1 tsp dried Lemon Peel granules
½ tsp dried Rosemary Leaf granules
10 drops Lemon Essential Oils
10 drops Rosemary Essential Oils

Melt coconut oil and wax in a double boiler over simmering water, just until melted and clarified. Remove from heat and allow to cool until mixture becomes slightly hazy around edges. Stir in sugar, lemon peel, rosemary leaf, and Essential Oils. Stir until well combined. Portion into muffin tins and place in the refrigerator until set. Wrap individually in wax paper or cellophane and store in a cool are. To use, warm bar in hands and buff skin as the bar melts. Rinse with warm water.

Lavender Scrub

½ c Epsom Salts
⅓ c Carrier Oil
4 drops Essential Oils

Stir ingredients together in a metal or glass bowl. Spoon into glass jar.

Peppermint Whipped Body Butter

½ c Coconut Oil
½ c Cocoa Butter
½ c Shea Butter
½ c Sweet Almond Carrier Oil
1 tsp Vitamin E Oil
2 to 4 drops Peppermint Essential Oils

Place coconut oil, cocoa butter, and shea butter in a medium sized pot over low heat. Stir to combine until it melts completely. Remove from heat. Thoroughly mix in the carrier oil, vitamin E oil, and peppermint oil. Chill in the refrigerator for an hour or two. Once, chilled, use a mixer to mix until you have a whipped consistency. Scoop into a glass jar. Keeps for about 6 months at room temp.

Stress Away Sugar Scrub

1 c sugar
¼ c Olive Oil
2 Tbsp Raw Honey
20 drops Stress Relief Blend

Combine ingredients in a glass jar and use as needed.

Detox Bath Salts

3 c Dead Sea Salt or Epsom Salt
25 drops of your favorite Essential oils
1 Tbsp Coconut Oil

Combine all ingredients, place in an airtight container, and store in a cool, dry place. Keeps indefinitely. Scoop out ½ c and place in a warm bath.

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Bath Oil

2 oz of your favorite Carrier Oil
15 drops of your favorite Essential Oils
(Use any of the diffuser blends multiplied 3 times)

Blend the oils together and store in a glass bottle. Do not store in direct sunlight or near a heat source. Use about ¼ oz per bath. Add bath oil just before you get in, and not while the bathwater is running.

Bath Salts

3 c Sea Salt, Dead Sea Salt, Himalayan Pink Salt, or Epsom Salt
20 drops of your favorite Essential Oils
(Use any of the diffuser blends multiplied 4 times)
1 Tbsp Jojoba Oil, Fractionated Coconut Oil, or your favorite Carrier Oil (optional)

Place the salt in a bowl. If you are using a carrier oil, add it to the salt and mix well. Then add essential oils and mix very well. Put the mixture into an airtight jar for storage. Mix well before using. Add ½ to 1 c of salts to running bath water. Make sure the salts have dissolved well before entering tub.

Frankincense Soap Bar

20 to 30 drops Frankincense Essential Oil
Soap Base
5 drops Pomegranate Oil
Oval or Decorative Bar Molds

Put soap base in glass bowl, place bowl in sauce pan with water. Heat on stove at med heat and allow base to melt. Remove from heat and let cool slightly. Add the oils. Mix well and transfer to soap molds. Let mixture cool fully before popping bar out of mold. Store at room temperature.

Bath Bombs 1

1 c Baking Soda
½ c Citric Acid
¼ tsp Powdered Herbs OR ⅛ tsp pearlescent Mica (optional)
15 drops Essential Oil
¼ to ½ tsp Carrier oil
Small amount of water (preferably in a spray bottle)
Large and Small Melon Ballers to form bath bombs. (Or use ice, soap, or candy molds)
A few drops of food coloring (optional)
Gloves

Put on gloves. In a large, clean mixing bowl, add dry ingredients. Use a sieve or sifter to ensure it is free of clumps. Mix well. Add your essential oils, drop by drop and stir into the dry ingredients. Slowly add your carrier oil while mixing the ingredients with your hand. Slowly add the food coloring while mixing with hand. Slowly add water to the mixture while blending it with your hands. You only need enough water to make the mixture stick together when pressed firmly. Press the mixture into molds. Set them onto wax paper to dry. Allow them to dry at least a day. Drop one bomb into your bath. Store bombs in air tight containers or bags. Will keep for 6 months.

Homemade Body Scrubs as Gifts

If you'll be giving your homemade body scrub as a gift, here are a few tips:

1. Put the scrub in an airtight container. A squat, wide-mouthed glass jar is ideal.
2. Use sugar or salt as the exfoliant, because these keep for longer than the other exfoliants.
3. Advise the recipient to use the body scrub within 6 months, because some carrier oils may start to go rancid after that time.

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Bath Bombs 2

Bath Bomb Molds*

Metal or Glass mixing bowl

Spritzer/spray bottle

Gloves

Sieve

1 c citric acid OR ½ c cream of tartar

2 c baking soda

20-30 drops Essential Oils

1 Tbsp Carrier Oil**

15-20 drops Food Coloring (option)

A *tiny* bit of water

It might be a good idea to work with a smaller batch until you can make Bath Bombs easily. Start with ½ c citric acid and ⅔ c baking soda. Use 7-10 drops Essential Oils, 1 tsp Carrier Oil, and 5-7 drops Food Coloring. This will be enough to make 2 small Bath Bombs.

Put on your gloves:

1. Mix together citric acid and baking soda in a bowl. Make sure they're mixed thoroughly. The easiest way to mix the 2 powders is to sift them back and forth between 2 bowls.
2. Add Essential Oils, Carrier Oil, and optional Food Coloring. Mix rapidly with your hands before the mixture has a chance to fizz. The food coloring will make the mixture a bit clumpy, but you can re-powderize the clumps by rubbing them between your hands.
3. Spray water onto the mixture a tiny bit at a time, and continue mixing. You probably need less water than what you think. Aim for a consistency where the mixture is still pretty crumbly, but will just hold its shape when you squeeze it hard in your hand.
4. Pack the mixture tightly into your mold(s). If you're using a two-part mold like the Christmas decoration, then slightly overfill each half of the mold, and press them together tightly. Don't twist, just press. Tap the mold to release the Bath Bombs.
5. Let your Bomb(s) dry for a couple of hours in a warm, dry place. Keep them out of

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directly sunlight though. Placing the Bombs in little "nests" of tissue paper seems to help them dry better and stops the round ones from getting flat on the bottom.

6. Use them within a few weeks. They smell so good you'll probably want to use them right away. But it's important to know that they lose their fizzing power if they're kept in storage for too long. If you give one as a gift, make sure you tell them to enjoy their relaxing fragrant fizzy bath sooner rather than later.

**You don't need to spend a lot of money on molds for your Bath Bombs. You can use: 2-part, snap-together Christmas decorations found at craft stores; Chocolate Molds found at craft or cookware stores; cut a tennis ball in half; muffin tray; ice-cube trays; or shot glasses. Look around your kitchen for a small receptacle of some sort. In general, smaller Bath Bombs are easier to make than big ones. The big ones tend to crumble, whereas the small ones seem to be more robust.*

***If you're giving these as a gift, don't use Almond Oil for someone who has a nut allergies.*

Ingredients NOT to use:

- **Borax** – this is used as an ant poison. If it's ingested, it's toxic to your liver and kidneys.
- **Cornflower** – this will give the water a nice "soft" texture and make your skin feel nice, however, it does feed yeast infections.

Giving Bath Bombs as Gifts

A simple way to present your Bath Bomb is to wrap it up in tissue paper.

Exfoliating Sugar Scrub

8 oz Raw Sugar*
1 oz Jojoba, Watermelon Seed, or Fractionated Coconut Oil
1 oz Vegetable Glycerin
1 of Liquid Castile Soap
½ tsp Vitamin E Oil
¼ tsp Essential Oils

*You may substitute with Cane Sugar or Sea Salt.

Add the sugar to a medium sized mixing bowl. Add the oils, glycerin, and castile soap and mix well with a fork. Add the essential oils and mix well. Store in airtight jars. Scoop a tiny amount of the scrub onto your fingers and apply to wet skin. Scrub gently in a slow, circular motion. Do not grind the scrub into your skin. Rinse off. Keeps for 1 month.

Soothing Foot Oil

1 oz Tamanu Oil
2 drops Tea Tree Essential Oils
2 drops Peppermint Essential Oils
2 drops Sandlewood Essential Oils

Blend Essential Oils into Tamanu Oil. Apply to the feet multiple times, and at least twice, throughout the day. Store in a cool, dark place.

Shaving Cream 2

4 Tbsp solid Shea Butter
3 Tbsp Coconut Oil
2 Tbsp Sweet Almond Carrier Oil
10 to 12 drops Lavender Essential Oil or your favorite Essential Oil

Melt shea butter and coconut oil in a double boiler at the lowest heat setting. Stir occasionally until completely melted. Remove from heat. Add carrier oil and essential oils and stir to combine completely. Chill mixture until it hardens. Remove from refrigerator and whip with mixer until it is the consistency of frosting. Let it rest for a couple minutes before transferring to an airtight glass container. Keeps for up to 1 month.

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SKIN CARE

Moisturizer

¾ c unrefined Coconut Oil
2 Tbsp Aloe Vera Gel
8-10 drops Essential Oils

Add all ingredients to a bowl. Using a hand mixer with a whisk attachment, whip until a smooth creamy emulsion forms. Store in an airtight, glass container, in a cool, dry place. To use: rub a pea sized amount between your fingertips and apply to a clean, dry face. Wait for moisturizer to soak in before applying makeup. This moisturizer is great on other areas of the body as well.

Cleansing & Nourishing Dry Skin Oil

½ oz Jojoba Oil
4½ oz Macadamia Oil
15 drops Carrot Seed Essential Oils
15 drops Rose Essential Oils

Blend all ingredients and store in an airtight container in a cool, dark place.

Use as a natural moisturizer for dry skin, twice daily, or use as an oil cleanser before bedtime.

Wintertime Body Moisturizer

4 oz Cocoa Butter
½ c Sweet Almond Oil
1½ tsp Vanilla Essential Oils

Place cocoa butter in freezer for 10 min until it pops out of the container easily, then place in a saucepan and melt over gentle heat. Add Sweet Almond oil and continue heating just until liquid has clarified. Remove from heat and stir in Vanilla Essential Oils. Let cool into a salve-like cream. For a creamier consistency, whip the mixture during the cool-down phase. Use as an all-over body moisturizer.

Hand-Saving Salve

1 c Apricot Kernel Oil
¼ c dried Calendula Petals
¼ c dried Lavender Flowers
½ c Coconut Oil
½ c Beeswax or Soy Wax
1 tsp Lavender Essential Oils

Place Calendula Petals and Lavender Flowers in a jar, cover with Apricot Kernel Oil, close lid and set in a warm place to infuse for up to a week. Shake the jar periodically to enhance the infusion. Strain Apricot Kernel Oil into a double boiler, discarding petals and flowers. Add Coconut Oil and Wax to Apricot Kernel Oil and gently heat mixture over simmering water just until the wax melts. Remove from heat and set aside to cool until mixture becomes slightly hazy around the edges. Stir in Lavender Essential Oils and pour into clean jar with lid and allow salve to firm up. Apply to hands, fingers, cuticles, and nail beds as desired.

Scar Reducing Body Butter

2 oz shea butter or coconut oil
10 drops Jasmine Essential Oil
10 drops Frankincense Essential Oil
Jar

Heat the shea butter in a double boiler until it is liquid. Make sure the oil is not so hot that it will burn you, then add the other oils and combine. It's best to have this butter at room temperature or a little warmer. You can either smear it on your scar immediately, or make it into a shelf-stable cream texture. To make a shelf-stable cream, place the mixture in the refrigerator for a few minutes until it is cool, then use a hand mixer on high speed to whip the oils into a white cream. Pour into a glass jar or jars and store at room temperature.

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Wax Hand & Foot Dip

½ pound Beeswax or Soy Wax
2 oz Sweet Almond Oil
½ c dried Rose Petals, crushed
12 drops Lavender Essential Oils

Melt wax in a double boiler or bowl set in simmering water. Make sure the wax vessel is large enough to dip a hand or foot into. While wax is melting, mix the Lavender Essential Oils into the Sweet Almond Oil in a separate container. Crumble the Rose Petals into the melting wax. Once wax is fully melted, remove from heat and let cool. Use a meat or candy thermometer to measure 120°. Pour half of the Lavender-scented Sweet Almond Oil into the melted wax mixture and stir. Coat hands or feet with the remaining Lavender-scented Sweet Almond Oil. Once the melted wax mixture reaches 110°, deep your hand or feet into the mixture and remove to let a skin form. Repeat until several layers of warm wax form on your skin. Have someone help you wrap your hands or feet in plastic wrap and a warm towel or blanket. After 20 min, unwrap and peel away the wax and discard.

Foot Massage Oil

1 oz Baobab oil
3 drops Patchouli Essential Oils
2 drops Sweet Marjoram Essential Oils
1 drop Vetiver Essential Oils

Blend this combination of earthy essential oils into the baobab oil. Massage into feet.

Grapefruit Cellulite Cream

1 c coconut oil
30 drops Grapefruit Essential Oil
Glass Jar

Mix Grapefruit Essential Oil and Coconut Oil together. Store in a glass container. Rub into cellulite for 5 minutes daily.

Neck & Body Massage Oil

1 oz Sweet Almond Oil or Grapeseed Oil
7 drops Eucalyptus Essential Oils
4 drops Peppermint Essential Oils
3 drops Patchouli Essential Oils

Add Essential Oils to carrier oil. Mix well and apply as a massage to the back and sides of the neck and along the tops of your shoulders.

Meditative Temple Massage Oil

1 oz Baobab Oil
5 drops Frankincense Essential Oils
1 drop Lavender Essential Oils
1 drop Patchouli Essential Oils

Combine Essential Oils with Baobab Oil. Apply 3 – 5 drops to the tips of fingers, and massage into temples for an aroma-enhanced meditation. For maximum benefits, apply one drop under the nose too.

Lip Balm

Few drops Lavender Essential Oil
Shea Butter, Jojoba Oil, Coconut Oil, Coconut Butter, or your favorite carrier oil

Mix ingredients and apply to lips to prevent chapping or burning. Can also use this as a burn ointment.

Sleep Inducing Facial Cream or Body Rub

5 drops Frankincense Essential Oil
5 drops Lavender Essential Oil
1½ Tbsp Coconut Oil
½ tsp Olive Oil
Jar

Use coconut oil that is not solid. If needed, heat coconut oil in a double boiler to soften. Add other oils and stir to combine. Spread over your face or body. In order to not allow the oils to seep into your sheets, you may want to pat yourself off after use. Cream can also be stored in a glass jar for later use.

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Hand Cream

½ c Olive Oil
¼ c Coconut Oil
¼ c Beeswax
16 drops Patchouli Essential Oil
10 drops White Fir Essential Oil

Heat olive oil, coconut oil and beeswax until combined. Add essential oils and combine. Store in a glass jar.

Exfoliating Face Scrub

¼ c yogurt
¼ c cornmeal
5 drops Patchouli Essential Oil
5 drops Lavender Essential Oil
8 drops Tea Tree Essential Oil

Combine yogurt and cornmeal, then add essential oils. Store in a glass jar.

Lavender Mint Lip Balm

1 Tbsp Coconut Oil
1 Tbsp Beeswax
2 Tbsp Shea Butter
7 drops Peppermint Essential Oil
7 drops Lavender Essential Oil
Lip Balm Tins or Tubes

In a small pan over med-lo heat, melt beeswax, coconut oil, and shea butter. Use chopstick or other small, long stick to stir. Remove from heat and add essential oils. Whisk well with chopstick and try to distribute oil throughout the mixture. Pour quickly into tins or jars. Let cool on counter until hard.

Protecting Body Oil

1 oz Grapeseed Oil
12 drops Essential Oils

Combine Essential Oils with Grapeseed Oil and smooth over exposed skin.

Frankincense & Myrrh Lotion

¼ c Olive Oil
¼ c Coconut Oil
¼ c Beeswax
¼ c Shea Butter
2 Tbsp Vitamin E
20 drops Frankincense Essential Oils
20 drops Myrrh Essential Oils
Lotion dispenser bottle

Put olive oil, coconut oil, beeswax, and shea butter in a glass bowl and set in a saucepan with water. Heat on med heat and mix together. Once they are mixed, refrigerate for 1 hour until solid. With a mixer, beat the mixture until it is whipped and fluffy. Then add Essential Oils and Vitamin E and mix. Fill the dispenser bottle and store in a cool place.

Natural Acne Scar Treatment

2 tsp raw honey
3 drops Lavender Essential Oil
3 drops Tea Tree Essential Oil
3 drops Frankincense Essential Oil

Mix all ingredients for a mask. One hour before bed, wash and dry your face, then apply the paste. Right before bed, rinse off.

Hand Sanitizer

3 Tbsp Aloe Vera Gel
1 Tbsp distilled water
5 drops Tea Tree Essential Oil
1 tsp Vitamin E
Dispenser bottle

Combine all ingredients and mix well. Transfer to a dispenser bottle.

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Foaming Face Wash

½ tsp Sweet Almond Oil or Extra Virgin Olive Oil
⅓ c Castile Soap
10 drops Ylang Ylang Essential Oil
5 drops Patchouli Essential Oil
4 drops Lemongrass Essential oil
2/3 c distilled water

Pour the castile soap and sweet almond oil into a foaming soap dispenser. Add the essential oil and swirl to combine. Fill the container with distilled water and screw on the top.

Lavender Honey Lip Balm

2 Tbsp Coconut Oil
1 Tbsp Shea Butter
½ tsp ray honey
1 Tbsp Sweet Almond Carrier Oil
2 Tbsp Beeswax
15 drops Lavender Essential Oil
5 drops Frankincense Essential Oil
12 lip balm tubes
Large rubber band

Remove the lids from the lip balm tubes and secure upright with a large rubber band. Gently melt the coconut oil, shea butter, honey, and beeswax in a double boiler. Remove from heat and stir in the sweet almond carrier oil and essential oils. Quickly pour the melted oil into the upright lip balm tubes. Oil starts to set quickly. Allow the lip balm to set and then cap the containers.

Body Lotion

8 oz unscented hand or body lotion
15-20 drops Essential Oils

Pour lotion into a bowl. Add the oils and mix very well. Pour the lotion back into the bottle using a funnel. Remember to only use essential oils that are safe and beneficial for the skin. Use as you would any other lotion.

Chocolate Mint Lip Balm

2 Tbsp Coconut Oil
1 Tbsp Cocoa Butter
1 Tbsp Sweet Almond Carrier Oil
2 tbsps Beeswax
5 to 6 drops Peppermint Essential Oil
12 Lip Balm Tubes

Gently melt coconut oil, cocoa butter, sweet almond carrier oil, and beeswax in a double boiler. Remove from heat and stir in essential oil. Quickly pour melted oil into lip balm tubes. The oils start to set quickly. Allow the lip balm to set, then cap the containers.

Foaming Hand Soap

⅓ c liquid Castile Soap
⅔ c distilled water
20 drops of your favorite Essential Oils
Foaming soap dispenser

Pour the castile soap and essential oil into the jar and stir to combine. Fill the jar up with water and screw on the lid.

Face Serum

1 oz of your favorite Carrier Oil
2 drops Frankincense Essential Oil
2 drops Sandlewood Essential Oil
1 drop Rose Essential Oil

Add oils to a 1 oz amber bottle with a glass dropper. Pour in the carrier oil and shake to mix. Massage a drop or two into your face.

Facial Toner

3½ oz Witch Hazel
8 drops Grapefruit Essential Oil
4 drops Cypress Essential Oil
4 drops Tea Tree Essential Oil

Add all ingredients to a 4 oz bottle and shake to mix all ingredients. Shake the toner well before each use and then apply to your face using a cottonball.

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Cooling Peppermint Toner

¾ c Distilled Water
¼ c Apple Cider Vinegar
20 drops Peppermint Essential Oil

Add distilled water and apple cider vinegar to a glass spray bottle. Add essential oil. Lightly mist your face as needed throughout the day, but especially after washing in the morning and evening. You can also use a cotton ball to apply. Store in the refrigerator.

Acne Formula

1 oz Jojoba or Fractionated Coconut Oil
6 drops Lavender Essential Oil
5 drops Tea Tree Essential Oil
1 drop Geranium Essential Oil

Pour carrier oil into a clean bottle, then add the essential oils and tightly close the bottle. Roll the bottle to gently mix the oils for a minute or two. Apply a small amount to the face, neck, or back. Avoid the eyes, lips, nostrils, and inside the ears. Gently roll the bottle before each use.

Body Powder

4 oz Arrowroot Powder*
10-15 drops Essential Oil
4 oz body powder sifter container

*You may substitute with Non-GMO Cornstarch, or, if you have oilier skin, you may substitute up to ½ oz White Kaolin Powder.

Add the powder to a large mixing bowl. Add the essential oils and mix well. Package your body powder in the container. Remember to only use essential oils that are safe and beneficial for the skin. Use as you would any other powder, avoiding the eyes, mucous membranes, mouth, genitals, and other sensitive areas of the body.

Stretch Mark Butter

3 oz Cocoa or Shea Butter
1 oz Avocado Oil, or Carrier Oil of your choice
4 drops Neroli Essential oil
4 oz jar with tight fitting lid

In double boiler, gently melt the butter. Stir in carrier oil. Pour mixture into a bowl and allow to cool slightly. Add essential oils and mix well. Carefully pour the mixture into a jar and allow to cool. If the butter is too firm, add a little more carrier oil. If it's too soft, use less oil. Apply to your upper thighs and abdomen at least twice a day. Avoid genitals, and discontinue use if any sensitivity occurs.

Non-Greasy Lotion

1 c Pure Aloe Vera Gel*
½ c grated Beeswax
½ c Sweet Almond, Grapeseed, or Jojoba Carrier Oil
1 tsp Vitamin E Oil
15 drops of your favorite Essential Oils
*May substitute aloe vera gel with Distilled Water or Strong-brewed Herbal Tea.

In a medium sized bowl, combine aloe vera gel, vitamin E oil, and essential oils. Set aside, allowing it to come to room temperature. In a double boiler, add beeswax and carrier oil, and heat until beeswax is completely melted. Pour beeswax mixture into a blender and allow to cool. Once cooled, turn blender on Low. Remove top of blender and pour aloe vera mixture in a slow, continuous stream. Stop blender as often as needed to run a spatula around sides to incorporate ingredients. If liquid is pooling at the top, stop frequently to push it around with the spatula. This may take 10-15 min. Continue blending until desired consistency is reached. Transfer lotion to jars and refrigerate any portion that will not be used up within a few weeks.

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PERSONAL CARE

Basic Perfume Oil

1 oz Grapeseed Oil
12 drops Essential Oils

Blend Essential Oils separately, then mix into Grapeseed Oil and pour into 1-oz perfume bottle. Dab onto pulse points.

For a larger quantity, use 2 oz of Grapeseed Oil and 24 drops of Essential Oils.

Note: Complete perfumes feature light top notes (Lemon, Palmarosa, Lemongrass, Lavender), radiant middle notes (Rose, Jasmine, Neroli, Mandarin Orange), and long-lasting base notes (Vetiver, Sandlewood, Patchouli, Frankincense). Craft a blend that features a balance of all three categories for the best result.

Summertime Body Spray

3 oz Coconut Water
1 oz Aloe Vera Juice or extract
8 drops Lavender Essential Oils
8 drops Patchouli Essential Oils or Cedarwood Essential Oils
5 drops Lemon Essential Oils
3 drops Eucalyptus Essential Oils

Measure ingredients into a spray mister bottle. Shake contents before each application. Store the body spray in the refrigerator or cooler for an especially cool and refreshing way to beat summer heat.

Improve Memory

½ tsp Coconut Oil
3 drops Rosemary Essential Oil

Mix ingredients and rub on upper neck or diffuse for 1 hour a day

Lavender Perfume

2 drops Lavender Essential Oil
½ c Distilled water
Spray Bottle

Mix ingredients in spray bottle and spray on body as needed. You can also add other oils for your own unique scent.

Summertime Skin Mist

4 oz Distilled Water
½ tsp Sweet Almond Oil
12 drops Lavender Essential Oils
6 drops Peppermint Essential Oils
6 drops Spearmint Essential Oils

Combine water, Sweet Almond Oil, and Essential Oils in a spray mister bottle. To use, shake contents vigorously and lightly mist exposed skin. For additional cooling, store bottle in ice chest or refrigerator.

Oil Free Moisture Mist

2 oz Orange Flower Hydrosol or Distilled Water
1 oz Aloe Vera Juice
1 oz Vegetable Glycerin
24 drops Coriander Seed Essential Oils

Combine all ingredients in a 4-oz spray mister bottle. Shake contents vigorously. Shake and mist face and neck whenever refreshing moisture is desired.

Pain Reducer

1 Tbsp Carrier Oil
2 drops Rosemary Essential Oil
2 drops Peppermint Essential Oil

Mix ingredients and rub on sore muscles and painful joints.

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Homemade Deodorant

- ¼ c Baking Soda
- 5 Tbsp Coconut Oil
- 2 Tbsp Cornstarch or Arrowroot Powder
- 2 Tbsp Bentonite Clay
- 15 drops Bergamot Essential Oils

Blend all ingredients together and place in a small container. If the recipe is too soft, you can refrigerate after mixing to help solidify. Use as a crème and apply to underarms with tips of fingers. Make sure your skin is clean and dry before application to get the most out of the deodorant.

Vapor Rub

- ¼ c olive oil
- ½ c coconut oil
- ¼ c grated beeswax
- 20 drops Peppermint Essential Oil
- 20 drops Eucalyptus Essential Oil
- Glass Jar

Pour Olive Oil, Coconut Oil, and Beeswax into a jar. Place a saucepan with 2” of water over medium low heat. Place jar in saucepan and allow oils to melt. Stir to combine. Once combined, allow to cool slightly and add in Essential Oils. Pour mixture in glass jar with lid and allow to set.

Men’s Cologne 1

- 5 drops Cedarwood Essential Oil
- 3 drops Bergamot Essential Oil
- 2 drops Sandlewood Essential Oil
- ½ pint Witch Hazel
- Glass roller ball bottle or Glass cologne spray bottle

Mix all ingredients together and store in a glass bottle.

Sleep Time Salve

- ½ c Coconut Oil
- ¼ c Beeswax
- 10 drops Patchouli Essential Oil
- 15 drops Lavender Essential Oil

Heat coconut oil and beeswax until combined. Add essential oils while still warm. Store in a glass jar.

Muscle Rub

- ½ c Coconut Oil
- ¼ c grated Beeswax
- 2 tsp Cayenne Powder
- 2 tsp Ginger or Turmeric Powder
- 15 drops Peppermint Essential Oil
- 15 drops Lavender Essential Oil
- Glass Jar

Place Coconut Oil and Beeswax in a jar. Place the jar in a saucepan with 2 inches of water over med-lo heat. Allow the oils to melt and combine. Add the powders. Once combined, allow to cool slightly, then add the essential oils and mix well. Pour mixture into glass jars and allow to set.

Body Spray

- 10 oz spray bottle
- 1 c distilled water
- 1½ Tbsp Witch Hazel
- 7 drops Essential Oils

Put the water and Witch Hazel into the spray bottle and shake. Add your choice of Essential Oils and shake gently. Shake before each use.

<i>Suggestions</i>	
<i>Relax</i> Tea Tree Lavender	<i>Confidence</i> Rosemary Grapefruit
<i>Invigorate</i> Peppermint Orange	<i>Fight Depression</i> Lavender Lemon

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Sunburn Spray

½ c Liquid Aloe Vera Juice
1/8 c Fractionated Coconut Oil
10 drops Lavender Essential Oil
10 drops Peppermint Essential Oil
Blue Glass spray bottle

Heat 2 inches of water in a saucepan over med heat. In a jar, add coconut oil and aloe vera juice. Place jar in saucepan and stir until mixture liquefies and combines. Remove from saucepan and add the essential oils, mixing well. Pour into spray bottle and store in a cool place.

Mouth Wash 1

2 c spring or distilled water
5 drops Peppermint Essential Oil
5 drops Tea Tree Essential Oil
Dispenser Bottle

Pour all ingredients into a bottle. Shake to mix. Take a small sip, swish mixture around your mouth, gargle for 30 seconds and spit out. Do not swallow.

Prostate Help

½ tsp Carrier Oil
2 drops Rosemary Essential Oil

Mix ingredients and rub beneath testicles.

Improve Gallbladder Function

½ Tbsp Carrier Oil
3 drops Rosemary Essential Oil

Mix ingredients and rub over gallbladder area twice a day.

Help with Neuropathy & Neuralgia

1 Tbsp Carrier Oil
2 drops Rosemary Essential Oil
2 drops Helichrysum Essential Oil
2 drops Cypress Essential Oil

Mix ingredients and rub on areas of Neuropathy.

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Beard Oil

Fractionated Coconut Oil
5 drops Lavender Essential Oil
5 drops Lemon Essential Oil
5 drops Peppermint Essential Oil
15 ml glass bottle or spray bottle

Add essential oils to bottle, then fill with coconut oil.

Calming Rub

½ c Shea Butter
½ c Coconut Oil
⅓ c Magnesium Oil
20 drops Calm, Meditation Blend

Gently melt shea butter and coconut oil in a double boiler. Once melted and incorporated, remove from heat and allow to cool for 20 to 30 min. Whip the mixture until frothy. Slowly pour in the magnesium oil and essential oils. Whip until you have a nice whipped rub. Scoop the mixture into airtight glass jars and store away from direct sunlight. Use nightly before bed by rubbing the feet, forearms, and neck.

Men's Cologne 2

2½ oz Witch Hazel or Perfumer's Alcohol
1 oz Distilled Water
15 drops Bergamot or Mandarin Essential Oil
15 drops Patchouli Essential Oil
5 drops Bay Laurel Essential Oil
3 drops Black Pepper or Ginger Essential Oil
5 drops Oakmass Absolute or 2 drops Vetiver Essential Oil
1 drop Neroli Essential Oil (optional)

Add witch hazel and water to a clean 4 oz spray bottle. Add the oils. Shake well. Allow the cologne to rest for several day, shaking the bottle 1-2 times a day. Shake the cologne well before each use and apply as you would other colognes.

Insect Repellent 1

4 oz clean spray bottle with fine mist setting
1½ oz Distilled Water
1½ oz Witch Hazel
15 drops Citronella Essential Oil
10 drops Lavender Essential Oil
10 drops Eucalyptus Essential Oil
5 drops Lemongrass Essential Oil

Fill the spray bottle with water and witch hazel. Add the essential oils. Do not fill the bottle completely full, so there will be room to shake the contents. Shake the bottle before each use. Mist onto your skin and clothing and reapply as necessary. Discontinue use if you feel sensitivity from the repellent. Be careful not to mist delicate fabrics or surrounding furniture that may be harmed by the ingredients in the repellent. *Be especially careful not to allow the mist to fall into open beverages.*

Insect Repellent 2

2 Tbsp plus ½ tsp Witch Hazel
2 Tbsp Grapeseed, Jojoba, or Sweet Almond Carrier Oil
6 drops Eucalyptus Essential Oil
5 drops Lemon Essential Oil
3 drops Cedarwood Essential Oil
3 drops Lavender Essential Oil
3 drops Rosemary Essential Oil

Add witch hazel and carrier oil to a 3 or 4 oz spray bottle. Add essential oils. Shake well to blend. Shake well before each use. Use as normal, reapply as needed.

Simple Natural Perfume

1 Tbsp Jojoba Oil
5-10 drops of your favorite Essential Oils

Blend all oils together well and store in an airtight dark-colored glass container. Dab a drop onto your pulse points.

Grapefruit-Lavender Body Spray

2 oz Distilled Water
5-10 drops Grapefruit Essential Oil
5-10 drops Lavender Essential Oil
2 oz spray bottle

Fill bottle most of the way full with distilled water. (You want to leave a little room to shake.) Add Essential Oils and shake to mix. Shake before each use.

Natural Toothpaste

2/3 c Baking Soda
1 tsp Fine Sea Salt (optional)
10-15 drops Peppermint Essential Oil
Distilled Water

Mix together baking soda, salt (if using), and essential oil. Add a little water at a time, stirring after each addition, until paste reaches desired consistency. Each batch makes the equivalent of one 5.3 oz purchased tube of toothpaste. Store in a jar with a tight fitting lid. When you are ready to brush, wet your toothbrush, scoop or spread as much paste as you'd like, and begin brushing.

Mouth Wash 2

6 oz Distilled Water
1 oz Vodka (optional)
8 drops Peppermint or Spearmint Essential Oil
5 drops Myrrh Essential Oil

Water may be substituted for the Vodka. The Vodka helps to kill germs and helps keep the essential oil emulsified, but it is not necessary. Combine the water and vodka in an 8 oz bottle. Add the essential oils, shake well, and tightly cap. Shake well before each use. Use as you would other mouth washes.

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MOOD MASSAGE OILS

Energizing Massage Blend

8 drops Bergamot Essential Oils
8 drops Grapefruit Essential Oils
4 drops Peppermint Essential Oils

Blend with 100ml of Carrier Oil.

Detoxifying Massage Blend

8 drops Grapefruit Essential Oils
8 drops Lemon Essential Oils
6 drops Juniper Essential Oils

Blend with 100ml of Carrier Oil.

Bliss Massage Blend

5 drops Cypress Essential Oils
5 drops Lemon Essential Oils
5 drops Patchouli Essential Oils
5 drops Rose Essential Oils

Blend with 100ml of Carrier Oil.

Relaxing Massage Blend

8 drops Sandlewood Essential Oils
5 drops Neroli Essential Oils
5 drops Rose Essential Oils

Blend with 100ml of Carrier Oil.

Romantic Massage Blend

8 drops Orange Essential Oils
5 drops Patchouli Essential Oils
3 drops Cinnamon Essential Oils
3 drops Ylang Ylang Essential Oils

Blend with 100ml of Carrier Oil.

Soothing Massage Blend

10 drops Lavender Essential Oils
10 drops Mandarin Essential Oils

Blend with 100ml of Carrier Oil.

Tranquil Massage Blend

6 drops Chamomile Essential Oils
4 drops Rose Essential Oils
2 drops Neroli Essential Oils

Blend with 100ml of Carrier Oil.

Calm, Relaxing Massage Blend

1 oz of your favorite Carrier Oil
7 drops Roman Chamomile Essential Oil
5 drops Lavender Essential Oil

Add carrier oil to an airtight amber glass bottle. Add the essential oils and mix well. Gently massage into your feet. Do not plan to drive or concentrate after using this blend, as Roman Chamomile has a strong sedative effect.

Massage Oil

1 oz of your favorite Carrier Oil
10 drops of your favorite Essential Oils
(Use any of the diffuser blends multiplied 2 times)

Mix the oils well and store in an airtight, dark glass container. Apply ½ to 1 tsp for each massage.

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