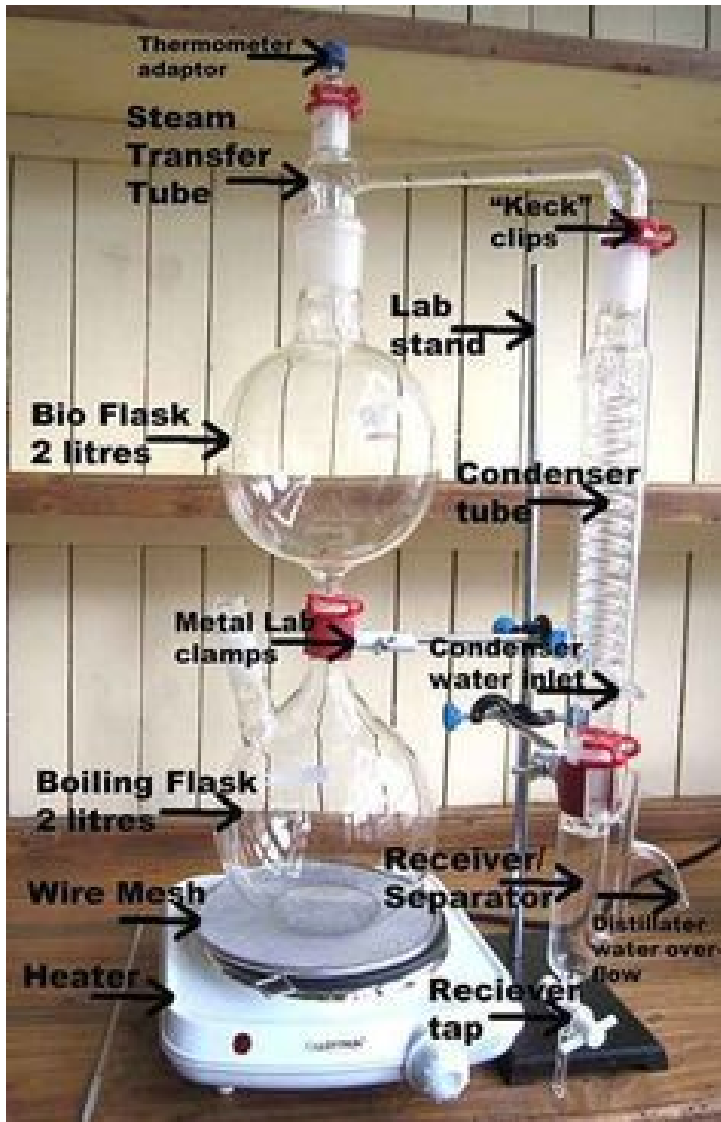


Essential Oils and Aromatherapy



Methods of Extracting or Obtaining Essential Oils



The most common method for extracting essential oils is using steam distillation.

← Solvents are often used in extracting oils that are waxy

The most expensive method is using CO₂ which does not heat up the plant and preserves maximum aromatics and properties of the plant.

Plant resins can also be obtained directly from the plant that exudes resins.

Index Card Testing

A way to test an essential oil is by Index testing. The process of Index testing is taking a drop of oil and placing it on an unmarked Index card (not paper). Wait until the essential oil completely dries, about 30 minutes. There should be nothing visible left on the index card. If there is no "oil ring" left behind, then there should be no carrier oil (olive oil, jojoba oil, vegetable oil, etc.) that has been ~~Q~~sed to extend and dilute the essential oil.

Rules For Safe Use Of Essential Oils

Essential oils: are very concentrated and flammable so there are important considerations to keep in mind.

The website <http://www.aromaweb.com/articles/safety.asp> has many details and lists oils for each of these items:

- Do not use undiluted (“neat”) essential oils directly on the skin (there are exceptions) as sensitivity can develop. Use carrier oils.
- Allergic reactions are possible, so when using for the first time, test on a small area of skin.
- Some oils should be avoided with certain health conditions such as pregnancy, asthma, epilepsy, etc
- Use small amounts of oil.
- Some oils are phototoxic meaning they cause problems or can damage skin when exposed to UVA rays.
- Some oils are hazardous.
- Keep your oils away from children.
- Do not take essential oils internally without a practitioner or advanced knowledge of safe usage.

Clove & Cinnamon Essential Oils:

Clove and cinnamon essential oils are the greatest anti-oxidant density. Two drops of essential oil of clove and four drops of cinnamon oil have the anti-oxidant capacity of 5lbs of carrots, 2.5 quarts of carrot juice, 10 oranges, 20 ounces of orange juice, 2.5 lbs of beets, 1 pint of beet juice, 4 cups of raspberries or 2.5 cups of blueberries.

Cinnamon is known for its ability to enhance insulin receptor site activity. This is especially important because it reduces the amount of insulin in the bloodstream. This strongly contributes to stable blood sugar, enhanced fat metabolism and decreased cellular inflammation (12).

Your guide to oil awareness

Follow these general guidelines for maximum safety when using essential oils, especially on others, but make sure also to always read the label before use.

Use in small doses



Some essential oils can have a toxic effect if they are used in large doses, and should therefore only ever be used in the smallest quantities. These oils can also have a negative effect on the liver. Such oils include: black pepper, cinnamon, clove, nutmeg and thyme.

Make sure to limit essential oil doses.

Irritants or allergies

Some oils are more likely than others to cause a reaction. A skin patch test is the best way to discover if a person can use a particular oil.

OILS LIKELY TO CAUSE A REACTION:

Aniseed, rosemary, basil, bergamot, black pepper, thyme, cajeput, carnation, sage, cedarwood, chamomile, ylang ylang, tea tree, cinnamon, nutmeg, citronella, clary sage, clove, eucalyptus, lavender, geranium, ginger, jasmine, juniper, pine, lemon, lemongrass, lime, melissa and neroli.

Skin reactions are relatively rare, but it's best to err on the side of caution.



In case of illness

If you are suffering from an illness or have an ongoing health problem, make sure to check the individual contraindications of the oil you wish to use as some may affect your condition.

AVOID THESE OILS:

For epilepsy avoid camphor, cinnamon, fennel and rosemary; for kidney problems stay clear of juniper.

If you suffer from an illness you should be careful about using particular oils.



Pregnancy

During pregnancy, use oils less often and in very low doses, through vapourisers rather than skin massage.

patchouli, wintergreen, petitgrain and rosemary.

During pregnancy, candles and burners are advised.

OILS TO BE AVOIDED:

Angelica, sandalwood, rose, aniseed, basil, chamomile, bergamot, camphor, thyme, cedarwood, clary sage, ylang ylang, geranium, coriander, cypress, fennel, peppermint, frankincense, ginger, sage, grapefruit, hyssop, jasmine, juniper, lavender, lemon, pine, marjoram, mandarin, myrrh, nutmeg, orange,



Do not inhale

Some oils can have a negative effect on the mucous membranes in the nose, and for this reason should not be used in steam inhalations or applied to the skin near the face.

OILS TO AVOID:

Cinnamon, clary sage, clove and marjoram.

Do not inhale certain essential oils as they may cause damage to the membranes located in your nose.

Photosensitising oils

Some essential oils cause skin pigmentation if applied to skin before exposure to sunlight or ultraviolet light. Such oils should not be applied before going out into sunlight or using a sunbed.

PHOTOSENSITISING OILS:

Bergamot, lime, sage, angelica, lemon, fennel, ginger, jasmine, orange and mandarin.

When it's sunny, avoid photosensitising oils such as lemon, fennel and ginger.



PHOTOTOXICITY AND IDIOSYNCRATIC REACTIONS

Some essential oils are considered phototoxic. This means that the oil will be changed chemically by UV radiation (the sun or sun beds) and become toxic to your skin/tissue/cells. Many studies on such oils have been done using just cells in a petri dish and exposing them to UV light.

❖ Phototoxicity is true of citrus oils and some others such as angelica root. The specific chemical that causes this reaction is bergapten and citrus oils may be sold with this component removed; for example, bergapten-free bergamot oil.

❖ If a phototoxic reaction does occur, it may lead to skin changes, which could result in skin cancers, so extreme caution should be used with these oils in summer months or for people who use sun beds.

You may take all the precautions advised on this poster and yet find that you react to an essential oil considered safe to use. In this case, it's called an idiosyncratic reaction, personal to you, and you need to avoid that essential oil in future.

❖ If you are concerned about sensitivity to essential oils it is safest to carry out a patch test on yourself prior to

use. There are various methods described, but the most common is to make up a 2.5 per cent dilution (one drop essential oil to 2 ml carrier oil), put it on the inside of your arm and wait at least 15 minutes, but the longer the better; try to leave for 24 hours.

❖ After you have carried out a patch test, look for any reddening or change in sensation on the skin before proceeding to use that essential oil in your blends.

❖ Remember, the safest way to proceed in using essential oils is to book an appointment with a qualified aromatherapist who can help you to develop your own repertoire.

Some oils will react to UV light.



Carrier Oils

- Essential oils evaporate and have a concentrated aroma.
- Carrier oils, are pressed from fatty seeds, nuts, etc, generally are odorless and do not evaporate. **Carrier oils can go rancid over time, but essential oils do not, but rather they “oxidize” and lose their therapeutic benefits.** This is the reason that small dark bottles are used to package essential oils.
- Only buy carrier oils that have been “cold pressed” and the ones that contain tocopherols (Vitamin E) generally have an extended shelf life.

Some common carrier oils are:

- Sweet almond
- Apricot kernel
- Avocado
- Grapeseed
- Jojoba
- Olive,
- Sesame
- Sunflower
- Coconut

Some absorb into the skin faster than others.

NEAT means to “apply an essential oil to your skin undiluted.” meaning that you would not add a carrier oil.



Angelica Root
Angelica archangelica

Grounding
Nourishing
Relieves Anxiety



Blood Orange
Citrus sinensis

Uplifting
Relieves Anxiety
Non-photo toxic



Bergamot
Citrus bergamia

Sunshine!
Antidepressant
Uplifting
Phototoxic



Black Pepper
Piper nigrum

Warming
Stimulating
Analgesic



Carrot Seed
Daucus carota

Skin rejuvenative
Wound healing
Supports healthy skin



Cedarwood
Cedrus atlantica

Nourishing
Astringent
Centering



Clary sage
Salvia sclarea

Affinity with Women
Antispasmodic
PMS, cramps, mood swings



Eucalyptus
Eucalyptus globulus

Affinity with the
Respiratory system
Expectorant
Antimicrobial



Fennel
Foeniculum vulgare

Affinity with digestion
Detoxifying
PMS



Geranium
Pelargonium sp.

Balancing
Mood swings
Astringent



German Chamomile
Chamomilla recutita

Anti-inflammatory
Soothing
Great for inflamed skin conditions



Helichrysum
Helichrysum italicum

Anti-inflammatory
Wound healing
Cell regenerative



Juniper berry
Juniperus communis

Invigorating
Cellulite/Edema
Detoxifier



Lavender
Lavandula angustifolia
Sedative
Soothes anxiety, mood swings, irritability
Wound healing



Lemongrass
Cymbopogon citratus

Antimicrobial
Analgesic
Antifungal
Great to clean with



Peppermint
Mentha x piperita

Analgesic
Relieves nausea
Muscular aches and pains / Cooling



Rose
Rosa damascena

Compassion
Nourishing
Astringent
Heart centered



Rosemary
Rosmarinus officinalis

Stimulating
Affinity with respiratory system
Enhances memory



Vetiver
Vetiveria zizanioides

Grounding
Astringent
Nourishing



Ylang ylang
Cananga odorata

Aphrodisiac
Calming
Nourishing

10 MUST HAVE ESSENTIAL OILS FOR CHILDREN

1. TEA TREE OIL
 - ANTI-BACTERIAL, ANTI-FUNGAL
 - USE ON CUTS, SCRAPES, BURNS, & BUG BITES
2. LAVENDER OIL
 - ANTI-BACTERIAL, ANTI-VIRAL
 - USE TO CALM, SOOTH SUNBURNS & BOOST IMMUNITY
3. CHAMOMILE OIL
 - ANTI-INFLAMMATORY, SEDATIVE
 - USE FOR COLIC, EAR INFECTIONS, & TO CALM
4. PEPPERMINT OIL
 - ANTI-PYRETIC, STIMULANT -MUST DILUTE WELL!!!
 - USE FOR COLIC, FEVERS, & SINUS CONGESTION
5. EUCALYPTUS OIL
 - ANTI-VIRAL, ANTI-BACTERIAL, ANTI-PYRETIC
 - USE WITH SINUS CONGESTION & FEVERS
6. ROSE OTTO OIL
 - ANTI-INFLAMMATORY, RELAXANT, UPLIFTING
 - USE TO TREAT SEASONAL ALLERGIES
7. CITRUS OILS: ORANGE, LEMON, GRAPEFRUIT, ETC.
 - UPLIFTING, BALANCING
 - USE SMALL DOSES TO ENERGIZE OR LARGE DOSES TO CALM
8. FRANKINCENSE OIL
 - ANTI-BACTERIAL
 - USE FOR MILD WOUNDS & SINUS INFECTIONS
9. SANDALWOOD OIL
 - ANTI-BACTERIAL, ANTI-INFLAMMATORY, SEDATIVE
 - USE FOR SORE THROATS & TROUBLE SLEEPING
10. ST. JOHN'S WORT OIL
 - ANTI-BACTERIAL, SEDATIVE
 - USE FOR EAR ACHES & NERVOUSNESS

LEARN.LIVEWELL

What are the benefits of essential oils? Are you looking for an alternative to pharmaceutical products that are all natural? Did you know there are all natural essential oils that provide the same results, yet, they don't have harsh side-effects and your body doesn't grow a tolerance? Not to mention so many more benefits. doTERRA offers CPTG Certified Pure Therapeutic Grade essential oils which means they are free from pesticides and other harmful chemicals. Why not try all natural products from trydoterra.com? See the amazing results of doTERRA essential oils.

Instead of these

Try this...



Lavender

- Diffuse in a room or apply topically to calm anxiety and soothe emotions
- Apply topically to soothe itchy skin and sun, including burns and cuts
- Apply internally for a natural antispasmodic
- Massage on back or bottom of feet at bedtime
- Apply topically to ease bee stings, insect bites, and bug bites.



Deep Blue

- Apply directly to tired, aching joints
- Apply topically to ease arthritis and carpal tunnel pain
- Apply topically to help reduce inflammation
- Use with a carrier oil for a therapeutic deep-tissue massage
- Rub on muscles before and after exercise to reduce discomfort



Oregano

- Apply to bottoms of feet to support and boost the immune system
- Fight off bacterial and viral infections
- Combat colds and the flu
- Helps with digestive problems
- Valued as a strong antiseptic and antimicrobial agent



Melaleuca

- Apply to skin blemishes and rashes as part of a daily cleansing regimen
- Use with shampoo or conditioner for healthy scalp and hair
- Apply to feet and toenails after showering, swimming, or working out to help with athlete's foot and other fungus
- Apply to carrier scents to help ease pain and heat



Breathe

- Apply liberally to sinus area to relieve sinus pressure and headache
- Apply to chest or bottom of feet for seasonal respiratory discomfort
- Diffuse at bedtime for more restful sleep
- Apply liberally to chest and neck to help clear sinuses, such as asthma and cough



Peppermint

- Apply to neck and forehead with Lavender to calm headache
- Add to water in a spray bottle and mist body when overheated
- Apply liberally to bottom of the feet to reduce fever
- Inhale deeply to invigorate lungs and increase awareness

The advice has not been evaluated by the FDA. Products and methods are not intended to diagnose, treat, cure, or prevent any illness or disease, and it is not intended to replace proper medical help. Feel free to use this infographic on your site but please give us the link to <http://www.trydoterra.com>

Blend of:

Wintergreen, camphor, peppermint, Blue tansy, German chamomile, Helichrysm, Osmanthus

Blend of:

Laurel leaf, peppermint, eucalyptus, melaleuca, lemon, ravenara

25 Ways to Use

Lime Essential Oil

Antibacterial

Antibiotic

Anti-mucus

Anti-rheumatic

Antiseptic

Antiviral

Disinfectant

Fever Reducer

frontierblessings.com

Your key to antiseptic oils

The many active constituents in antiseptic essential oils work to provide them with powerful germicidal properties and also lend them distinctive aromas.

Thyme

High concentrations of phenols thymol and carvacol give thyme its germicidal action. Sweet thyme is low in phenols.

Thymol and carvacol are also irritants, so use thyme oil sparingly.



Pine

Rich in monoterpenes such as pinene and myrcene, which give pine its deodorising and disinfectant properties.

The needles and cones of pine give a clear, refreshing oil.



Tea tree

Gentle and mild, tea tree is a powerful antiseptic oil, due to its active constituents of monoterpenes, cymene and terpineol.

Tea tree is an effective antiseptic oil that can be applied neat.



Eucalyptus

There are more than 500 species of eucalyptus that yield essential oils useful for disinfection. All have bacteriostatic activity and anti-infection properties.

Eucalyptus's potency differs between species.



Lemon

Lemon's antiseptic action is due to its principal component, limonene. The oil is a popular choice for household cleansers.

The aldehydes in lemon give it a light, citrus scent.



Benzoin

Rich and resinous, benzoin is especially rich in esters such as benzyl benzoate, which are antiviral and provide a sweet, floral scent.

Benzoin is a gentle treatment for urinary and skin infections.



Antiseptic blends

FIRST AID TREATMENT

Treat minor cuts and abrasions with a cooling antiseptic compress:

- ❖ 2 drops lavender
- ❖ 6 drops tea tree
- ❖ 2 drops thyme.

URINARY INFECTIONS

Add gentle antiseptic oils to a warm bath for healing relief from cystitis:

- ❖ 2 drops benzoin
- ❖ 2 drops juniper
- ❖ 5 drops rosemary.

COLDS AND FLU

Massage a blend of antiviral essential oils onto the throat, neck and chest to combat respiratory infections:

- ❖ 3 drops eucalyptus
- ❖ 2 drops lavender
- ❖ 3 drops rosemary
- ❖ 30ml carrier oil.

NATURAL FUMIGATION

Prevent the spread of coughs and colds at home or work by fumigating rooms with a fine spray mist. Dilute the oils in 50ml of water:

- ❖ 5 drops eucalyptus
- ❖ 5 drops lemon.

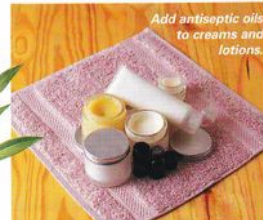
Cajeput

Cajeput's antiseptic properties are due to its active constituents of terpineol and terpenes.

Cajeput's scent is sweet and penetrating.



Add antiseptic oils to creams and lotions.



The constituents of antiseptic oils



Most constituents of essential oils have some degree of antiseptic activity, but those rich in the following compounds are considered to be particularly germicidal.

Oils rich in phenols and monoterpenes can be added to face masks to protect against dermal problems such as acne.

❖ **Monoterpenes**
Abundant in most distilled oils, these are bacterial and antiviral.

❖ **Alcohols**
These have valuable anti-infection properties.

❖ **Phenols**
Oils rich in phenols need to be used sparingly as they can cause skin irritations.

Essential Oil	Dry Skin	Sensitive Skin	Oily Skin	Elasticity	Wrinkles	Acne
Bergamot <i>Citrus bergamia</i>			x			
Cedarwood <i>Cedras atlantica</i>	x					x
Clary Sage <i>Salvia sclarea</i>	x		x		x	
Cypress <i>Cypressus sempervirens</i>			x		x	
Frankincense <i>Boswellia carterii</i>			x	x	x	
Geranium <i>Pelargonium graveolens</i>	x	x	x	x	x	x
Helichrysum <i>Helichrysum italicum</i>			x		x	
Jasmine <i>Jasminum officinale</i>	x	x				
Lavender <i>Lavandula angustifolia</i>	x	x	x	x	x	x
Lemon <i>Citrus lemon</i>	x		x		x	x
Lemongrass <i>Cymbopogon flexuosus</i>			x			x
Myrrh <i>Commiphora myrrh</i>	x			x	x	
Orange <i>Citrus sinensis</i>			x		x	x
Patchouli <i>Pogostemon cablin</i>	x		x		x	x
Roman Chamomile <i>Chamaemeleum nobile</i>	x		x			x
Rose <i>Rosa damascena</i>	x					x
Rosewood <i>Aniba rosaeodora</i>	x					x
Rosemary <i>Rosmarinus officinalis</i>			x		x	x
Sandalwood <i>Santalum album</i>	x		x		x	
Tea Tree <i>Melaleuca alternifolia</i>			x			x
Ylang Ylang <i>Cananga odorata</i>	x		x	x	x	

Aromatherapy advice
Essential Oil Guide

A quick checklist of oils that help soothe, suppress, or even enhance human emotions and such...

Anger
Bergamot, Jasmine, Neroli, Orange, Patchouli, Petitgrain, Roman Chamomile, Rose, Vetiver, Ylang Ylang

Confidence
Bay Laurel, Bergamot, Cypress, Grapefruit, Jasmine, Orange, Rosemary

Anxiety
Bergamot, Cedarwood, Clary Sage, Frankincense, Geranium, Lavender, Mandarin, Neroli, Patchouli, Roman Chamomile, Rose, Sandalwood, Vetiver

Depression
Bergamot, Clary Sage, Frankincense, Geranium, Grapefruit, Helichrysum, Jasmine, Lavender, Lemon, Mandarin, Neroli, Orange, Roman Chamomile, Rose, Sandalwood, Ylang Ylang

Fear
Bergamot, Cedarwood, Clary Sage, Frankincense, Grapefruit, Jasmine, Lemon, Neroli, Orange, Roman Chamomile, Sandalwood, Vetiver

Grief
Cypress, Frankincense, Helichrysum, Neroli, Rose, Sandalwood, Vetiver

Insecurity
Bergamot, Cedarwood, Frankincense, Jasmine, Sandalwood, Vetiver

Happiness and Peace
Bergamot, Frankincense, Geranium, Grapefruit, Lemon, Neroli, Orange, Rose, Sandalwood, Ylang Ylang

Irritability
Lavender, Mandarin, Neroli, Roman Chamomile, Sandalwood

Stress
Benzoin, Bergamot, Clary Sage, Frankincense, Geranium, Grapefruit, Jasmine, Lavender, Mandarin, Neroli, Patchouli, Roman Chamomile, Rose, Sandalwood, Vetiver, Ylang Ylang

Loneliness
Bergamot, Clary Sage, Frankincense, Helichrysum, Roman Chamomile, Rose

Be www.beyouthful.net

Essential Oil Cancer Aromatherapy Support

	Brain Tumors	Breast Cancer	Cervical Cancer	Liver Cancer	Lung Cancer	Skin Cancer	Prostate Cancer
<i>Balsam Fir</i>					✓		✓
<i>Clove</i>	✓	✓					
<i>Dill</i>							✓
<i>Cypress</i>			✓	✓			✓
<i>Douglas Fir</i>			✓				
<i>Frankincense</i>	✓	✓	✓	✓	✓	✓	✓
<i>Grapefruit</i>	✓					✓	
<i>Hyssop</i>			✓			✓	
<i>Lavender</i>			✓	✓	✓	✓	
<i>Lemon</i>		✓		✓			
<i>Ledum</i>		✓			✓		✓
<i>Myrtle</i>		✓					✓
<i>Nutmeg</i>			✓				
<i>Orange</i>		✓		✓	✓		✓
<i>Palo Santo</i>	✓	✓		✓	✓	✓	✓
<i>Patchouli</i>			✓				
<i>Sandalwood</i>		✓	✓			✓	✓
<i>Tarragon</i>			✓			✓	
<i>Thyme</i>			✓	✓		✓	✓
<i>Tsuga</i>	✓	✓	✓				

	analgesic	antidepressant	antifungal	antinfectedious	antiseptic	antiinflammatory	antispasmodic	aphrodisiac	astringent	calming	carminative	cicatrizant	cephalic	decongestant	deodorant	digestive	diuretic	expectorant	febrifuge	immunostimulant	hormone influencer	rubefacient	sedative	stimulant	tonic	vulnervary
Basil	x	x	x		x	x	x			x	x					x	x	x	x	x			x	x		
Bay, Laurel	x			x	x						x					x		x						x		
Bergamot	x	x		x	x						x	x			x				x			x		x	x	
Black Pepper	x				x		x				x								x			x		x		
Cardamom	x				x						x		x			x	x	x						x	x	
Cedarwood, Atlas				x					x							x	x						x			
Chamomile, German	x		x			x	x				x	x		x		x				x		x			x	
Chamomile, Roman	x				x		x				x				x					x		x			x	
Cinnamon				x	x	x	x				x												x			
Clary Sage		x	x			x			x					x	x						x		x		x	
Cypress					x		x		x						x		x			x					x	
Eucalyptus radiata	x			x			x		x			x		x	x	x	x	x	x			x			x	
Everlasting (Helichrysum)			x	x	x	x	x					x				x	x	x		x				x		
Fennel, Sweet	x		x	x	x	x	x				x			x		x	x	x		x				x		
Fir	x				x										x			x				x				
Frankincense					x				x		x	x					x	x		x		x			x	
Geranium	x	x	x	x	x	x	x		x	x			x	x	x	x	x			x					x	
Ginger	x				x						x						x	x				x		x		
Grapefruit		x			x									x			x							x		
Jasmine		x			x		x	x														x				
Juniper Berry	x				x		x		x	x	x			x							x		x	x	x	
Lavender	x	x		x	x	x	x			x	x	x		x	x	x						x			x	
Lemon		x		x	x	x		x	x	x	x			x					x			x			x	
Lemongrass	x	x		x	x				x		x				x				x				x			
Litsea Cubeba		x	x	x	x	x			x		x													x	x	
Mandarin							x				x			x		x	x					x				
Marjoram, Sweet	x		x	x	x		x		x	x				x	x	x	x	x			x		x		x	
Niaouli	x			x	x	x						x		x		x	x	x	x	x	x	x		x	x	
Orange, Sweet		x					x				x			x		x							x			
Patchouli		x	x	x	x	x		x	x			x		x	x	x	x		x	x			x			
Peppermint	x		x		x	x	x		x		x		x	x	x	x	x	x	x		x			x		
Pine				x	x					x					x		x	x			x			x		
Ravensara			x	x	x	x								x				x							x	
Rose		x		x	x	x	x	x	x			x		x		x						x		x		
Rosemary	x	x	x	x	x	x		x	x		x	x	x		x	x	x				x		x	x		
Spearmint			x		x	x	x					x	x											x	x	
Spruce			x	x		x	x													x	x				x	
Tea Tree	x		x	x	x	x						x						x		x			x			
Thyme				x	x		x				x	x					x	x					x	x		
Vetiver					x				x													x	x		x	
Ylang Ylang		x			x		x														x		x			

EE (Essene Essence) Oil



- Used topically for muscles and joints
- A “soothing to the heart” pain reliever
- Brings relief to aches, sprains, headaches, congestion, bruises and spasms.
- Stomach pain, toothache, foot pain

WO China Healing Oil



- Effective for sore throat, bleeding gums
- Wounds, abrasions, cuts, bruises
- Anti diarrheal
- Food poisoning, gastro-intestinal
- Parasites and ringworm, etc

Bug Sprays

Peppermint bug spray (repels spiders and flies) – very simple:

Put 8 drops of peppermint oil for each cup of water in a spray bottle.

Wellness Mama Essential Oil Bug Spray

Ingredients:

- Essential oils: choose from Citronella, Clove, Lemongrass, Rosemary, Tea Tree, Cajeput, Eucalyptus, Cedar, Catnip, Lavender, Mint
- Natural Witch Hazel
- Distilled or boiled Water
- Vegetable glycerin (optional)

Instructions:

- 1.Fill spray bottle (I used 8 ounce) 1/2 full with distilled or boiled water
- 2.Add witch hazel to fill almost to the top
- 3.Add 1/2 tsp vegetable glycerin if using
- 4.Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be. My personal favorite mix is: Rosemary, Clove, Cajeput, Lavender, Cinnamon and Eucalyptus... it works great and smells good too!

*Thank You
and
Make Sense of the Scents*

