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
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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.

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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 wreak 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.”


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

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.

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

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

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

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

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

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

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.

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.

Finish by brushing teeth and rinsing with easy peasy mouthwash.
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

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

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

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
- ¼ cup Organic Coconut Oil
- 2 Tbsp. Jojoba Oil
- 2 Tbsp. Organic Avocado Oil
- 2 Tbsp. Organic Beeswax Pastilles
- 15 drops Lavender Essential Oil
- 15 drops Cedarwood Essential Oil
- 10 drops Stress Away® Essential Oil Blend
- 10 drops Peace & Calming® Essential Oil Blend
- 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

What You Will Do

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

The best thing about the First Aid Spray is that it doesn’t sting.
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)

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

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

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

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.
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

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.

Seasonal Discomfort Roll-On

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

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.

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

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

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.

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

**What You Will Do**

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

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

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

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.
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.
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.
What You Will Need
Roll of Heavy Duty Paper Towels
1 tsp. Thieves® Household Cleaner (concentrate)
¾ cup Distilled Water

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.
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

**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.
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.

**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.
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.
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.

Window Cleaner

What You Will Need
12 oz. Stainless Steel Spray Bottle
¾ c. White Vinegar
¾ 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.
Fridge Deodorizer

What You Will Need

Wide Mouth Half Pint Mason Jar
1 cup Baking Soda
20 drops Lemon Essential Oil

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.

Replace every 45-60 days.
**Furniture Polish**

**What You Will Need**
- 4 oz. Amber Glass Spray Bottle
- ¼ cup Olive Oil
- ¼ cup Vinegar
- 10 drops Lemon Essential Oil

**What You Will Do**
To amber glass spray bottle add olive oil, vinegar and essential oil. Shake before using.

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**Liquid Dish Soap**

**What You Will Need**
- 16 oz. Amber Glass Soap Dispenser
- 3 tbsp. Laundry Soap
- 2 cups Boiling Water

**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®.