

Essential Oils

50 SIMPLE RECIPES FOR A HEALTHY
BODY & HEALTHY HOME



*By Kyndra Holley of Peace, Love and Essential Oils
& Vanessa Romero of Healthy Living With Essential Oils*



The information contained in this ebook is not intended or implied to be a substitution for professional medical advice, diagnosis, prescriptions or treatment. All content, including text, images and information, contained within, is for general informational and educational purposes only. The statements in this ebook have not been evaluated by the FDA. Use of recipes and recommendations is at the choice and risk of the reader.

Copyright © 2014 by Kyndra D. Holley and Vanessa R. Romero

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at Kyndra@peaceloveandlowcarb.com & Vanessa@healthylivinghowto.com

Published by Kyndra D. Holley and Vanessa R. Romero | Recipes by Kyndra D. Holley and Vanessa R. Romero | Photography by Kyndra D. Holley and Vanessa R. Romero | Book design by Milton C. Cantellay III | Printed in the United States of America

First Edition

--

Graphic design and layout by some dude with glasses.

www.miltoncantellay.com

Introduction

WHAT ARE ESSENTIAL OILS?

You've probably been hearing a lot about essential oils lately. And for good reason! The use of essential oils, as part of a healthy lifestyle, are endless. Not only do essential oils smell delicious, they impart countless health benefits.

In the simplest of terms, essential oils are the life-blood of the plant. Essential oils are to plants, what blood is to the human body.

Found in bushes, trees, plants, shrubs, flowers, seeds, roots, etc. and extracted through steam distillation, essential oils have been used for thousands of years.

WHY USE ESSENTIAL OILS?

Essential oils are an all-natural, chemical-free way to help eliminate toxins from your body and home. Modern lifestyles don't always lend themselves to optimal health conditions. Factors such as poor diet, lack of physical exercise and a high level of exposure to daily environmental toxins can wreck havoc on the body. Essential oils provide natural solutions to these imbalances.

According to the [Essential Oils Integrative Medical Guide](#), "*Essential oils have been used medicinally to kill bacteria, fungi, and viruses. They provide exquisite fragrances to balance mood, lift spirits, dispel negative emotions, and create a romantic atmosphere. They can stimulate the regeneration of tissue or stimulate nerves. They can even carry nutrients to, and oxygenate the cells.*"

Source—Young, Gary (2003). *Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, and Enhancing Mental Performance with Therapeutic-Grade Essential Oils*. Life Science Publishing.

HOW TO USE ESSENTIAL OILS?

Essential Oils: 50 Simple Recipes for a Healthy Body & Healthy Home will show you how easy it is to purge toxic chemicals from your personal care products, and cleaning products, and instead use natural, homemade replacements.

Other ways to experience the benefits of essential oils include, topical application, inhalation, and ingestion.

TOPICAL APPLICATION: Essential oils are rapidly absorbed into the skin, taking only seconds to reach the bloodstream. When applying essential oils to your skin, you may want to test for sensitivities by first applying oils to the bottoms of the feet. For sensitive skin, it may be necessary to dilute essential oils with a [carrier oil](#).

INHALATION: Essential oils stimulate the nervous system through our sense of smell. We can inhale directly from the bottle, from the palms of our hands or by diffusing.

- Place 1-2 drops of essential oil into the palm of your hand, and rub hands together. Cup your hands over your nose, making sure not to get any of the oil in your eyes, and take a few deep inhalations.
- A cold-air diffuser atomizes a fine mist of essential oils into the air, without heating or burning them. This mist can remain in the air and provide benefits for hours.

Other methods of diffusing can be as simple as wearing [diffuser jewelry](#), or adding a couple drops of essential oils to a tissue or cotton ball and placing them in your vent.

INGESTION: Many therapeutic-grade essential oils are safe for ingestion. Make sure to read labels and do any necessary research to ensure safe ingestion. Methods of ingestion may include adding essential oils to food and beverage, or taking internally in a [vegetable capsule](#).

For more information about essential oils and how to use them, please refer to the books we have recommended on our [Resources Page](#).



Diffusing Combos

ESSENTIAL OILS

Our Favorite Diffusing Combos

Cheer Up Buttercup – 2 drops each Lemon, Grapefruit, Lime, Orange, Bergamot

Monday Motivation – 6 drops Stress Away® and 2 drops Peppermint

Abundantly Clear – 5 drops each Abundance® and Clarity®

Get Up and Go – 4 drops each En-R-Gee® and Lime

Come On Get Happy – 2 drops each Valor®, Harmony®, Joy®, and White Angelica®

Breathe Easy – 4 drops each R.C.® and Raven®

Enter Sandman – 4 drops each Cedarwood and Valor®

Smells Like Christmas – 6 drops Believe® and 2 drops Peppermint

Creativity Powerhouse – 5 drops each Envision® and Citrus Fresh®

Rainbow Sherbet – 4 drops each Stress Away® and Lemon Myrtle

Clear the Cobwebs – 4 drops each Brain Power® and Clarity

Bust the Blues – 4 drops each Valor® and Frankincense

Odor Eater – 4 drops each Thieves® and Purification®

Let It Go – 4 drops each Surrender® and Ylang Ylang

Sweet Slumber – 6 drops Frankincense and 2 drops Dream Catcher®

Va-Va-Va Voom – 4 drops each Idaho Blue Spruce and Ylang Ylang

The Sneeze Stopper – 4 drops each Lavender, Lemon and Peppermint

Achieve Your Dream – 3 drops each Build Your Dream® and Into the Future

The Peacemaker – 4 drops each Patchouli and Orange

Bliss Is It - 6 drops Grapefruit and 2 drops Joy®

Essential Oil Resources

STORAGE AND CARRYING

[Essential Oil Storage Rack](#)

[Essential Oil Carrying Case](#)

[Essential Oil Purse Carrying Case](#)

BOOKS AND REFERENCES

[Essential Oils Pocket Reference
6th Edition](#)

[Essential Oils Desk Reference
6th Edition](#)

[Gentle Babies: Essential Oils and
Natural Remedies for Pregnancy,
Childbirth, Infants and Young
Children](#)

[Healing Oils of the Bible](#)

[Releasing Emotional Patterns
With Essential Oils](#)

[The Animal Desk Reference](#)

[Essential Oils Integrative Medical
Guide](#)

OILY ACCESSORIES

[Mini Oil Funnels](#)

[5/8 Mini Drams for Essential Oil
Samples](#)

[Perfume Solid/Lotion Bar Tins](#)

[Lip Balm Tubes](#)

[Foaming Hand Soap Dispenser](#)

[1 oz. Amber Glass Dropper Bottle](#)

[1 oz. Amber Glass Spray Bottle](#)

[2 oz. Amber Glass Dropper Bottle](#)

[2 oz. Amber Glass Spray Bottle](#)

[4 oz. Amber Glass Spray Bottle](#)

[8 oz. Amber Glass Spray Bottle](#)

[8 oz. Amber Glass Soap
Dispenser](#)

[16 oz. Amber Glass Soap
Dispenser](#)

[12 oz. Stainless Steel Spray
Bottle](#)

[Twist Up Deodorant Tube](#)

[Wide Mouth Half Pint Mason Jar](#)

[Wide Mouth Pint Mason Jar](#)

[Stainless Steel Straws](#)

[Stainless Steel Spoon Straws](#)

[Vegetable Capsules](#)

CARRIER OILS AND BASES

[Organic Shea Butter](#)

[Organic Beeswax Pastilles](#)

[Organic Jojoba Oil](#)

[Organic Avocado Oil](#)

[Organic Coconut Oil](#)

[Fractionated Coconut Oil](#)

[Vegetable Glycerin](#)

[Sweet Almond Oil](#)

[Liquid Castile Soap \(mild\)](#)

[Bar Castile Soap \(mild\)](#)

[Witch Hazel](#)

[Epsom Salt](#)

[Baking Soda](#)

[Citric Acid](#)

[Washing Soda](#)

[Coarse Sea Salt](#)

[Distilled White Vinegar](#)

[Organic Green Tea](#)

[Organic Honey](#)

[Coconut Sugar](#)

MISCELLANEOUS ACCESSORIES

[Wool Dryer Balls](#)

[Reed Diffusing Sticks](#)

[Diffuser Jewelry](#)


Contents

Lip Balm	2	Blue Mood Buster Roll-On	19
Cooling Spritz	3	Study Buddy Roll-On	19
Healthy Hair Serum	3	Bug Repellent Spray	20
Breath Spray	4	Sun Protection Lotion	21
Head Pressure Eraser	5	After Sun Spray	21
Chest Rub	5	Muscle Tension Roll-On	22
Coconut Sugar Scrub	6	Foaming Hand Soap	24
Liquid Body Wash	7	Dishwasher Rinse Aid	25
Skin Soothing Salve	7	All-Purpose Cleaner	25
Detox	8	Germ Busting Spray	26
Bath	8	All-Purpose Cleaning Wipes	27
Oil Pulling	9	Portable Produce Spray	27
Easy Peasy Mouthwash	9	Wool Dryer Balls	28
Lotion Bars	10	Laundry Detergent	29
Deodorant Solid	11	Fabric Softener	29
Deodorant Spray	11	Reed Diffuser	30
Facial Serum	12	Room Deodorizing Spray	31
Green Tea Face Spritz	13	Deodorizing Carpet Powder	31
Sleep & Relaxation Rub	13	Linen Spray	32
First Aid Spray	14	Sink & Bathtub Cleaner	33
Immune Boosting Capsule	15	Window Cleaner	33
Easy Peasy Throat Coat	15	Fridge Deodorizer	34
Solid Perfume	16	Furniture Polish	35
Body Spray	17	Liquid Dish Soap	35
Body Butter	17	Toilet Bowl Cleaner	36
Seasonal Discomfort Roll-On	18	About Us	37



Healthy Body

.....
ESSENTIAL OILS



Lip Balm

What You Will Need

6 Lip Balm Tubes

1 Tbsp. Organic Beeswax Pastilles

1 Tbsp. Organic Shea Butter

1 Tbsp. Organic Avocado Oil

8 drops Lemon Essential Oil

8 drops Peppermint Essential Oil

*In place of lemon
essential oil,
give lavender a try.*

What You Will Do

In a double boiler over medium heat, add beeswax, shea butter and avocado oil. Stir until combined and melted. Remove from heat, pour into glass measuring cup with pour spout, and allow to slightly cool. Stir in essential oils and pour into lip balm tubes. Allow to completely solidify before using.

Cooling Spritz

What You Will Need

- 6 oz. Stainless Steel Spray Bottle
- 10 drops Eucalyptus Blue Essential Oil
- 10 drops Peppermint Essential Oil
- Distilled Water

*On hot summer days,
spritz from head to toe for
a nice cooling effect.*

What You Will Do

To a stainless steel spray bottle, add essential oils and top with water. Shake before using.

Healthy Hair Serum

What You Will Need

- 2 oz. Amber Glass Bottle with Dropper
- 10 drops Lavender Essential Oil
- 10 drops Carrot Seed Essential Oil
- 10 drops Cedarwood Essential Oil
- Organic Avocado Essential Oil

*Apply several drops to
scalp and gently massage.
Best applied at night
before bed.*

What You Will Do

To an amber glass dropper bottle, add essential oils. Top with avocado oil. Shake before use.



Breath Spray

What You Will Need

- 1 oz. Amber Glass Spray Bottle
- 3 drops Lemon Essential Oil
- 3 drops Thieves® Essential Oil Blend
- 3 drops Peppermint Essential Oil
- Distilled Water

What You Will Do

To amber glass bottle, add essential oils. Top with distilled water. Shake and spritz.

Not only does this freshen breath, it is also soothing when sprayed on a tender and scratchy throat.

Head Pressure Eraser

What You Will Need

- 15 ml Amber Glass Bottle
- Roll On Fitment
- 25 drops Peppermint Essential Oil
- 25 drops Frankincense Essential Oil
- 15 drops Lavender Essential Oil
- 15 drops Rosemary Essential Oil
- Fractionated Coconut Oil

To reduce head pressure and tension, apply to nape of neck and temples.

What You Will Do

To an amber glass essential oil bottle, add essential oils. Top with fractionated coconut oil. Insert roll-on fitment and secure. Before use, gently shake.

Chest Rub

What You Will Need

- Wide Mouth Half Pint Mason Jar
- 2 Tbsp. Organic Coconut Oil
- 1 Tbsp. Jojoba Oil
- 1 Tbsp. Organic Avocado Oil
- 1 Tbsp. Organic Beeswax Pastilles
- 25 drops Raven® Essential Oil Blend
- 25 drops R.C. ® Essential Oil Blend

To promote healthy breathing and clear nasal passages, apply to chest, neck, under nose and ears.

What You Will Do

In a double boiler over medium heat, add coconut oil, jojoba oil, avocado oil and beeswax. Stir until combined and melted. Remove from heat and allow to slightly cool. Stir in essential oils and pour into Mason jar. Allow to solidify before use.

Coconut Sugar Scrub



What You Will Need

Wide Mouth Half Pint Mason Jar

1 cup Coconut Sugar

½ cup Coconut Oil (softened)

10 drops Orange Essential Oil

What You Will Do

To a large mixing bowl, add coconut sugar, softened coconut oil and essential oil. With stand mixer, beat until combined. Transfer to glass jar.

Place a heaping teaspoon
in palms of hands,
massage and exfoliate.
Rinse under warm water.
Pat dry. Great for
softening feet too!

Liquid Body Wash

What You Will Need

8 oz. Amber Glass Soap Dispenser

½ cup Liquid Castile Soap (Mild)

½ cup Organic Avocado Oil

1 Tbsp. Honey

25 drops Essential Oil

Use your favorite
essential oil.

What You Will Do

To amber glass soap dispenser, add liquid castile soap, avocado oil, honey and essential oils. Add pump and shake before dispensing.

Skin Soothing Salve

What You Will Need

Wide Mouth Half Pint Mason Jar

3 Tbsp. Organic Coconut Oil

1 Tbsp. Organic Beeswax Pastilles

1 Tbsp. Organic Avocado Oil

25 drops Melrose® Essential Oil

Gently apply
salve to minor
skin irritations.

What You Will Do

In a double boiler over medium heat, add coconut oil, beeswax, and avocado oil. Stir until combined and melted. Remove from heat and allow to slightly cool. Stir in essential oil and pour into Mason jar. Allow to solidify before use.



Detox Bath

What You Will Need

2 cups Epsom Salt

5-10 drops Lavender Essential Oil

1 cup Baking Soda (optional)

What You Will Do

Add essential oil to Epsom salt. While filling tub, slowly pour Epsom salt under running water to disperse. If bath water is not filtered, add 1 cup of baking soda as this helps neutralize the chemicals, primarily chlorine, as well as increase mineral absorption.

Immerse in water, up to neck and soak for 20 minutes. Rise slowly from tub and dry off.

It is important not to use harsh soaps or shampoos after a detox bath as pores are open and will absorb the chemicals found in those products.

Oil Pulling

What You Will Need

1 Tbsp. Organic Coconut Oil

1 drop Clove Essential Oil

What You Will Do

To a tablespoon of coconut oil, add one drop clove essential oil. Swish between teeth for 5-15 minutes. Spit out.

Finish by brushing
teeth and rinsing with
easy peasy mouthwash.

Easy Peasy Mouthwash

What You Will Need

½ oz. Distilled Water

1 drop Peppermint Essential Oil

1 drop Thieves® Essential Blend

What You Will Do

To one ounce of water, add essential oils. Gargle and rinse for 30-60 seconds or as needed.



Lotion Bars

What You Will Need

(3) 2-inch Diameter Tin with Glass Top

2 Tbsp. Organic Beeswax Pastilles

2 Tbsp. Jojoba Oil

2 Tbsp. Organic Shea Butter

20 drops Valor® Essential Oil Blend

To apply, pop lotion bar out of tin and rub between palms of hands.

What You Will Do

In a double boiler over medium heat, add beeswax, jojoba and shea butter. Stir until combined and melted. Remove from heat and allow to slightly cool. Stir in essential oil and pour into tins. Allow to solidify before use.

Deodorant Solid

What You Will Need

3 Twist Up Deodorant Tubes

½ cup Organic Coconut Oil

2 Tbsp. Organic Shea Butter

½ cup Baking Soda

16 drops Essential Oil

What You Will Do

Melt coconut oil and shea butter in a double boiler over medium heat. Stir occasionally until melted and well combined. Remove from heat and whisk in baking soda. Add essential oil and pour into glass measuring cup with pour spout. Pour mixture into deodorant tubes and allow to solidify before use.

For Her -

8 drops Lemongrass
8 drops Purification®

For Him -

8 drops Thieves®
8 drops Idaho Blue Spruce

During warm months,
store in refrigerator.

Deodorant Spray

What You Will Need

4 oz. Amber Glass Spray Bottle

40 drops Purification Essential Oil

Witch Hazel

What You Will Do

To amber glass spray bottle, add 40 drops essential oil. Top with witch hazel. Shake and spritz to the underarms as needed for freshness.

Facial Serum



What You Will Need

2 oz. Amber Glass Bottle with Dropper

8 drops Frankincense Essential Oil

8 drops Lavender Essential Oil

Jojoba Oil

What You Will Do

To an amber glass spray bottle, add essential oils. Top with jojoba oil. Gentle shake before use.

Put a few drops of serum in palms and rub together to warm oils. Apply mixture over face, using slow massaging movements, to stimulate circulation. Soak a washcloth in warm water and hold over face until cool. Gently pat skin to remove unwanted residue.

Green Tea Face Spritz

What You Will Need

- 4 oz. Amber Glass Spray Bottle
- 1 Green Tea Bag
- 6 oz. Hot Water
- 6 drops Sacred Frankincense Essential Oil
- 5 drops Sandalwood Essential Oil
- 5 drops Geranium Essential Oil
- 3 drops Lavender Essential Oil

Shake and spritz on face and neck. Can also be applied as a toner with a cotton ball.

What You Will Do

Steep green tea in 6 oz. hot water and let cool. To 4 oz. spray bottle add cooled green tea and essential oils.

Sleep & Relaxation Rub

What You Will Need

- | | |
|-----------------------------------|---|
| Wide Mouth Half Pint Mason Jar | 15 drops Lavender Essential Oil |
| ¼ cup Organic Coconut Oil | 15 drops Cedarwood Essential Oil |
| 2 Tbsp. Jojoba Oil | 10 drops Stress Away® Essential Oil Blend |
| 2 Tbsp. Organic Avocado Oil | 10 drops Peace & Calming® Essential Oil Blend |
| 2 Tbsp. Organic Beeswax Pastilles | 10 drops Valor® Essential Oil Blend |

What You Will Do

In a double boiler over medium heat, add coconut oil, jojoba oil, avocado oil and beeswax. Stir until combined and melted. Remove from heat and allow to slightly cool. Stir in essential oils and pour into Mason jar. Allow to solidify before use.

First Aid Spray



What You Will Need

- 1 oz. Amber Glass Spray Bottle
- 4 drops Melaleuca Alternifolia
- 4 drops Frankincense
- 4 drops Lavender
- Distilled Water

*The best thing about the
First Aid Spray is that
it doesn't sting*

What You Will Do

To an amber glass spray bottle, add essential oils. Top with distilled water. Shake and spritz. Reapply as necessary

Immune Boosting Capsule

What You Will Need

- 1 Veggie Capsule
- 4 drops Oregano Essential Oil
- 3 drops Thieves® Essential Oil Blend
- 2 drops Frankincense Essential Oil
- 2 drops Lemon Essential Oil
- 1-2 oz. NingXia Red® (optional)

Take this when you feel a bug coming on, or daily to boost your immune system.

What You Will Do

Open capsule and add essential oils. Top with avocado oil. Take with full glass of water or shot of NingXia Red®.

Easy Peasy Throat Coat

What You Will Need

- 1 tsp. Organic Honey
- 1 drop Lemon Essential Oil
- 1 drop Thieves® Essential Oil Blend

Best taken at the first sign of a scratchy throat.

What You Will Do

To a teaspoon of honey, add essential oil. Swallow.



Perfume Solid

What You Will Need

2-inch Diameter Tin with Glass Top

1 Tbsp. Organic Beeswax Pastilles

1 Tbsp. Jojoba Oil

20 drops Lemon Essential Oil

20 drops Joy® Essential Oil Blend

What You Will Do

In a double boiler over medium heat, add beeswax, jojoba and shea butter. Stir until combined and melted. Remove from heat and allow to slightly cool. Stir in essential oil and pour into tins. Allow to solidify before use.

To apply, rub fingers on perfume solid to soften. Apply to wrists, neck and behind ears. Prepare to smell fabulous! Other essential oils combinations we like, are Stress Away® + Peppermint, Ylang Ylang + Bergamot, and Frankincense + Myrrh.

Body Spray

What You Will Need

- 1 oz. Amber Glass Spray Bottle
- ¼ tsp. Vegetable Glycerin
- 4 drops Frankincense Essential Oil
- 4 drops Myrrh Essential Oil
- Distilled Water

This recipe can be made with any combination of your favorite essential oils

What You Will Do

To an amber glass spray bottle, add vegetable glycerin, essential oils and distilled water. Shake and spritz from head to toe.

Body Butter

What You Will Need

- Wide-Mouth Pint Mason Jar
- 1/2 cup Organic Shea Butter
- 1/4 cup Organic Coconut Oil
- 1/4 cup Organic Avocado Oil
- 20 drops Essential Oil

Try lavender essential oil for a relaxing body butter or peppermint essential oil for an invigorating sensation.

What You Will Do

In a double boiler over low heat, add shea butter, coconut oil and avocado oil. Stir until combined and melted. Remove from heat and transfer to large mixing bowl. Refrigerate until hardened. Add essential oil and with a stand mixer on high, mix until whipped and fluffy. Transfer to Mason jar.



Seasonal Discomfort Roll-On

What You Will Need

15 ml Amber Glass Bottle

Roll On Fitment

20 drops Lemon Essential Oil

20 drops Lavender Essential Oil

20 drops Peppermint Essential Oil

Fractionated Coconut Oil

To alleviate minor seasonal discomforts, apply to bottoms of feet, neck and sinus areas.

What You Will Do

To an amber glass essential oil bottle, add essential oils. Top with fractionated coconut oil. Insert roll-on fitment and secure.

Before use, gently shake.

Blue Mood Buster Roll-On

What You Will Need

15 ml Amber Glass Bottle
.....
Roll On Fitment
.....
50 drops Lavender Essential Oil
.....
35 drops Valor® Essential Oil Blend
.....
30 drops Stress Away® Essential Oil Blend
.....
15 drops Patchouli Essential Oil
.....
15 drops Vetiver Essential Oil
.....
Fractionated Coconut Oil
.....

To alleviate minor blue moods, apply to bottoms of feet, nape of neck and on wrists.

What You Will Do

To an amber glass essential oil bottle, add essential oils. Top with fractionated coconut oil. Insert roll-on fitment and secure. Before use, gently shake

Study Buddy Roll-On

What You Will Need

15 ml Amber Glass Bottle
.....
Roll On Fitment
.....
10 drops Clarity Essential Oil Blend
.....
10 drops Lime Essential Oil
.....
10 drops Peppermint Essential Oil
.....
Fractionated Coconut Oil
.....

To increase focus, alertness, and memory, apply to bottoms of feet, nape of neck and on wrists.

What You Will Do

To an amber glass essential oil bottle, add essential oils. Top with fractionated coconut oil. Insert roll-on fitment and secure. Before use, gently shake.



Bug Repellent Spray

What You Will Need

- 4 oz. Amber Glass Spray Bottle
- 20 drops Peppermint Essential Oil Blend
- 20 drops Purification® Essential Oil Blend
- 8 drops Thieves® Essential Oil Blend
- Distilled Water

You can use a 2oz bottle and cut the recipe in half for a nice travel sized version.

What You Will Do

To an amber glass spray bottle, add essential oils. Top with distilled water. Shake and spritz. Reapply as necessary.

Sun Protection Lotion

What You Will Need

8 oz. bottle Genesis Hand & Body Lotion

5 ml bottle Carrot Seed Essential Oil

40 drops Myrrh Essential Oil

Great as an
everyday moisturizer
as well.

What You Will Do

To the hand and body lotion, add essential oils.

Shake to combine. Apply as necessary.

After Sun Spray

What You Will Need

4 oz. Amber Glass Spray Bottle

1 Tbsp. Aloe Vera Gel

1 Tbsp. Apple Cider Vinegar

25 drops Lavender Essential Oil

Distilled Water

Great for soothing
and rejuvenating sun
stressed skin.

What You Will Do

To an amber glass spray bottle, add aloe vera gel, apple cider vinegar and essential oil. Top with distilled water. Shake before use.



Muscle Tension Roll-On

What You Will Need

15 ml Amber Glass Essential Oil Bottle

Roll-On Fitment

10 drops PanAway®

10 drops Valor

10 drops Peppermint

10 drops Frankincense

Fractionated Coconut Oil

What You Will Do

To an empty amber glass essential oil bottle, add essential oils. Top with fractionated coconut oil. Insert roll-on fitment and secure. Before use gently shake and then simply roll on sore and tense areas.

As an alternative, this recipe can be made into a muscle rub. In place of the fractionated coconut oil, use 1 cup softened coconut oil. Add essential oils, mix well and allow to solidify. Store in glass container.



Healthy Home

ESSENTIAL OILS



Foaming Hand Soap

What You Will Need

Foaming Hand Soap Dispenser (3.5 oz.)

1 Tbsp. Liquid Castile Soap (Mild)

1 tsp. Vegetable Glycerin

5 drops Thieves® Essential Oil Blend

Distilled Water

What You Will Do

To foaming hand soap dispenser, add liquid castile soap, vegetable glycerin and essential oil. Top with distilled water. Shake well and dispense.

Some of our other favorite essential oils to use in this recipe are Lavender, Lemon Myrtle, Peppermint and Purification®.

Dishwasher Rinse Aid

What You Will Need

Pint Mason Jar

2 cups White Vinegar

20 drops Lemon Essential Oil

What You Will Do

Add vinegar and essential oil to Mason jar. Fill rinse aid receptacle until full. Run dishwasher as normal.

All-Purpose Cleaner

What You Will Need

12 oz. Stainless Steel Spray Bottle

5 oz. Distilled Water

5 oz. White Vinegar

1 tsp. Baking Soda

20 drops Lemon Essential Oil

What You Will Do

In large glass measuring cup with spout, combine water and vinegar. Add baking soda a little bit at a time, so mixture does not fizz and overflow. Stir in essential oil. Pour mixture into spray bottle.

*Gently shake
before using.*



Germ Busting Spray

What You Will Need

1 oz. Amber Glass Spray Bottle

5 drops Thieves® Essential Oil Blend

Distilled Water

What You Will Do

To amber glass spray bottle, add essential oil and top with distilled water. Shake well before each use.

Not only does this spray bust germs on hard surfaces like public toilets, hand railings, doorknobs, school desks, etc., it can be used to clean hands when soap and water aren't an option.

All-Purpose Cleaning Wipes

What You Will Need

Roll of Heavy Duty Paper Towels

1 tsp. Thieves® Household Cleaner (concentrate)

¾ cup Distilled Water

Click [HERE](#)
for video tutorial.

What You Will Do

In a glass measuring cup with pour spout, combine Thieves® Household Cleaner and water. With a sharp knife, cut roll of paper towels in half. Remove cardboard tube from the center of the roll. Place both halves in large bowl and pour cleaning mixture over top to saturate. Flatten and store in airtight container or plastic storage bag.

Portable Produce Spray

What You Will Need

4 oz. Amber Glass Spray Bottle

4 drops Lemon Essential Oil

4 drops Thieves® Essential Oil Blend

What You Will Do

To amber glass bottle, add essential oils. Top with distilled water. Shake and spritz on produce, wipe with paper towel.

When at home, to clean
produce, fill sink with water,
add essential oils and let
produce soak for 5 minutes.
Rinse and dry before eating.



Wool Dryer Balls

What You Will Need

6 Wool Dryer Balls

Purification® Essential Oil Blend

What You Will Do

For a full load of laundry add one drop essential to each dryer ball.

Purification® is great for deodorizing laundry and eliminating odors. However, any essential oil will work.

It is easy to make wool dryer balls at home. For a step-by-step guide, [Click here for a tutorial](#)

Laundry Detergent

What You Will Need

- 1 cup Washing Soda
- ½ cup Baking Soda
- ½ cup Citric Acid
- ¼ cup Coarse Sea Salt
- 1 bar Castile Soap (Mild)
- 30 drops Lemon Essential Oil

Add 1 Tbsp.
of detergent to
1 full load of laundry.

What You Will Do

Over a large bowl, finely grate bar soap. Add washing soda, baking soda, citric acid and coarse sea salt. Mix well. Add essential oil, a few drops at a time, mixing in between. Store in airtight container.

Fabric Softener

What You Will Need

- 1 gallon White Vinegar
- 20 drops Lemon Essential Oil

What You Will Do

Add essential oil to vinegar and shake before use.

Use ½ c. of vinegar
and essential oil solution
during the rinse cycle or in
the softener dispenser
of washing machine.



Reed Diffuser

What You Will Need

Diffusing Vessel

8-10 Reed Diffusing Sticks

¼ - ½ cup Sweet Almond Oil

15-20 drops Essential Oil

What You Will Do

Using a funnel, add sweet almond oil to diffusing vessel. Add 15-20 drops essential oil. Insert diffusing sticks and stir. Let sticks soak for an hour, then turn over. Each day, turn sticks to diffuse oil. As scent dissipates over time, freshen up with additional essential oil.

Diffuse your favorite essential oil. When choosing a diffusing vessel, look for glass or ceramic, with a narrow opening on the top.

Room Deodorizing Spray

What You Will Need

12 oz. Stainless Steel Spray Bottle
20 drops Purification Essential Oil Blend
Distilled Water

What You Will Do

To a stainless steel spray bottle, add essential oils and top with water. Shake and spray.

This is a great multi-purpose spray for deodorizing the air, neutralizing pet odors, and refreshing furniture.

Deodorizing Carpet Powder

What You Will Need

Pint Mason Jar
2 cups Baking Soda
10 drops Purification® Essential Oil Blend
10 drops Thieves® Essential Oil Blend

What You Will Do

To a large mixing bowl, add baking soda and essential oil. Mix well. Transfer to glass container.

Sprinkle mixture onto carpet. Let sit for 30 minutes before vacuuming.



Linen Spray

What You Will Need

4 oz. Amber Glass Spray Bottle

10 drops Lavender Essential Oil

Distilled Water

What You Will Do

To amber glass spray bottle add essential oil. Top with distilled water. Shake before spritzing.

Linen spray is great for freshening up bedding and shared items, like throw pillows and blankets.

Sink & Bathtub Cleaner

What You Will Need

Wide-Mouth Half Pint Mason Jar

1 cup Baking Soda

20 drops Thieves® Essential Oil Blend

What You Will Do

To a large mixing bowl add baking soda and essential oil. Mix well. Transfer to glass container.

*Sprinkle mixture into
sink or bathtub,
scrub and rinse.*

Window Cleaner

What You Will Need

12 oz. Stainless Steel Spray Bottle

¼ c. White Vinegar

¼ c. Distilled Water

10 drops Lemon Essential Oil

What You Will Do

To stainless steel bottle add vinegar, water and essential oil. Shake and spray.

*Also works well
on mirrors*



Fridge Deodorizer

What You Will Need

Wide Mouth Half Pint Mason Jar

1 cup Baking Soda

20 drops Lemon Essential Oil

Replace every
45-60 days.

What You Will Do

In a mixing bowl add baking soda. Add essential oil a few drops at a time, mixing well in between. Add mixture to Mason jar. Place in refrigerator.

Furniture Polish

What You Will Need

4 oz. Amber Glass Spray Bottle

¼ cup Olive Oil

¼ cup Vinegar

10 drops Lemon Essential Oil

*A little goes a long way.
Use sparingly.*

What You Will Do

To amber glass spray bottle add olive oil, vinegar and essential oil. Shake before using.

Liquid Dish Soap

What You Will Need

16 oz. Amber Glass Soap Dispenser

3 tbsp. **Laundry Soap**

2 cups Boiling Water

*For additional cleaning power,
add 10 drops Purification®
essential oil blend.*

What You Will Do

To large glass measuring cup with spout, add laundry soap. Pour boiling water over top and whisk until combined. Let cool. Pour into soap dispenser.



Toilet Bowl Cleaner

What You Will Need

Wide Mouth Half Pint Mason Jar

1 cup Baking Soda

50 drops Thieves® Essential Oil Blend

White Vinegar

What You Will Do

In a mixing bowl add baking soda. Add essential oil a few drops at a time, mixing well in between. Add mixture to Mason jar.

Sprinkle 2 tbsp.
baking soda mixture to
toilet bowl then add
2 Tbsp. white vinegar.
Scrub with brush.

About Us



Kyndra Holley

Kyndra is a cookbook author and the healthy living blogger behind [Peace, Love and Low Carb](#). She is passionate about maintaining a low carb, primal lifestyle, and detoxing her life and home through the use of essential oils. She lives in Seattle, WA with her husband and their 4 crazy pups. Kyndra has been with Young Living since March of 2014 and her favorite essential oil is Abundance®.



Vanessa Romero

Vanessa is a healthy living enthusiast who shares her passion for living healthy in mind, body and spirit at [Healthy Living How To](#). Vanessa lives in Minneapolis, MN with her husband Tom. She has two adult sons, Jacob and Brodrick, and two fur babies, Gizmo and Kirby. Vanessa has been with Young Living since January of 2014 and her favorite essential oil is Stress Away®.