

**#1 Essential Oils Book  
That Will Change Your Life.**

# 250 Essential Oils Recipes

A close-up photograph of a vibrant green leaf with a serrated edge, held by a white stem. A single drop of clear, golden oil is falling from the leaf's tip into the neck of a dark amber glass bottle. The background is a soft, light-colored wooden surface.

---

**The Best 250 Pure  
Aromatherapy and  
Essential Oils Recipes  
For Weight loss, Anti  
Aging, Natural Cures,  
Healthy Lifestyle,  
Beauty and Skin Care.**

---

**Janie Sanders**

# **Essential Oil Recipes**

*The Best 250 Pure Aromatherapy and Essential Oil Recipes for Weight loss, Anti Aging, Natural Cures, Healthy Lifestyle, Beauty and Skin Care. The #1 Essential Oils Book that will change your life.*

**Janie Sanders**

**Digital Print House Inc**

**New York London Toronto Sydney New Delhi**

**Copyright 2015 by - Digital Print House Inc - All rights reserved.**

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

## **Table of Contents**

### [Introduction](#)

### [Chapter 1 : Learning the Essentials about Essential Oils](#)

#### [Essential Oils Now and Then](#)

#### [What Are Essential Oils Used For?](#)

#### [Let's Get Started!](#)

### [Chapter 2 : Making Scents of Essential Oils](#)

#### [DIY Diffuser Blends](#)

#### [Potpourri Projects](#)

### [Chapter 3 : Pamper Me Pretty.](#)

#### [Essentials for the Bath](#)

#### [FOOT SOAKS](#)

### [Chapter 4 : Anti-aging Essential Projects](#)

#### [Facial Cleansers](#)

#### [Youthful Facial Scrubs](#)

#### [Anti-Aging Facial Moisturizers](#)

#### [TONERS](#)

#### [FACIAL MASKS](#)

### [Chapter 5 : Skin Remedies](#)

### [Chapter 6 : Oils for What Ails You](#)

## [Chapter 7: Essential Oils around the House and Garden](#)

### [Conclusion](#)

### [References](#)

## **Introduction**

So you have been exploring the wonderful world of essential oils and can't wait to get started using them. But maybe you're a little unsure exactly what to make with them and how to do it. And then you may be wondering why you should go to the trouble to make things you can just grab at the store anyway.

The answers lie within the covers of this book. You will learn more about what common household and beauty products contain. For instance, shampoo often has dangerous chemicals, whereas bug spray has toxins that release into the air and onto your body. The more you know about what essential oils don't have in them, like hazardous chemicals and poisonous toxins, the more you will want to concoct your own formulations.

What essential oils do have is the bountiful benefits of Mother Nature. With aromas ranging from rich and woodsy to luxurious and floral, essential oils not only grace us with pleasurable scents, but they make good sense as well. Why not dab a little Clove essential oil on an aching tooth rather than use a chemical to dull the pain?

You will get not only one or two ideas from this book, but 250 tried and true, step-by-step instructions on how to formulate your do-it-yourself projects and recipes. These recipes include essential oils for household cleaning and for glorious tub soaks. You will find ingenious, creative uses for essential oils that have probably never crossed your mind before. You will get complete instructions on how to make those formulas like a homemade essential oil remedy for balding hair, or the recipe to make your home smell like a day at the beach.

Get started today. These 250 projects are yours for the taking. They will enrich your life in so many ways that make great sense while making great scents.

## **Chapter 1**

### **Learning the Essentials about Essential Oils**

#### **Essential Oils Now and Then**

In the past decade, essential oils have gained a lot of gained popularity for their many uses . They are being used for medicinal reasons, often replacing traditional prescriptions and mainstream medicine. They are also being used for pleasure, gracing homes and offices with their amazing and often therapeutic scents.

The use of essential oils has been around for thousands of years, as far back as 1500 B.C.”

Before there was such a thing as traditional medicine, people were dependent on finding cures that came straight from nature.

Many botanicals and herbs were used for healing and for luxury as well. Then it was discovered that the essence of the plant, the concentrated hydrophobic liquid, contained a more potent version that, of course, magnified the effects. So, through a process of distillation, expression or extraction, the oils were collected and thus, essential oils were birthed.

#### **What Are Essential Oils Used For?**

Essential oils are used medicinally both internally and externally. They can be applied to the skin or inhaled (aromatherapy). They are used for pleasure in much the same way.

When applied topically, generally, essential oils are mixed with a carrier oil that not only makes the oil easier to apply over a large area, but also helps it to absorb into the skin. It is important to use a high quality and all-natural or organic oil when doing so because you don't want the oil to be

contaminated with chemicals or toxins. That would certainly defeat the purpose.

Essential oils can be used in bath soaks, soaps, and scrubs. Not only does it sink into the skin by doing so, it also provides a scent that is inhaled that makes it double effective. It is a popular practice to make luxury essential oil projects, like soaps, for therapeutic reasons that also serve for pleasure. For example, a soap made from Lavender is of medicinal value since it is rich in antioxidants, great for calming the nerves, and promotes sleep. On the luxury side, the scent is rich and pleasurable.

When essential oils are inhaled, it is called aromatherapy. This can be done through many different methods such as infusing the oil into the air, steaming it, and using it in a potpourri. Again, the reasons can be medicinal, for pleasure, or both.

Essential oils can be eaten or can be mixed in a drink. Peppermint oil is often added to teas, or even to candy, and vanilla as well. The safety of ingesting many essential oils is questionable, so if you are thinking of doing so, be sure to research and then make an informed decision. The same is true when using essential oils in other ways as well. Some essential oils are considered unsafe to use in or even around young children-, babies, pets, and expectant mothers. There are essential oils that are thought to potentially cause reactions such as making you very sleepy, or others may possibly interfere with prescriptions. So, be wise in using the oils.

Not only do the individual oils hold special properties, they can be blended to concoct a product with certain qualities. A bath soak for achy muscles may include Peppermint essential oil, which is excellent to relieve pain, and Lavender to relax the muscles and for a calming effect on the mind as well.

## **Let's Get Started!**

You can make essential oil do-it-yourself projects for a multitude of purposes. You can do them for medicinal reasons, such as a headache remedy that replaces or enhances pain relievers. You may create a skin

cream for anti-aging purposes or to get rid of a scar. Likewise, you may make up a bath soak for a therapeutic or a luxurious spa experience.

Essential oils make great household cleaners, insect repellents, and air fresheners. You may base the oils you use on the effects of the oil, such as to promote focus or calmness, or you may choose according to the scents you like the best.

Essential oil projects make great gifts to give for birthdays, Christmas, and most every other holiday or occasion. When making a project for yourself, you may want to make extra so you can give it as a present or share it with a friend.

One last thing is that you will want to use a high quality essential oil to get the best results. In addition, you will want to use a glass bowl to mix the oils in because plastic can absorb some of the goodness from them. And, when using them in the bathtub, it is best to place the oil in the tub rather than directly under the running water. The essential oil is full of energy and placing it under a strong stream of water could possibly disturb the energy and yield a weaker effect.

Now...let's get going so you can fully enjoy and employ the wonderful world of essential oils.

## **Chapter 2**

### **Making Scents of Essential Oils**

#### **DIY Diffuser Blends**

##### **Something's in the Air**

Not only do essential oils smell heavenly (most of them, at least), they also have medicinal values and they promote emotional qualities as well.

There are many ways to release the scents into the air. You can use a hot or cold method, or simply put drops of the oil on something. The oils can be diffused through air or water. Steaming and misting are popular approaches.

It is the belief of many that cold methods are best because heating oil can potentially cause it to lose its power.

Here are 250 fantastic DIY projects that fill the air with goodness and bring medicinal and emotional bonuses as well. Simply put them into your favorite dispensing mode and enjoy!

### **1. The Fresh Approach**

If you want your home or office space to smell fresh and clean, this combination is an excellent choice. It doesn't only make the areas smell fresh, it actually cleans the air. In addition, it helps you to relax and declutters your thoughts.

- 2 Drops of Lemon or Lime essential oil
- 2 Drops of Lavender essential oil
- 2 Drops of Rosemary essential oil

### **2. Tropical Island Vacation**

We all need a vacation from time to time, but sometimes it's impossible to physically get away. No worries! If you can't go to the island, bring the island to you. This formulation will rejuvenate your mind, soul, and body, plus, it will cleanse the air and has a wonderful scent too.

- 3 Drops of Orange essential oil
- 2 Drops of Lemon essential oil
- 2 Drops of Lime Essential Oil
- 1 Drop of Grapefruit essential oil

### **3. Cold Be Gone**

This aromatherapy concoction is the perfect blend to clear out your respiratory system. It also works as a great preventative measure during cold and flu season. Plus, it smells very refreshing.

- 2 Drops of Peppermint essential oil
- 1 Drop of Lemon essential oil



- 1 Drop of Rosemary essential oil
- 1 Drop of Eucalyptus essential oil

#### **4. Get Focused**

Got an important meeting coming up or perhaps an exam? Kick your brain into gear with aromatherapy!

- 3 Drops of Peppermint essential oil
- 2 Drops of Frankincense essential oil
- 2 Drops of Orange Blossom essential oil

#### **5. Shed Pounds Deliciously**

Did you know that by breathing in the luscious scent of this mixture, you can actually curb your hunger and more easily stick to your diet? It's almost too good to be true, but it's a proven fact!

- 2 Drops of Grapefruit essential oil
- 2 Drops of Orange essential oil
- 1 Drop of Bergamot essential oil

#### **6. Man in the House**

Sometimes there are what we call "smells of a man," like those of his dirty boots and sweaty sports equipment. Plus, some men don't like to come home to a house that smells like a garden, but would rather have a more woody scent going. You are in luck! These essential oils are not only men's favorite, but women love them too!

- 2 Drops of Cypress essential oil
- 2 Drops of Clary Sage essential oil
- 1 Drop of Cedar essential oil

#### **7. Celebrate Summer**

Don't you just love when it's summer and everything smells so fresh and sunny? This fine blend of oils will bring a sunny day right into your living room. It will brighten your mood too!

- 2 Drops of Jasmine essential oil
- 1 Drop of Lemon essential oil
- 1 Drop of Bergamot essential oil

### **8. Holiday Warm Up**

Warm your spirits and your home with this special holiday blend of essential oils. You will love the cozy feeling you get when it fills your senses and your guests will never want to leave.

- 3 Drops of Cinnamon essential oil
- 1 Drop of Frankincense essential oil
- 1 Drop of Vanilla essential oil

### **9. Christmas Cheer**

This wonderful mix of oils says that Christmas is in the air. Give yourself, your guests, and your family the gift of warmth and cheer that will have such a glorious effect, you may want to use it all year round.

You will need:

- 4 Drops of Pine essential oil
- 1 Drop of Lemon essential oil

### **10. Easter Peace-ter**

Spring is in the air! Celebrate new beginnings and fresh starts with this essential oil mix that will revive your mind, soul, and body too.

- 2 Drops of Lavender essential oil
- 1 Drop of Blue Chamomile essential oil
- 1 Drop of Geranium essential oil

### **11. Mold No More**

Mold can cause a number of illnesses and the bottom line is...it plain stinks! This mix can help clean the air for many types of mold and mildew. Be sure to run it for at least 24 hours.

You will need:

- 4 Drops of Thieves essential oil
- 2 Drops of Rosemary

### **12. Spice it Up**

Spice exhilarates the senses. Add a touch of excitement to the air with this wild blend.

You will need:

- 4 Drops of Clove essential oil
- 2 Drops of Sweet Orange essential oil

### **13. Fall is in the Air**

Warm up the atmosphere and relax with a steaming cup of joe while you enjoy this tantalizing scent filling the air.

You will need:

- 5 Drops of Patchouli essential oil
- 3 Drops of Tangerine essential oil

### **14. Cup of Joe**

When it's cold out, warm up with the scent of fresh coffee. Might as well grab a cup and enjoy this relaxing scent.

You will need:

- 7 Drops of Coffee (essential) oil
- 2 Drops of Vanilla essential oil

### **15. Wild and Woodsy**

If you have men in your home, they will go nuts over this wild and woody scent. Don't worry, women love it too. What's not to love about the very heart of nature?

You will need:

- 5 Drops of Cypress essential oil
- 1 Drop of Citrus essential oil

### **16. Man's Man**

This blend is perfect to get rid of to get rid of the odor that often comes along with a man cave.

You will need:

- 6 Drops of Vetiver essential oil
- 2 Drops of Bergamot essential oil

### **17. Making Waves**

This blend is the perfect ending to a summer night or a winter night that you wish was a summer night. It is super relaxing, so grab yourself a pillow and put your pajamas on.

You will need:

- 5 Drops of Blue Chamomile essential oil
- 2 Drops of Lavender essential oil

### **18. Clean as a Whistle**

If you want a subtle, clean, and fresh scent that sets a clam and peaceful mood, this one is for you.

You will need:

- 5 Drops of Cilantro essential oil
- 2 Drops of Lime essential oil

## **19. Pumpkin Pie**

Remember the smell of fresh baked pumpkin pie? Fill your home and senses with this deliciously warm scent!

You will need:

- 3 Drops of Allspice essential oil
- 2 Drops of Ginger essential oil
- 2 Drops of Vanilla essential oil

## **20. Key Lime Time**

Just imagine yourself on a beachfront setting, eating key lime pie after a delicious seaside dinner. This blend is cleansing to the soul and the air as well.

You will need:

- 6 Drops of Lime essential oil
- 2 Drops of Vanilla essential oil

## **21. Be Mine, Valentine**

This delightful floral scent has love written all over it. It is perfect for an evening with your loved one.

You will need:

- 5 Drops of Rose essential oil
- 2 Drops of Geranium essential oil
- 1 Drop of Tea Tree essential oil

## **22. Fruit Basket Medley**

This blend is full of the luscious wonders of nature's bounty and fills the air with antioxidants to help keep your immune system working well.

You will need:

- 5 Drops of Apple essential oil
- 3 Drops of Grapefruit essential oil
- 2 Drops of Lemon essential oil

### **23. Scarborough Fair**

Are YOU going to Scarborough Fair? Remember this essence to fill the air. Take a step back to a slower paced, stress-free time when life was simple.

You will need:

- 3 Drops of Rosemary essential oil
- 3 Drops of Thyme essential oil
- 2 Drops of Sage essential oil

### **24. My Garden**

Create your own garden with this luxurious floral blend. Visit it any time you want, winter, spring, summer, or fall.

You will need:

- 4 Drops of Geranium essential oil
- 3 Drops of Lavender essential oil
- 2 Drops of Roman Chamomile essential oil
- 1 Drop of Tea Tree essential oil

### **25. Treehouse**

Retreat to your private treehouse where no one can find you except a few birds and squirrels. This mix is great for the air and your lungs too.

You will need:

- 4 Drops of Cypress essential oil
- 2 Drops of Sandalwood essential oil

- 1 Drop of Pine essential oil

## **26. Melon Ball Medley**

This is a fresh, light scent that is perfect to fill your home with on a clear summer day.

You will need:

- 5 Drops of Cantaloupe essential oil
- 5 Drops of Watermelon essential oil
- 3 Drops of Honeydew essential oil

## **27. Remember This**

When studying for a test or when you have something that requires concentration, use this blend to help your memory.

You will need:

- 6 Drops of Peppermint essential oil
- 4 Drops of Lemon essential oil
- 4 Drops of Rosemary essential oil
- 2 Drops of Hyssop essential oil

## **28. Headache**

If you have a splitting headache, this formulation is just what you need to get rid of the pain and ease into a relaxed state of mind and body.

You will need:

- 4 Drops of Thyme essential oil
- 4 Drops of Rosemary essential oil
- 4 Drops of Basil essential oil

## **29. Working Out the Workout**

Need to get in step to do your workout? Here's a sure fire remedy to get you into full swing.

You will need:

- 6 Drops of Peppermint essential oil
- 6 Drops of Grapefruit essential oil

### **30. Energize**

Turn up the volume of the energy in your home. If you are suffering from lethargy or just want to add some extra vibes, here's a blend that will do that for you.

You will need:

- 6 Drops of Lavender essential oil
- 4 Drops of Lemon essential oil
- 2 Drops of Basil essential oil

### **31. E-Myrrh-Gency**

When your home or office atmosphere is not exactly as you would like it to be, clear the air with this mixture.

You will need:

- 10 Drops of Myrrh essential oil
- 5 Drops of Cedarwood essential oil
- 2 Drops of Lemonwood essential oil

### **32. Hip on This**

This fine blend just wreaks of goodness. Rosehip Seed essential oil is one of the treasures that the people of old enjoyed for the many benefits it possesses.

You will need:

- 20 Drops of Rosehip Seed essential oil
- 10 Drops of Lavender essential oil



### **33. Delight Sublime**

Want to add an exciting and mysterious air to your space? Try this one on for size. It is sure to exhilarate your senses.

You will need:

- 15 Drops of Lime essential oil
- 10 Drops of Oakmoss essential oil
- 5 Drops of Lavender essential oil

### **34. Mountain Bliss**

Fresh and clean, this concoction is full of everything righteous and good. You will want to enjoy it over and over again like a walk in the mountains.

You will need:

- 10 Drops of Chamomile essential oil
- 5 Drops of Cedarwood essential oil
- 1 Drop of Vetiver essential oil

### **35. Treasure My Heart**

This is a perfect scent for those sentimental times spent with the one you love.

You will need:

- 20 Drops of Geranium essential oil
- 10 Drops of Tea Tree essential oil
- 5 Drops of Rose essential oil
- 2 Drops of Lavender essential oil

### **36. Sunshine**

If you have ever wondered what sunshine smells like... here ya go!

You will need:

- 6 Drops of Chamomile
- 6 Drops of Orange Blossom essential oil
- 6 Drops of Citrus essential oil

### **37. Hugs**

This formulation is warm, will give you the goodness your body needs, and will fill the air with a fresh and lovely scent.

You will need:

- 6 Drops of Patchouli essential oil
- 4 Drops of Orange Blossom essential oil

### **38. Rainbow's End**

Here's your pot of gold at the end of the rainbow!

You will need:

- 8 Drops of Geranium essential oil
- 4 Drops of Chamomile essential oil
- 4 Drops of Lemonwood essential oil

### **39. Grassy Meadow**

Remember how fresh, cool green grass feels beneath your feet? This formulation will bring that feeling straight into the air around you.

You will need:

- 10 Drops of Vetiver essential oil
- 3 Drops of Cedarwood essential oil

### **40. Treetop**

Take a look at the world around you from the point of view of a treetop. Worries and cares float away!

You will need:

- 10 Drops of Evergreen essential oil

- 5 Drops of Sandalwood essential oil

#### **41. Hot Spot**

Make your space the place to be when you get this great combination into the air.

You will need:

- 15 Drops of Cinnamon essential oil
- 10 Drops of Geranium essential oil

#### **42. Life!**

Life is worth living when you breathe in the fresh scents of this blend and let in consume your every emotion.

You will need:

- 15 Drops of Rose essential oil
- 10 Drops of Lavender essential oil
- 5 Drops of Sandalwood essential oil

#### **43. Cotton patch**

Fresh and lovely is how you will feel when you are consumed with this aromatic elixir.

You will need:

- 10 Drops of Roman Chamomile essential oil
- 5 Drops of Tea Tree essential oil
- 2 Drops of Evergreen essential oil

#### **44. Heaven Scent**

Ahhh...this must be what Heaven smells like. Simply angelic!

You will need:

- 15 Drops of Vetiver essential oil
- 10 Drops of Geranium essential oil
- 5 Drops of Rose essential oil
- 1 Drop of Orange Blossom essential oil

#### **45. After the Rain**

Don't you just love the fresh smell that comes after a nice hard rain? You can fill your lungs and your home with the goodness it brings.

You will need:

- 10 Drops of Vetiver essential oil
- 5 Drops of Lemon essential oil
- 1 Drop of Tea Tree essential oil

#### **46. It's Christmas!**

Spread holiday cheer with this mix that has "Noel" written all over it!

You will need:

- 15 Drops of Pine essential oil
- 10 Drops of Cedarwood essential oil
- 5 Drops of Orange essential oil

#### **47. Thinking Clearly**

Rid the air of negativity with this potent blend of positive energy.

You will need:

- 10 Drops of Clary Sage essential oil
- 5 Drops of Ylang Ylang essential oil

#### **48. Sweet Nothings**

Let this therapeutic mix whisper a little something into your ear. It is fantastic to smell and relieves all your worries.

You will need:

- 15 Drops of Lavender essential oil
- 10 Drops of Sweet Orange essential oil
- 4 Drops of Rose essential oil

#### **49. Song of the World**

Aromatherapy is a universal language. This fine mix says it all!

You will need:

- 10 Drops of Clary Sage essential oil
- 5 Drops of Lavender essential oil
- 1 Drop of Lemon essential oil
- 1 Drop of Vetiver essential oil

#### **50. Orange You Glad?**

Don't worry...be happy! You can't help but smile, inside and out, when you get a whiff of this fine combination of essentials.

You will need:

- 10 Drops of Grapefruit essential oil
- 5 Drops of Ylang Ylang essential oil
- 3 Drops of Citrus essential oil

#### **51. Shower Me with Blessings**

Fit for royalty, this is a great scent with blessings.

You will need:

- 9 Drops of Frankincense essential oil
- 7 Drops of Lemon essential oil

#### **52. Orange Candle**

What a great and yummy smell to fill the air!

You will need:

- 19 Drops of Orange Blossom essential oil
- 5 Drops of Chamomile essential oil
- 1 Drop of Lime essential oil

### **53. Chantilly Lace**

Pretty, fresh and clean is what this scent says. When a less is best, here's your mix!

You will need:

- 20 Drops of Chamomile essential oil
- 7 Drops of Bergamot essential oil

### **54. Pumpkin Patch**

This is perfect for Thanksgiving or anytime you are feeling especially festive...or want to!

You will need:

- 4 Drops of Allspice essential oil
- 3 Drops of Tea Tree essential oil
- 8 Drops of Ginger essential oil

### **55. Bear Essentials**

This blend is a great one when you are going to have males in the house. It doesn't offend them and keeps the air fresh.

You will need:

- 2 Drops of Tea Tree essential oil
- 8 Drops of Bearberry essential oil

## **Potpourri Projects**

Another way to make an area smell lovely and to bring aromatherapy into your life is to place drops of essential oils directly onto a surface, then place in a central location where you can catch a whiff of it now and then. These projects are very simple to make, but the benefits they bring are enormous.

### **56. Pine Cone Wreath**

This project is perfect for fall and winter, but can be used the year round as well. Welcome your guest into your home with the scents of the forest at your doorstep. It instantly sets a relaxed atmosphere as Pine essential oil is known to relieve anxiety.

You will need:

- A collection of pine cones
- Hot glue gun and glue
- Wire to hang wreath from
- About 10 Drops of Pine essential oil

Use the glue gun to glue together a circle of pine cones. Then, twist some wire together to make a loop and attach it to the back of the wreath in the spot you would like it to hang from. Apply drops of the Pine essential oil around the wreath. Use more if you would like it to be stronger and less if you would like for it to be more subtle. Hang the wreath and when the scent begins to fade, you can spruce it up with a little dot of oil.

### **57. Flower Power**

This lovely project is wonderful to place in the bathroom area, in a hall or entryway or even in the room you gather with family and friends.

You will need:

- A handful of dried flowers, buds, roses, etc.

- A dish to place them in
- 6 Drops of Rose essential oil
- 2 Drops of Vetiver essential oil

Place the dried flowers in a container such as a glass dish or decorative bowl. Mix the essential oils together and use a dropper to dispense the oil onto the flowers. Refresh when needed.

### **58. Down by the Sea**

Nothing is more relaxing to the senses than a little vitamin sea. This easy project is nice to grace the bathroom with or can also be placed in most any room.

You will need:

- 1 Cup of Sea Salt
- Blue food coloring
- 4 Drops of Bergamot
- 2 Drops of Ylang Ylang

Mix a drop or two of the food coloring into the salt and stir until well blended in color. Add the essential oils and place in a bowl or sea shell. Refresh when desired.

### **59. Grandma's Kitchen**

Now your kitchen can smell like fresh baked goodies even when you aren't cooking. This cinnamon-apple blend is delightful to look at and smells delicious, but did you know it is good for you too? Cinnamon is a Godsend to speed up recovery from colds and flus, and both Cinnamon and Apple Blossom essential oils are appetite suppressants, believe it or not.

You will need:

- Three groups of yarn, with about twenty strands in each group
- A plastic or metal ring to hang it from
- 6 Cinnamon Sticks



- Glue gun and glue
- 6 Drops of Cinnamon Essential Oil
- 6 Drops of Apple Blossom Essential Oil

Take the three groups of yarn and pull them through the ring so that the ring is in the middle. Loosely braid the three strands of yard and tie at the end, leaving an inch or more of loose ends to dangle.

Hot glue the cinnamon sticks to the yarn where desired and place on dot of each oil onto each of the sticks. Hang and refresh when needed.

### **60. Gardenia Sachets**

Gardenia essential oil is one of the most magnificent floral scents. It is refreshing and is a mood enhancer too.

You will need:

- Circles of fabric (cut in zig-zag pattern is best such as with pinking shears)
- Small ribbons to tie sachets with
- Cotton balls
- Gardenia essential oil

Simply place a good bit of Gardenia essential oil onto cotton balls, then place a cluster of cotton balls in the center of each fabric circle and bring the ends together. Tie with a ribbon.

### **61. Citrus Spectacular**

This fruit basket will never get old. Just keep refreshing it as needed for a sprite and refreshing mood.

You will need:

- Dried citrus fruits
- 5 Drops of Orange Blossom essential oil
- 5 Drops of Grapefruit essential oil
- 3 Drops of Lemon essential oil

Mix the oils together and place on the dried fruit. Put them in an open dish or bowl for a wonderful, citrus experience.

## **62. Pomander Potpourri**

This adorable decoration is not only a pleasure to look at, but delightful to catch a whiff of in the air too. Hang it where you will walk by it often and refresh yourself every time you go past.

You will need:

- A scrap of fabric, folded
- An embroidery hoop
- Potpourri mix
- Clove Bud essential oil
- Orange essential oil

Mix the essential oils with the potpourri. Place half of the fabric into the opened embroidery hoop and fill with the mix. Pull the fabric tight and close the hoop so that the fabric encloses the potpourri. Hang and enjoy!

## **63. Melon Fest**

Melons smell fresh and add a hint of spring and summer to the air. This blend is fresh and light but super delicious.

You will need:

- One glass bowl or ceramic melon bowl
- Sea Salt to fill container
- Watermelon seeds
- Clear spray paint
- Red food coloring (Wilton works best)
- 20 Drops of Watermelon essential oil

Mix the salt, food coloring, and essential oil together, adjusting to your taste. Fill the bowl with the mixture. Spray the seeds with clear spray and

allow to dry, then sprinkle into the mix.

#### **64. Everlasting Evergreens**

This mix is fabulous and festive for the holidays, but can certainly stay out for the rest of the year as well. Its rich and warm aroma calms the mood and releases health benefits into your senses as well.

You will need:

- A handful of pine needles
- A few small pine cones
- A dish
- 10 Drops of Cedar essential oil
- 5 Drops of Pine essential oil
- 2 Drops of Orange essential oil

Mix the essential oils and use a dropper to distribute the mix onto the pine needles and pine cones. Place in dish and refresh as needed.

#### **65. Blue Hawaii**

This is the perfect project to sit beside your bathtub. The steam will release the warm scent of the ocean as you immerse yourself in the goodness of Vitamin Sea.

You will need:

- 1 cup of Sea Salt
- Blue food coloring
- Small sea shells
- One large clam shell
- 15 Drops of Blue Chamomile essential oil
- 5 Drops of Lavender essential oil

- 3 Drops of Geranium essential oil

Mix the salt and oils together then blend in the food coloring to the desired shade. Add more oils if you would like it to be stronger. Sprinkle in the small shells then place the mix into an open clam shell.

## **Chapter 3**

### **Pamper Me Pretty**

Funny how beauty products have so many dangerous chemicals in them even though they are supposed to be good for your skin and make you look your prettiest, but it's hard to be beautiful when you are filled to the brim with toxins. These DIY pampering recipes are fit for a queen (or king) and are therapeutic too, so fill your castle with as many as you can of them.

#### **Essentials for the Bath**

##### **66. Peppermint Soak Off**

This is a fantastic remedy for achy bones and tired feet.

You will need:

- ½ cup of olive oil
- 4 Drops of Peppermint essential oil
- Combine the oils and pour into a hot tub.

##### **67. Roses, Roses Bath Soak**

Roses are beautiful and relaxing so it is only right that the essential oil that is derived from them is full of goodness. Rose essential oil relieves anxiety and is a potent antioxidant. Take a load off with this when you are up to your shoulders in stress.

You will need:

- 1 cup of Epsom salts
- 6 Drops of Rose essential oil
- Rose petals

Mix the essential oil with the salts and place in an airtight glass container. Sprinkle rose petals into a tub and place a generous pinch of the salt and oil mixture in. You can save the rest of the mix for later so be sure to keep some fresh rose petals on hand.

### **68. Lavender Luxury Soak**

Sometimes we need to soak...just because! Turn on some relaxing music, dim the lights and light a candle. This soak is so glorious, the recipe allows for plenty of soaks because you will no doubt want more.

You will need:

- 1 cup of Epsom salts
- 1 cup of baking soda
- 5-10 Drops of Lavender essential oil

Mix the ingredients together and place in a glass container. Place a heaping pinch in each bath for a magnificent soak that is so refreshing you will never want to get out of the tub.

### **69. Pep Me up Soak**

While most bath soaks are designed to relax you and get you ready for a good night's slumber. This one is perfect for when you just want to relax for a bit before a night out. You will be revived and ready to roll when you immerse from this soak.

You will need:

- 1 cup of sea salt
- 5 Drops of Lime essential oil
- 3 Drops of Peppermint essential oil

Mix the ingredients for later and place in a glass container. Place about a tablespoon in a hot to warm bath and enjoy!

### **70. Lemon Up Bath Oil**

Add some zest to your bath with this surprisingly delightful twist. It's perfect for an evening spent pampering yourself with a little pick-me-up power.

You will need:

- ½ cup of jojoba oil
- 6 Drops of Lemon essential oil

Simply mix the ingredients together and pour into a hot tub of water. You can make extra to store in an airtight glass container to use later.

### **71. Just Bathe Me in Chocolate!**

Chocolate makes everything better. Sometimes you just want to bathe in it so...why don't you? This project is a fantastic one to make for kids and gift giving. You can get creative by putting the mix in a coffee cup and adding marshmallows that can be taken out...or not.

You will need:

- ½ cup of Epsom salts
- ½ cup of baking soda
- ¼ cup of citric acid
- ¼ cup of raw cocoa or cacao powder
- ¼ teaspoon of coconut oil
- 5 Drops of Vanilla essential oil

Mix the dry ingredients and then mix the wet. Then, mix the two together and stir until blended. Place in container and add marshmallows if desired.

### **72. Relaxation SINSation!**

This salt bath soak is so relaxing, it's almost SINful! Ylang Ylang has been used for centuries to quieten the nerves and calm the senses.

You will need:

- ½ cup of sea salt
- ½ cup of Epsom salt
- 6 Drops of Ylang Ylang essential oil
- Glass airtight container

Mix the ingredients together and place in a container. Take a scoop out for now and save the rest for later.

### **73. Tropical Blast**

Sink your body into this ocean of therapy. It is luxurious and relaxing like a soak in the sea. It is also quite good for you so...dive in!

You will need:

- 1 cup of sea salt
- 1 cup of Epsom salt
- ½ teaspoon of olive oil
- 6 Drops of Lavender essential oil
- 6 Drops of Eucalyptus essential oil
- Airtight glass container

Mix the ingredients together and pour into the container. Use one generous scoop per bath.

### **74. Orange Aid**

Vitamin C is just what the doctor ordered for times you aren't feeling your best or just need a little pick up. This bath mix is loaded with antioxidants and smells like an orange orchard.

You will need:

- ½ cup of sea salt

- ½ cup of baking soda
- ¼ cup of olive oil
- 10 Drops of Orange Blossom essential oil
- Glass container

Simply mix the ingredients together and place in a glass container. Use a tablespoon or more per soak.

### **75. Peppermint Tea**

It's Tea time! Grab yourself a cup of warm tea and soak with this mixture that is guaranteed to cure whatever ails you.

You will need:

- 1 cup of Epsom salts
- 1 teaspoon coconut oil
- 5 Drops of Tea Tree essential oil
- 3 Drops of Peppermint essential oil

### **76. I Like Lilac**

Lilac is one of the most beautiful scented essential oils; it is also soothing and has loads of benefits for your skin as well as for your emotions.

You will need:

- 1 cup of jojoba oil
- 10 Drops of Lilac essential oil
- 1 Drop of Rose essential oil

Mix the ingredients together and pour ¼ cup of the mixture into the tub. Save the rest for later.

### **77. Succeeding Grape Bath Oil**

Bathe for success! This Grape Seed essential oil bath is a rejuvenating and refreshing way to end a long day or to ward off a cold.



You will need:

- ½ cup of olive oil
- 10 Drops of Grape Seed essential oil
- 3 Drops of Orange Blossom essential oil

Mix the ingredients together and pour into your tub. Grape Seed essential oil is able to penetrate deep within the skin to deliver its many benefits.

### **78. Patchwork Bath Time**

This bath favorite is a medley of great scents and is loaded with antioxidants and other therapeutic benefits.

You will need:

- 6 Drops of Patchouli essential oil
- 4 Drops of Sandalwood essential oil
- 3 Drops of Rose essential oil
- 2 Tablespoons of jojoba oil

Mix the ingredients together and pour into your tub for a nice, long soak in heaven.

### **79. Rose Milk Bath**

Yes, you can bathe in milk. It has been a beauty secret for promoting silky, smooth skin for centuries.

You will need:

- ½ cup of milk
- 5 Drops of Rose essential oil
- 2 Drops of Rosehips essential oil
- 2 Drops of Geranium essential oil

Mix the ingredients together and pour into your tub. Add some fresh rose petals if desired.

## **80. Five Alive Bath Salts**

If you are in need of some energy, here is a very exhilarating bath soak that will leave you revived and ready to face the world again.

You will need:

- ½ cup of sea salt
- ½ cup of Epsom salt
- 4 Tablespoons olive oil
- 5 Drops of Peppermint essential oil
- 3 Drops of Lemongrass essential oil
- 3 Drops of Tea Tree essential oil

Mix the ingredients together. You can save some for later in an airtight glass container if you would like to. Enjoy!

## **81. Sea Soak**

See just how relaxing and beneficial the sea can be when you immerse in this luxurious bath.

You will need:

- ¾ cup of sea salt
- 6 Drops of Lavender essential oil
- 4 Drops of Coriander essential oil
- 3 Drops of Bergamot essential oil
- 1 Drop of Patchouli essential oil

Combine the ingredients and sprinkle into the tub for a soak you will not soon forget.

## **82. Deep River Bath Therapy**

You will love going down the river with this full body bath soak. For those days you feel you are up the stream without a paddle, this will put you back on course.

You will need:

- ½ cup of Epsom salts
- 2 Tablespoons coconut oil
- 8 Drops of Cypress essential oil
- 4 Drops of Mandarin essential oil
- 2 Drops of Eucalyptus essential oil

Simply mix the ingredients together and sprinkle into your tub for a wonderful, refreshing soak.

### **83. Winter Wonderland**

This soak will take you to a place far away with the warm feeling of a hot spa amidst the mountains clad with snow.

You will need:

- ½ cup of almond oil
- 10 Drops of Wintergreen essential oil
- 10 Drops of Chamomile essential oil
- 5 Drops of Clove essential oil
- 2 Drops of Lavender essential oil

Mix the ingredients together and place in a steamy hot tub. Relax and enjoy!

### **84. Tangerine Twist**

This bath will make you want to twist and shout yet it is relaxing and therapeutic as well.

You will need:

- ½ cup of sea salt
- 2 Tablespoons of olive oil
- 5 Drops of Tangerine essential oil

- 2 Drops of Grapefruit essential oil
- 1 Drop of Lemongrass essential oil

Gently mix the ingredients together and sprinkle into your tub. Be sure to soak for at least 15 minutes.

### **85. Man's Soak**

Here's one for the men because...real men do take baths! It is loaded with antioxidants and is like a body massage and will clear your sinuses out as well.

You will need:

- ½ cup of sea salt
- 1 Tablespoon of coconut oil
- 5 Drops of Pine essential oil
- 3 Drops of Lemon essential oil
- 1 Drop of Vetiver essential oil

Mix and soak...simple as that. Might want to bring a pillow along.

### **86. Gingerbread Delight**

Hansel and Gretel will lead the way to the gingerbread house where everything sweet and good awaits you.

You will need:

- ½ cup of olive oil
- 6 Drops of Ginger essential oil
- 2 Drops of Vanilla essential oil
- Mix, soak and enjoy!

### **87. Best Destress Ever!**

If you have had a rough day, settle into this relaxing, anti-anxiety blend. You will want to stay forever.

You will need:

- ¼ cup of sunflower oil
- 8 Drops of Rosewood essential oil
- 2 Drops of Lavender essential oil
- Mix ingredients and place in hot tub.

### **88. Sea of Tranquility**

This formulation is hard to beat when you are beat. If you are so tired you just can't settle in for a good night's sleep, this blend will have you well on your way in no time.

You will need:

- ½ cup of olive oil
- 10 Drops of Vetiver essential oil
- 2 Drops of Lemon essential oil
- 1 Drop of Lavender essential oil

Mix together and enjoy!

### **89. Good Night**

Neroli essential oil has been used throughout history to calm the nerves and to accommodate a great night's sleep. You will love the wonderful, rich scent too!

You will need:

- ½ cup of coconut oil
- 10 Drops of Neroli essential oil
- 5 Drops of Orange Blossom essential oil
- 1 Drop of Jasmine essential oil

Blend ingredients and place in hot tub for total relaxation.

### **90. Kick Your Shoes Off**

Kick your shoes off and plan to stay awhile in this glorious tub of goodness. You will adore the aromatic wonders it holds for your mind, soul and body!

You will need:

- ½ cup of coconut oil
- 8 Drops of Sandalwood essential oil
- 5 Drops of Bergamot essential oil
- 2 Drops of Rose essential oil

Simply mix the ingredients together, place in tub and enjoy!

### **91. Life Savor Bath**

This blend is a true lifesaver. Experience the glorious benefits and the wonderful aroma this bath gives.

You will need:

- ½ cup of olive oil
- 10 Drops of Geranium essential oil
- 5 Drops of Rose essential oil
- 2 Drops of Tangerine essential oil

Mix the ingredients together and place in hot tub.

### **92. End of a Long Day**

Had a long day? This soak will make you want it to last even longer.

You will need:

- ¼ cup of Epsom salts.
- 10 Drops of Sandalwood essential oil
- 3 Drops of Bergamot essential oil
- 1 Drop of Tea Tree essential oil

Mix the ingredients together and put some in the tub. Enjoy and relax.

### **93. It's About *Thyme* !**

It's about time to take a load off and rest your weary body in a hot tub of warm benefits and a scent you will want to breathe in forever.

You will need:

- ½ cup of olive oil
- 10 Drops of Thyme essential oil
- 4 Drops of Lemon essential oil
- 1 Drop of Lavender essential oil

Mix the ingredients together and place in tub.

### **94. Gingerly Detox**

Ginger is a great detoxification essential oil. When you are in need of a cleansing, here is a great one for you.

You will need:

- ½ cup of jojoba oil
- 10 Drops of Ginger essential oil
- 5 Drops of Lemon essential oil

Mix together and place in tub. Soak for at least 15 minutes.

### **95. Orient Express**

Your sense will take you to a land far away when you get in this tub filled goodness.

You will need:

- ½ cup of coconut oil
- 10 Drops of Patchouli essential oil
- 2 Drops of Cinnamon essential oil

Simply mix, place in water, and soak.

## **96. Lavender Bliss**

Ahhh...there's nothing better than the goodness of fresh and lively Lavender.

You will need:

- ½ cup of argon oil
- ¼ cup of baking soda
- 10 Drops of Lavender essential oil

Mix together and place in your tub for a great relaxing soak.

## **97. I'm so Blue**

This is a great pick-me-up when you are blue.

You will need:

- ½ cup of sunflower oil
- 10 Drops of Blue Chamomile essential oil
- 5 Drops of Geranium essential oil

Mix, place in water and enjoy.

## **98. Green Mix**

This has green written all over it. It's not really green but you won't ever know that. Go green!

You will need:

- ½ cup of olive oil
- 10 drops of Spearmint essential oil
- 5 Drops of Eucalyptus essential oil
- 2 Drops of Wintergreen essential oil

Mix, put in tub and soak for at least 15 minutes.

## **99. Night Delight**



Grab a good water-proof book and hop into this relaxing bath. You are sure to find yourself very relaxed by the end of the book.

You will need:

- ½ cup of argon oil
- 4 Drops of Rose essential oil
- 4 Drops of Geranium essential oil
- 4 Drops of Orange essential oil
- 2 Drops of Tea Tree essential oil

Mix together and place into tub. Enjoy!

### **100. Clove Grove Soak**

Clove essential oil is so refreshing and it is very therapeutic, too. Soak in this tub when it's cold out and you want to warm your bones as well as your heart and soul.

You will need:

- ½ cup of olive oil
- 10 Drops of Clove essential oil
- 5 Drops of Vanilla essential oil
- 1 Drop of Cinnamon essential oil

Mix together and soak in tub until you are refreshed.

### **101. IceBerg Soak**

This soak is full of the citrus benefits and aroma of Bergamot and has an icy tingle to it as well.

You will need:

- ½ cup of coconut oil
- 10 Drops of Bergamot essential oil
- 5 Drops of Spearmint essential oil

Mix together and soak.

### **102. Lemon Tea Soak**

This soak is simply delicious!

You will need:

- ½ cup of olive oil
- 10 Drops of Tea Tree essential oil
- 5 Drops of Lemon essential oil
- 1 Drop of Lavender essential oil

Mix together. Soak and enjoy.

### **103. Camp Out in the Tub**

Gone are the worries and cares of the work-a-day world when you immerse yourself in a tub of this goodness.

You will need:

- ½ cup of sunflower oil
- 5 Drops of Cedarwood essential oil
- 4 Drops of Cypress essential oil
- 2 Drops of Orange essential oil

Mix together and pour into the tub. Soak your body and enjoy the relaxing feeling!

### **104. Dawn**

A new day is dawning. Greet it with a nice soak.

You will need:

- ½ cup of argon oil
- ½ cup of Epsom salt
- 8 Drops of Geranium essential oil
- 4 Drops of Orange Blossom essential oil
- 2 Drops of Vetiver essential oil

Mix and place in tub. Soak and enjoy!

### **105. Soaker's Soak**

This fine soak has everything you need to revive your mind, soul, and body. It will cure what ails you and renew your whole being.

You will need:

- ½ cup of coconut oil
- 6 Drops of Sandalwood essential oil
- 4 Drops of Orange essential oil
- 4 Drops of Tea Tree essential oil
- 2 Drops of Rose essential oil

Mix the ingredients together and place into the tub for a great soak.

### **106. Anxiety at Bay Soak**

Keep anxiety away with this tub of goodness.

You will need:

- ½ cup of argon oil
- 8 Drops of Lime essential oil
- 6 Drops of Lavender essential oil
- 3 Drops of Chamomile essential oil

Mix and soak, simple as that!

### **107. Rest Assured Soak**

Rest assured this tantalizing soak is as good for you as anything can be. It's loaded with benefits and smells wonderful, too.

You will need:

- ¼ cup of olive oil
- ¼ cup of sea salt
- 8 Drops of Cypress essential oil
- 4 Drops of Myrrh essential oil

Mix and pour into tub. Soak as long as you would like.

### **108. Gorgeous Sunset**

Enjoy this soak like you enjoy watching a sunset. It will clear your head and soothe your body.

You will need:

- ¼ cup of coconut oil
- 5 Drops of Ginger essential oil
- 5 Drops of Rose essential oil

Mix and bathe in the goodness.

### **109. Jazz it Up**

This formulation is for refreshing your spirit and healing your mind.

You will need:

- ½ cup of carrot oil
- 8 Drops of Oregano essential oil
- 3 Drops of Lemon essential oil
- 1 Drop of Lavender essential oil

Mix and pour into the water. Enjoy!

### **110. Espresso**

Grab yourself a cup of coffee and relax. Kick your feet up and soak awhile.

You will need:

- ½ cup of olive oil
- 5 Drops of Coffee essential oil
- 3 Drops of Cinnamon essential oil

Mix then pour into your bath water.

### **111. Banana Split**

While it's up for debate if Banana essential oil really is an essential oil, it's fun and it smells delicious so try this one out for kicks.

You will need:

- ½ cup of coconut oil
- 8 Drops of Banana essential oil
- 4 Drops of Cherry essential oil

Mix together and place it and yourself in a hot tub. Don't drink the water although you will want to!

### **112. Angel Mist Bath**

Sleep with the angels!

You will need:

- ½ cup of sea salt
- ¼ cup of argon oil
- 10 Drops of Chamomile essential oil
- 4 Drops of Rose essential oil
- 2 Drops of Lemon essential oil

Mix and pour into hot tub. Relax and enjoy!

### **113. The Islands are Calling**

There's no better place to sleep than on the island with waves rushing in to lull you to sleep.

You will need:

- ½ cup of Epsom salt
- 2 Tablespoons of jojoba oil
- 8 Drops of Vetiver essential oil
- 3 Drops of Rose essential oil
- 1 Drop of Grapefruit essential oil

Mix, bathe, and relax!

### **114. Earth Ocean**

Get the best of both worlds with this relaxing and refreshing soak. You will want to stay in for your whole lifetime.

You will need:

- ½ cup of olive oil
- 7 Drops of Lavender essential oil
- 4 Drops of Vanilla essential oil

- 1 Drop of Lilac essential oil

Mix and pour into tub.

### **115. The World Can Wait**

You'd better hope you don't have anything to do when you sink into a tub full of this fine combination.

You will need:

- ½ cup of olive oil
- 7 Drops of Vanilla essential oil
- 2 Drops of Rose essential oil

Mix and pour into tub for a great soak.

## **FOOT SOAKS**

### **116. Peppermint Foot Soak**

You will need:

- ½ cup of Epsom salt
- 2 Tablespoons of olive oil
- 10 Drops of Peppermint essential oil

Mix and soak feet.

### **117. Lemon-Lime Foot Soak**

You will need:

- ½ cup of jojoba oil
- ½ cup of sea salt
- 10 Drops of Lemon essential oil
- 10 Drops of Lime essential oil

Mix and soak feet.

### **118. Orange Blossom Foot Soak**

You will need:

- ½ cup of Epsom salt
- 8 Drops of Orange Blossom essential oil
- 2 Drops of Vanilla essential oil

Mix and soak feet

### **119. Lavender Lovely Foot Soak**

You will need:

- ½ cup of olive oil
- 2 Tablespoons of sea salt
- 18 Drops of Lavender

Mix and soak feet.

### **120. Garden Foot Soak**

You will need:

- ½ cup of sea salt
- ½ cup of jojoba oil
- 6 Drops of Rose essential oil
- 4 Drops of Chamomile essential oil
- 2 Drops of Tea Tree essential oil

Mix and soak feet

### **121. Blue Hawaii Foot Soak**

You will need:

- ½ cup of Epsom salt
- 2 Tablespoons of vinegar
- 5 Drops of Vetiver essential oil
- 2 Drops of Lemon essential oil

Mix and soak feet.



### **122. Not Defeated Foot Soak**

You will need:

- ½ cup of sea salt
- 2 Tablespoons of coconut oil
- 6 Drops of Hyssops essential oil
- 4 Drops of Tea Tree essential oil

Mix and soak feet.

### **123. Glory Foot Soak**

You will need:

- ½ cup of sea salt
- ½ cup of olive oil
- 8 Drops of Sandalwood essential oil
- 4 Drops of Rose essential oil

Mix and soak feet.

### **124. Good Step Foot Soak**

You will need:

- ½ cup of sea salt
- 4 Tablespoons of carrot oil
- 7 Drops of Tea Tree essential oil
- 2 Drops of Lime essential oil

Mix and soak feet.

### **125. Relief Foot Soak**

You will need:

- ½ cup of baking soda
- 8 Drops of Eucalyptus essential oil
- 3 Drops of Lemon essential oil

Mix and soak feet.

### **126. Cool Foot Soak**

You will need:

- ½ cup of sea salt
- ½ cup of baking soda
- 8 Drops of Wintergreen essential oil
- 4 Drops of Lemon essential oil

Mix and soak feet.

### **127. Pretty Foot Soak**

You will need:

- ½ cup of sea salt
- 2 Tablespoons of jojoba oil
- 10 Drops of Rose essential oil
- 2 Drops of Chamomile essential oil

Mix and soak feet.

### **128. River Foot Soak**

You will need:

- ½ cup of Epsom salt
- 2 Tablespoons of coconut oil
- 10 Drops of Cypress essential oil
- 2 Drops of Geranium essential oil

Mix and soak feet.

### **129. Amazing Foot Soak**

You will need:

- ½ cup of argon oil
- 7 Drops of Cedarwood essential oil
- 1 Drop of Geranium essential oil

Mix and soak feet.

### **130. Best Ever Foot Soak**

You will need:

- ½ cup of sea salt
- 4 Tablespoons of olive oil
- 8 Drops of Cedarwood essential oil
- R Drops of Frankincense essential oil
- 2 Drops of Lemon essential oil

Mix and soak feet.

### **131. Almost SINful Foot Soak**

You will need:

- ¼ cup of vinegar
- ¼ cup of water
- ¼ cup of milk
- 2 Tablespoons of olive oil
- 10 Drops of Cinnamon essential oil

Mix the ingredients and soak to heal sore feet.

### **132. Lemon Tea Foot Soak**

You will need:

- ½ cup Epsom Salts
- ½ cup coconut oil
- 2 Tablespoons of vinegar
- 10 Drops of Lemon essential oil
- 8 Drops of Tea Tree essential oil

Mix and soak feet.

### **133. Vanilla Rose Foot Soak**

You will need:

- ½ cup of sea salt
- ½ cup of Epsom salt
- ½ cup of jojoba oil
- 10 Drops of Rose essential oil
- 5 Drops of Vanilla essential oil

Mix the ingredients together and soak for feet that will feel and smell like roses!

### **134. Jasmine Soul Soak**

You will need:

- ½ cup of baking soda
- ½ cup of sea salt
- 10 Drops of Jasmine essential oil
- 2 Drops of Lavender essential oil

Mix and soak feet.

### **135. Peppermint Rose Soak**

You will need:

- ½ cup of Epsom salt
- ½ cup of coconut oil
- 10 Drops of Peppermint essential oil
- 7 Drops of Rose essential oil
- 2 Drops of Lavender essential oil

Mix the ingredients and soak your aching feet for total healing and relaxation.

## **Chapter 4**

### **Anti-aging Essential Projects**

Way back in the days of Cleopatra, essential oils were used to beautify the skin and to keep one looking youthful. Essential oils are loaded with things like antioxidants that help the skin repair itself from sun damage and weather conditions that can be very harsh on the skin.

There are other benefits in essential oils too that all work together to accomplish the goal of anti-aging. Many are anti-inflammatories that work to fight acne and other skin conditions that can make one look old and skin to look rough. Others help to promote collagen and contain antifungal, antimicrobial, and disinfecting qualities. Many also provide moisture to the skin. Perhaps the best thing about using essential oils to look young and vibrant is that they contain no chemicals or toxins. Plus, they smell wonderful too.

Here are some excellent DIY projects that you can easily do to keep your skin looking young and fresh:

## **Facial Cleansers**

### **136. Normal Skin Cleanse**

You will need:

- 1/3 cup of castile soap
- 2 teaspoons of olive oil
- 2/3 cup of purified water
- 8 Drops of Ylang Ylang essential oil
- 4 Drops of Patchouli essential oil
- 2 Drops of Lemongrass essential oil

Mix the ingredients together. Cleanse face and save any that is left in an airtight glass container.

### **137. Combination Skin Cleanse**

You will need:

- ½ cup of sunflower oil

- 5 Drops of Lavender essential oil
- 2 Drops of Orange essential oil

Mix the ingredients and cleanse face. Rinse oil off with warm towel. Save left over mix for later.

### **138. Oily Skin Cleanse**

You will need:

- ½ cup of Witch Hazel
- 5 Drops of Lemon essential oil

Mix together and use on a cotton ball to cleanse face. Save remainder of mix for next time.

### **139. Extreme Aging Skin Cleanse**

You will need:

- ½ cup of jojoba oil
- 8 Drops of Lavender essential oil
- 4 Drops of Tea Tree essential oil
- 4 Drops of Geranium essential oil

Mix the oils together and wash face with the formulation. Use a steamy wash cloth to get dirt and grime out and to deliver the benefits into your skin. Save the extra in airtight glass container.

### **140. Acne-Prone Skin Cleanse**

You will need:

- ½ cup of Witch Hazel
- 5 Drops of Neroli essential oil
- 1 Drop of Lemon essential oil

Mix together and apply to face with cotton ball making sure to get all traces of dirt. Save the rest for later.

### **141. Floral Skin Cleanse**

You will need:

- ½ cup of jojoba oil
- 6 Drops of Rose essential oil
- 2 Drops of Lavender essential oil

Mix together and cleanse face. Save any that is left for next time.

### **142. Extra Moisturizing Skin Cleanse**

You will need:

- ¾ cup of virgin olive oil
- 8 Drops of Geranium essential oil
- 4 Drops of Rose essential oil

Mix the ingredients together and thoroughly cleanse face. Save the rest for future use.

### **143. Gentle Skin Cleanse**

You will need:

- ½ cup of jojoba oil
- 6 Drops of Chamomile essential oil
- 4 Drops of Lavender essential oil

Mix the ingredients together and cleanse face using gentle strokes to get rid of the dirt and grime, but not too hard so you do not irritate the skin. Save any that is left for next time.

### **144. Citrus Skin Cleanse**

You will need:

- ½ cup of sunflower oil
- 5 Drops of Lemon essential oil
- 5 Drops of Bergamot essential oil

- 1 Drop of Grapefruit essential oil

Mix together and apply to face, making sure the oils are not irritating as citrus blends do irritate some skin types. Save the rest for later.

### **145. Deep Skin Cleanse**

You will need:

- ½ cup of carrot oil
- 10 Drops of Lavender essential oil
- 5 Drops of Tea Tree essential oil

Mix together and use a wash cloth to steam into your face. Remove the dirt and grime and allow the goodness to soak in. Save left over for later.

## **Youthful Facial Scrubs**

### **146. Olive Ya**

You will need:

- ½ cup of olive oil
- ¼ cup of sugar
- 10 Drops of Tea Tree essential oil
- 5 Drops of Roman Chamomile essential oil

Mix together and gently rub onto face. Rinse.

### **147. Pumpkin Pie Scrub a Dub**

You will need:

- ½ cup of brown sugar
- 10 Drops of Allspice essential oil
- 5 Drops of Cinnamon essential oil
- 2 Drops of Vanilla essential oil

Mix, rub in to face, and rinse.



### **148. Coconut Vanilla Scrub**

You will need:

- ½ cup of coconut oil
- 10 Drops of Vanilla essential oil
- 5 Drops of Chamomile essential oil

Mix together. Rub into face and rinse.

### **149. To the Tea Scrub**

You will need:

- ½ cup of sea salt
- 10 Drops of Tea Tree essential oil

Mix together and scrub gently then rinse.

### **150. Earthy Scrub**

You will need:

- ½ cup of brown sugar
- 10 Drops of Vetiver essential oil
- Mix and lightly scrub then rinse.

## **Anti-Aging Facial Moisturizers**

### **151. Rose Petal**

You will need:

- ½ cup of coconut oil
- 10 Drops of Rose essential oil
- 5 Drops of Chamomile essential oil

Mix together and use every night. Store extra in airtight glass container.

### **152. Light Touch Moisturizer**

You will need:

- ½ cup of jojoba oil
- 5 Drops of Chamomile essential oil
- 2 Drops of Lavender essential oil

Mix together and use lightly at night. Store any extra for later.

### **153. Ultimate Moisturizer**

You will need:

- ½ cup of coconut oil
- 10 Drops of Frankincense essential oil
- 5 Drops of Myrrh essential oil
- 2 Drops of Bergamot essential oil

Mix together and use liberally on dry, parched skin. Save the rest for later in an airtight glass jar.

### **154. Ironing out the Wrinkles**

You will need:

- ½ cup of almond oil
- 15 Drops of Lavender essential oil
- 10 Drops of Frankincense essential oil
- 1 Drop of Tea Tree essential oil

Combine the ingredients and use every night for a youthful, radiant glow. Save any that is left for the next night or two.

### **155. Pure Essential Face Cream**

You will need:

- ¼ cup of argon oil
- 10 Drops of Tea Tree essential oil

- 5 Drops of Bergamot essential oil

Mix the ingredients together and apply to your face every evening and morning too if your skin tends to go very dry. Save any that is left in airtight glass container.

### **156. Rise and Shine Race Cream**

You will need:

- ¼ cup of argon oil
- 8 Drops of Rosemary essential oil
- 2 Drops of Lavender essential oil

Mix the ingredients together and apply. It goes on so light, you can use any time, day or night.

### **157. Starlight Moisture**

You will need:

- ¼ cup of olive oil
- 8 Drops of Vetiver essential oil
- 1 Drop of Lilac essential oil
- 1 Drop of Grapefruit essential oil

Mix and apply to face.

### **158. Moon Magic**

You will need:

- ½ cup of carrot oil
- 8 Drops of Chamomile essential oil
- 4 Drops of Rose essential oil
- 1 Drop of Thyme essential oil

### **159. Sleepy Head Moisturizer**

You will need:

- ½ cup of jojoba oil
- 10 Drops of Patchouli essential oil
- 5 Drops of Lemonwood essential oil
- 2 Drops of Rose essential oil

Mix and apply to face. Store any leftover in airtight container.

### **160. Miracle Moisture**

You will need:

- ½ cup of jojoba oil
- 8 Drops of Basil essential oil
- 3 Drops of Rose essential oil

Mix together and apply to face.

## **TONERS**

### **161. Lemon-Lime Witch**

You will need:

- ½ cup of Witch Hazel
- 5 Drops of Lemon essential oil

Mix together and apply with cotton ball. Save the rest for later.

### **162. Rosy Toner**

You will need:

- ½ cup of Witch Hazel
- 6 Drops of Rose essential oil

Mix together and apply with cotton ball. Save the rest for later.

### **163. Wake-up Splash**

You will need:

- 1 cup of rosewater
- 8 Drops of Frankincense essential oil
- 6 Drops of Sandalwood essential oil

Mix together and splash on your face each morning. Store extra in airtight glass container.

#### **164. Anti-aging Anti-oil Toner**

You will need:

- ½ cup of Witch Hazel
- 4 Drops of Palmarosa essential oil
- 4 Drops of Pettigrain essential oil
- 1 Drop of Lemongrass essential oil

Mix and liberally apply to face morning and evening, saving leftover.

#### **165. Veggie Toner**

You will need:

- ¼ cup of carrot oil
- 6 Drops of Cucumber essential oil
- 4 Drops of Basil essential oil

Mix together and use on face morning and night for lovely skin.

#### **166. Cool as a Cucumber Toner**

You will need:

- ¼ cup of Witch Hazel
- 8 Drops of Cucumber essential oil

- 4 Drops of Tea Tree essential oil
- 1 Drop of Orange Blossom essential oil

Mix and splash on for a tight, clean feel

### **167. Desert Flower Toner**

You will need:

- 5 Drops of Geranium essential oil
- 3 Drops of Vetiver essential oil
- 1 Drop of Rosemary essential oil

Mix and splash on.

### **168. Rose Dew**

You will need:

- ¼ cup of rosewater
- 5 Drops of Rose essential oil
- 4 Drops of Lavender essential oil
- 1 Drop of Cypress essential oil

### **169. Reborn Toner**

You will need:

- 5 Tablespoons of Witch Hazel
- 4 Drops of Orange Blossom essential oil
- 3 Drops of Lavender essential oil
- 2 Drops of Clove essential oil

### **170. Baby Fresh Toner**

You will need:

- ½ cup of rosewater
- 6 Drops of Vetiver essential oil

- 3 Drops of Rose essential oil
- 2 Drops of Lavender essential oil
- 2 Drops of Cedarwood essential oil

## **FACIAL MASKS**

### **171. Clay Magic**

You will need:

- ½ cup of Bentonite clay, pre-mixed
- 5 Drops of Bergamot essential oil
- 2 Drops of Tea Tree essential oil

Mix together and apply to face. Allow to dry and rise off.

### **172. Mask of Roses**

You will need:

- ½ cup of honey
- 3 Tablespoons of carrot oil
- 10 Drops of Rose essential oil
- 3 Drops of Lavender essential oil

Mix the ingredients together and smooth over face. Allow to dry and rise off with warm water.

### **173. Kitchen Sink Mask**

You will need:

- ½ cup of coconut oil
- 5 Tablespoons of honey

- 1 Avocado, mashed
- 8 Drops of Tea Tree essential oil
- 5 Drops of Bergamot essential oil
- 2 Drops of Chamomile essential oil

Mix the oils with the avocado and honey. Apply to face and let it sit at least 15 minutes and then rinse.

#### **174. Lavender Love Mask**

You will need:

- ½ cup of strawberries, blended
- 4 Tablespoons of honey
- 20 Drops of Lavender essential oil
- 10 Drops of Rose essential oil

Mix the ingredients together and place on face for 20 minutes then rinse.

#### **175. Honey Dew**

You will need:

- 1 mashed banana
- 4 Tablespoons of honey
- 8 Drops of Honeydew essential oil
- 4 Drops of Tea Tree essential oil

Mix together and place on face for 20 minutes then rinse.

#### **176. Island Fresh**

You will need:

- 3 strawberries, mashed



- 1 banana, mashed
- 3 Tablespoons of coconut oil
- 10 Drops of Roman Chamomile essential oil

Mix together. Apply to face for 15 minutes and rinse.

### **177. Chocolate Bash**

You will need:

- ½ cup of raw cocoa
- 4 Tablespoons of coconut oil
- 8 Drops of Vanilla essential oil

Mix together and place on face for 20 minutes then rinse.

### **178. Coffee Night Out**

You will need:

- ½ cup of powdered coffee
- 1/8 cup of coconut oil
- 3 Drops of Tea Tree Oil
- 3 Drops of Vanilla essential oil

Mix and apply on face. Let it sit for 15 minutes and rinse.

### **179. Lemon Face Mask**

You will need:

- ½ cup of yogurt
- 1 mashed banana
- 8 Drops of Lemon essential oil

Mix and apply to face. Leave on for 10 minutes and rinse.

### **180. Ripe and Ready Mask**

You will need:

- 1 banana, mashed
- 7 Drops of Lime essential oil
- 2 Drops of Tea Tree essential oil

Mix and apply to face for 20 minutes then rinse.

## **Chapter 5**

### **Skin Remedies**

Essential oils possess near magical qualities that are good for a number of skin issues. Whatever your skin problem is, you are sure to find a cure within the realm of essential oils. Experimenting will help you to decide which work best for you as everyone's skin reacts differently.

### **181. Bug Bite Be Gone**

You will need:

- 4 ounces of olive oil
- 20 Drops of Tea Tree essential oil
- 5 Drops of Peppermint essential oil

Mix together and apply to affected area. Save the rest for the next time it is needed.

### **182. Soothing Sunburn Relief**

You will need:

- ½ cup of Aloe Vera gel
- 1/8 cup of sea buckthorn oil

- 5 Drops of Lavender

Mix together and apply onto sunburned area.

### **183. Sunburn Relief #2**

You will need:

- ¼ cup of yogurt with active enzymes
- 20 Drops of Lavender

Mix and apply.

### **184. Melasma Cure**

You will need:

- 10 Drops of Lemon essential oil
- 10 Drops of Tea Tree essential oil
- 1 Cotton ball

Drop oils onto cotton ball and apply to face. Repeat regularly.

### **185. Fade Scars**

You will need:

- ¼ cup of vitamin E oil
- 10 Drops of Rosehip Seed oil
- 10 Drops of Hazelnut essential oil
- 5 Drops of Lavender essential oil
- 1 cotton ball

Drop the oils onto the cotton ball and apply liberally to scar area. Repeat regularly.

### **186. Super Moisture Rescue**

This recipe will give you extra protection even in extreme weather conditions.

You will need:

- ¼ cup of coconut oil
- 5 Drops of Lavender essential oil
- 3 Drops of Wintergreen essential oil
- 1 Drop of Lemon essential oil

Mix together and apply to affected area.

### **187. Oil Away**

If your skin tends to be too oily, try this remedy out.

You will need:

- ½ cup of jojoba oil
- 5 Drops of Tea Tree essential oil
- 5 Drops of Lemon essential oil

Mix the ingredients together and apply when and where needed.

### **188. Calloused Skin Remedy**

This works wonders for those areas that just don't seem to ever soften up.

You will need:

- ½ cup of coconut oil
- 20 Drops of Oregano essential oil

Mix and apply.

### **189. Dehydrated Skin Revive**

If you want to give your parched skin a real treat, try this.

You will need:

- ½ cup of castor oil
- 10 drops of Peppermint essential oil
- 5 Drops of Geranium essential oil

Mix and apply where needed.

### **190. Diaper Rash Stash**

Keep this on hand for diaper rash.

You will need:

- ¼ cup of aloe Vera gel
- 3 Drops of Chamomile essential oil

## **Chapter 6**

### **Oils for What Ails You**

Our ancestors used essential oils for anything that ailed them. They did this for two reasons. One reason was because that is all they had. But most importantly, they did it because...it worked! And...it still does.

Please note that the DIY recipes listed below are not intended to offer medical advice. These are only suggestions and things that we and others have found to work. We are not doctors.

### **191. Toothache Remedy**

If you don't want to take a pain killer for a toothache, this formula has helped many. Toothaches seem to always hit when a dentist is not within reach so this can hold you until you can get to one.

You will need:

- Cotton ball
- 10 Drops of Clove essential oil

Drop the oil onto the cotton ball and apply to affected area.

### **192. Achy Muscles**

Your achy muscles will feel as good as new with this remedy.

You will need:

- ¼ cup of olive oil
- 20 Drops of Peppermint essential oil

Mix and apply to the source of pain.

### **193. Chapped Lips**

This extra moisturizing ointment will hydrate and heal.

You will need:

- ¼ cup of coconut oil
- 6 Drops of Camphor essential oil.

### **194. Essential Vapo Rub**

Breathe in the benefits next time you are in need.

You will need:

- ½ cup of coconut oil
- 10 Drops of Peppermint essential oil
- 10 Drops of Spearmint essential oil
- 5 Drops of Cypress essential oil

### **195. Tooth Ache Relief**

For quick relief of a toothache, try this.

You will need:

- 1 Cotton ball
- 10 Drops of Peppermint oil
- 5 Drops of Clove essential oil

Drop oils onto cotton ball and swab the tooth area.

### **196. Lift Depression**

Lift depression the safe and effective way.

You will need:

- ¼ cup of olive oil
- 20 Drops of Frankincense essential oil
- 10 Drops of Lavender essential oil

Mix together and breathe in for a good period of time. Apply to chest and under your nose too!

### **197. Grow Hair**

Don't worry about going bald. Here is something that can help.

You will need:

- ½ cup of carrot oil
- ¼ cup of coconut oil
- 20 Drops of Tea Tree essential oil

Apply to head and let sit for 20 minutes. Rinse. Repeat regularly.

### **198. For a Belly Ache**

If you are in need of tummy relief, here's a good one.

You will need:

- ¼ cup of coconut oil
- 1 Drops of Peppermint oil

Mix and rub on your tummy.

### **199. Clear Lungs**

Try this when you are having trouble breathing .

You will need:

- ½ cup of boiling water
- 20 Drops of Lemon essential oil
- 20 Drops of Peppermint essential oil
- 10 Drops of Eucalyptus essential oil

Breathe in!

### **200. Foot Odor**

Put this on stinky feet and get on your good foot again!

You will need:

- Baking soda
- 10 Drops of Tea Tree essential oil
- 3 Drops of Lemon essential oil

Mix and apply to feet.

### **201. Cure Ear Aches**

This is fantastic for sleepless nights up with an ear ache.

You will need:

- ½ cup of coconut oil
- 20 Drops of Peppermint essential oil
- 10 Drops of Rosemary essential oil
- 5 Drops of Eucalyptus essential oil

Slightly warm the coconut oil and add oils in. Apply around your neck and outer ear area.

### **202. Get Some Sleep**



This will have you sleeping like a baby.

You will need:

- ½ cup of jojoba oil
- 20 Drops of Lavender essential oil

Mix and rub generously onto your feet.

### **203. Hangover Remedy**

Sure to cure!

You will need:

- ¼ cup of steaming water
- ¼ cup of olive oil
- 10 Drops of Peppermint essential oil
- 10 Drops of Lavender essential oil

Mix together and breathe in.

### **204. Bad Breath**

Bad breath can be chronic. Fight back!

You will need:

- ½ cup of water
- 5 Drops of Spearmint essential oil

Mix. Swish. Rinse.

### **205. White Teeth**

You will need:

- 10 Tablespoons of coconut oil
- 5 Drops of Lemon essential oil

Spread onto teeth with fingers and allow to sit for 10 minutes, then rinse.

### **206. Get Rid of Dandruff**

Don't look like you have been in a snowstorm if you haven't been.

You will need:

- ½ cup of jojoba oil
- 8 Drops of Rosemary essential oil
- 5 Drops of Tea Tree essential oil

Mix the ingredients together and apply to head. Let sit for 10 minutes. Rinse.

### **207. Ingrown Toenail**

Outgrow it, literally.

You will need:

- 1/8 cup of coconut oil
- 10 Drops of Thieves essential oil

Mix and apply to area.

### **208. Bruises**

Get rid of bruises by improving your circulation.

You will need:

- ½ cup of honey
- 20 Drops of Peppermint essential oil

Mix and place on bruised area.

### **209. Infected Skin**

Infected skin? Just rub some in!

You will need:

- ¼ cup of coconut oil
- 20 Drops of Tea Tree essential oil

### **210. Rash Smasher**

Works wonders to relieve rashes fast.

You will need:

- ½ cup of argon oil
- 20 Drops of Rosemary essential oil
- 5 Drops of Tea Tree essential oil

Mix and apply.

## **Chapter 7**

### **Essential Oils around the House and Garden**

Have you ever read the labels on household cleaners, insect repellent or even things we put on our plants to help them grow without being destroyed by bugs? If you have then you know that they are laden with toxic chemicals and those same chemicals get into our lungs, through our skin, and also affect our children and pets. The good news is that essential oils have the ability to do miraculous things such as disinfecting, keeping pests at bay and so forth. Why not use something that is actually beneficial to your health instead of something that is destructive to it?

### **211. No More Bugs Mister**

Hey, Mister...no more bugs! If pests are becoming...a pest to you, here is a simple and safe solution. It can be sprayed into the air and is safe to be sprayed onto the skin...in fact, it's healthy to do so.

You will need:

- A mister
- Peppermint essential oil
- Orange Blossom essential oil

Add 10 drops of Peppermint essential oil and 5 drops of Orange Blossom essential oil to each ounce of water you use and pour it into a mister. You can adjust to make it weaker or stronger if desired.

### **212. Power Pest Protectant**

This is a really great and potent pest protectant for times you really need something strong like when you are going camping or to a wooded area. It is therapeutic and will certainly keep bugs far from you.

You will need:

- Ounce spray bottle
- Distilled water
- Witch Hazel
- Eucalyptus essential oil
- Rosemary essential oil
- Lemon essential oil

Simply fill the container half full of the water and the rest of the way up with Witch Hazel. Put 30 drops of Eucalyptus essential oil and then 25 drops of Rosemary essential oil and a drop of two of Lemon essential oil and shake well. Use in the air around you and also on yourself. Shake well before using.

### **213. Ants in Your Pants?**

Ants in your pants or ants on the ground, get rid of them with this super easy solution.

You will need:

- One small spray bottle
- Eucalyptus essential oil
- Water

Use a 50-50 ratio with the Eucalyptus essential oil and water. Pour or spray on ant bed, on their trail or even on the ants. It smells wonderful but the ants sure won't think so...they HATE it!

### **214. Fungus among Us?**

If your house or garden plants are suffering from fungus growth on them, try this great potion.

You will need:

- Water
- 8 ounce spray bottle
- 8 Drops Citronella essential oil
- 2 Drops of Pine Needle essential oil

Fill the bottle with water and add the essential oils. Shake and mist on the affected area of the plants.

### **215. Cat and Mouse Deterrent**

Curiosity got the cat so keep cats at bay by with this safe and effective deterrent. It works great for mice too!

You will need:

- Small spray bottle

- 6 Drops of Peppermint essential oil
- Water

Fill the small bottle with water, add Peppermint essential oil, and spray the area you want to keep the cat or mouse away from. You can also dab several drops of Peppermint essential oil on a cotton ball if that works better for you.

### **216. Take the Bite out of the Sting**

It's no fun to get stung! Take the sting out with this super simple essential oil recipe below.

You will need:

- 2 Tablespoons of Witch Hazel
- 2 Drops of Chamomile essential oil
- 2 Drops of Basil essential oil
- 2 Drops of Lavender essential oil

Mix the oils with the Witch Hazel and place into a small spray bottle or bottle with a dropper. Use when needed.

### **217. Nighttime Retreat**

The next time you are enjoying a night outside but the insects aren't cooperating, bring a diffuser and add this mix in to say "so long" to the pests.

You will need:

- 5 Drops of Lemongrass essential oil
- 4 Drops of Rosemary essential oil

### **218. Laundry Booster**

Add this blend to your washing machine the next time you are washing a load of extra dirty laundry and you will be amazed!

You will need:

- Orange Blossom essential oil
- Lavender essential oil

Simply mix 12 drops of Orange Blossom essential oil and 4 drops of Lavender essential oil to your laundry soap and dispense as usual.

### **219. Got Spots?**

This is essentially one of the best spot removers ever!

You will need:

- ¼ cup of baking soda
- 5 drops of Citrus essential oil

Mix together to make a paste, adding more essential oil if need be. Apply it to the stair and launder as usual.

### **220. Tea Totally Clean**

Tea Tree essential oil is a fabulous disinfectant and antifungal. Use it where you would use bleach like on countertops, in the bathtub and so forth.

You will need:

- Spray bottle
- Water
- Tea Tree essential oil

Mix the Tea Tree essential oil with water and pour into a spray bottle. You can use it anywhere you have dirt, grime, or mold!

### **221. Homemade Air Freshener**

Who wants to breathe dangerous chemicals? Protect yourself and your loved ones by making your own air freshener and breathe in therapeutic goodness.

You will need:

- A spray bottle

- Water
- Lilac essential oil
- Rose essential oil

Mix 8 drops of Lilac essential oil to 2 drops of Rose essential oil with the water and simply mist into the air to refresh.

### **222. Abrasive Cleaner**

For tough dirt and grime, like in a heavily used shower area, try this abrasive cleaner that won't harm your shower, but will certainly get it clean.

You will need:

- ½ cup of salt
- 10 Drops of Citrus Seed essential oil

Combine the oil and the salt, and use as you would any abrasive cleaner. This not only has scour power, but is therapeutic to breathe in!

### **223. Skip the Static**

Static in clothes is not only extremely irritating, it is actually dangerous for your health. Instead of risking the toxins, take a quick minute to make your own.

You will need:

- ½ cup of vinegar
- 10 Drops of Tea Tree essential oil
- Cotton cloth squares
- Airtight container

Mix the vinegar and Tea Tree essential oil. Dip cloth squares into the mix and then allow them to dry. Place in an airtight container until you are ready to use them.

### **224. Leather Cleaner**



Want to condition and clean your leather couch, chair, or car seats? This formula is guaranteed to bring leather back to life and it smells heavenly too!

You will need:

- ¼ cup of vinegar
- ¼ cup of olive oil
- 10 Drops of Lemon essential oil

Mix the three together in a bowl and apply to leather with a soft cloth.

### **225. Scented Garbage Bags that make Sense**

Why pay extra for garbage bags that are scented when you can make your own, and instead of chemical scents, they will be naturally scented.

You will need:

- Trash bags
- Lime essential oil

All you need to do is to saturate a cotton ball with the essential oil and rub it on each individual trash bag. Once dried, you can place them back into the original container they came in until you are ready to use them.

### **226. Add-a-Scent**

Getting unscented body soap and shampoos makes good sense when the scents not only add cents but toxins, too. Why not add your own? Simply add the items below into a full bottle of soap or shampoo.

You will need:

- 5 Drops of Lavender essential oil
- 2 Drops of Chamomile

### **227. Travel Scents**

Going somewhere? Take good scents with you wherever you may roam.

You will need:

- 10 cotton balls
- Ziplock baggie
- 10-20 Drops of Citrus essential oil
- 10 Drops of Bergamot essential oil

Simply place a drop or two of Citrus essential oil on each cotton ball and one drop of Bergamot on each. Seal in the baggie until ready to use. Refresh your car, luggage, pocketbook or even yourself whenever and wherever you want!

### **228. General Purpose Cleaner**

Replace your all-purpose cleaner with this to clean the house and your lungs and senses as well!

You will need:

- 1 cup of water
- ½ cup of vinegar
- 10 Drops of Lemon essential oil
- 5 Drops of Thieves essential oil
- Spray bottle

Mix the ingredients together and pour into the bottle. Use as you would your general purpose cleaner.

### **229. Suck it Up**

When your vacuum cleaner begins to smell a little musky, here's a solution that will clear the air in no time.

You will need:

- 1 tissue

- 5 Drops of Eucalyptus essential oil
- 3 Drops of Grapefruit Seed essential oil

Simply place the drops of essential oils onto the tissue and place the tissue in the vacuum bag, or you can put it in the canister, or anywhere that is in the line of suction.

### **230. Get Floored**

Want to keep your floors spic and span without spreading toxic chemicals all around? This recipe is not only safe, it is very effective and will floor you with great benefits.

You will need:

- 1 cup of water
- 1 Tablespoon of vinegar
- 10 Drops of Key Lime essential oil
- 4 Drops of Lavender essential oil

Mix the ingredients together and use in place of your normal mop solution.

### **231. Fishy Dishys?**

If your kitchen smells like fish after the fry, simply do this and you'll be out of hot water in no time.

You will need:

- 1 Pan of boiling water
- 10 Drops of Clove essential oil
- 5 Drops of Cinnamon essential oil

Simmer oils in the water until the kitchen is full of smells of Grandma's kitchen instead of fishy smells.

### **232. Sticy Ickys?**

Instead of using chemical laden go-removers, this formula works wonders to get rid of sticky messes like gum and tar.

You will need:

- 15 Drops of Lemon essential oil
- 5 Drops of Grapefruit essential oil

Dab a rag with the essential oils and use it to work out the goo.

### **233. Fridge Magic**

If your refrigerator is not smelling its best, this remedy will get it back in shape with a wonderful aroma you just want to reach out and bite.

You will need:

- 1 cup of water
- 2 Tablespoons of vinegar
- 20 Drops of Citrus essential oil
- Drops of Orange Blossom essential oil
- 1 Drop of Lavender essential oil

Mix the ingredients together and dip a rag into the mix to get it good and wet, then clean the refrigerator and dry afterwards.

### **234. Oven Cleaner**

Tired of your oven looking half-baked? Shine it up with this great mix.

You will need:

- ½ cup of vinegar
- ¼ cup of water
- 2 Tablespoons baking soda
- 10 Drops of Bergamot essential oil
- 5 Drops of Orange essential oil

Mix the liquids together and then add in the baking soda. Use in place of your normal oven cleaner. Do rinse when finished.

### **235. Dirty Ashtrays?**

If you have ashtrays that stink, this remedy will smoke the odor right out.

You will need:

- 5 Drops of Sandalwood essential oil
- 2 Drops of Lemon essential oil

Mix the two oils together and place on a paper towel. Run the paper towel over the ashtray until it is clean and smells wonderful.

### **236. Carpet Scents**

Are you ready to sweep your carpet scents under a rug? Wait a minute before you go pulling up your carpet. This solution makes carpet smell awesome and gets grime out too.

You will need:

- 1 cup of baking soda
- 5 Drops of Tea Tree essential oil
- 2 Drops of Lemon-Lime essential oil

Mix the two essential oils together and then mix into the baking soda. Allow to dry and then sprinkle on your carpet. Let it sit for 10 minutes and then vacuum up.

### **237. Clean and Bug-free**

Keep your garden furniture sparkling clean and bug-free too. It is simple to do and smells wonderful as well.

You will need:

- ½ cup of water
- 15 Drops of Citronella essential oil
- 2 Drops of Lemon essential oil

Mix the ingredients together and wipe down the furniture. You will love it and the bugs will hate it.

### **238. Spruce up the Plants**

Spraying this on your houseplants will keep insects off of them and will benefit them in other ways too, plus, it smells terrific!

You will need:

- 1 cup of water
- 5 Drops of Frankincense essential oil
- 1 Drop of Lemongrass essential oil
- Spray bottle

Mix the ingredients together and place in the spray bottle. Spray the leaves and stems of the plant every week or two.

### **239. Spot On The Coffee Pots**

Did you know that coffee pots are one of the dirtiest things in a kitchen or office? Make sure your cleaning is spot on with this remedy.

You will need:

- ½ cup of vinegar
- 10 drops of Lavender essential oil

Mix the oil and vinegar together and run through your coffee pot. Run a good number of clear water rinses through it afterwards.

### **240. Shower Power**

Want to make your shower a therapeutic sauna that detoxes your body and cleanses your soul? Try this formula below for guaranteed great results.

You will need:

- One sheet of craft foam
- String
- 20 Drops of Eucalyptus essential oil
- 10 Drops of Cypress essential oil
- 3 Drops of Lemongrass essential oil

Cut the foam into a 3x5" square, the shape of your choice. Mix the oils together and soak the foam in the oil until well absorbed. Allow to dry. Poke a hole in the foam and pull string through and then tie. Hang in the shower and each time you get the water steamy, you will breathe in the refreshing, healing goodness.

### **241. Shoe-Off Odors**

If you have trouble with stinky shoes, or know someone who does, this is a sure footed remedy.

You will need:

- Cotton ball
- 6 Drops of Vetiver essential oil
- 4 Drops of Chamomile essential oil

Drop the oils onto the cotton ball and rub it into the inside of the shoes, in the sole area. No more stinky shoes or boots!

### **242. Between the Sheets**

The way your bed sheets feel and smell affect how you sleep. Why waste another sleepless night tossing and turning?

You will need:

- A paper towel

- 8 Drops of Ylang Ylang essential oil
- 5 Drops of Lavender essential oil

Drop the essential oils onto the paper towel and toss into the dryer with the sheets. You will never want to get out of bed again!

### **243. Sponge Bud**

Get rid of germs that sponges hold inside by trying this good-scents remedy below.

You will need:

- One used sponge
- 5 Drops of Lemon essential oil

Simply drop the essential oil onto the sponge and run water on it, first to distribute and wring the sponge, and then to rinse it from excess oil.

### **244. Fruit Cleanser**

While you may think of fruit as being clean...far from it. No telling how many hands have touched it and that's not to mention what may have gotten on it before it got to the grocery store. It's a good idea to sanitize it, for sure.

You will need:

- A sink full of cold water
- 5 Drops of Lemon essential oil

Drop the oil into the water and stir around with a clean spatula. Dip the fruit into the water to make sure each piece is well saturated, and then rinse thoroughly.

### **245. Don't Let the Bed Bugs Bite**



At home or when traveling, make sure you have a good night and don't let the bed bugs bite.

You will need:

- A cotton ball
- 15 Drops of Eucalyptus essential oil
- 2 Drops of Lemongrass essential oil

Drop the oils onto the cotton ball and go over the bed sheets with it. Be sure to get the parts that are tucked in too.

#### **246. Freshen Your Washing Machine**

Washing machines can get to smelling musky, so use this formulation to remedy that problem and make your laundry smell fresh again.

You will need:

- ½ cup of vinegar
- 10 Drops of Citrus essential oil

Run through the washer, and then run the washer through a full cycle to rinse.

#### **247. Countertop Magic**

Use this on your countertop to make it shine and smell great.

You will need:

- 1 spray bottle
- Water
- 5 Drops of Peppermint essential oil
- 7 Drops of Grapefruit essential oil
- 2 Drops of Lemon essential oil

Mix the ingredients together and spray countertops for a nice shine.

#### **248. Ice Chest Refresher**

Refresh your stinky ice chest with this remedy.

You will need:

1 spray bottle of water

4 Drops of Bergamot essential oil

Spray into the ice chest and wipe out clean as a whistle.

#### **249. Cabinet Fresh**

Place this in your pantry and cabinets to refresh them.

You will need:

- One cup of hot water
- 20 Drops of Citrus essential oil
- 10 Drops of Tea Tree essential oil

Mix and wipe the cabinets with a rag that is dipped in the mix.

#### **250. Blow Drier Trick**

Make you hair smell fresh and lovely with this fun trick.

You will need:

- One cotton ball
- 5 Drops of Chamomile essential oil
- 4 Drops of Lemon essential oil

Place the essential oils onto the cotton ball and rub onto the outgoing air section of the dryer.

## **Conclusion**

I hope this book helped you to go beyond just learning about the benefits of essential oils and take it to the next level which is to actually use them creatively. There are so many simple projects in this book that can help you to employ the benefits of nature's gift of essential oils. I hope that you enjoyed making some (or all) of the DIY projects.

Whether you made medicinal projects, ones for pleasure, gifts for others, or perhaps all of the above, now that you have gotten a taste of the goodness of essential oils, you will no doubt begin to incorporate them into your daily life. When you begin to come down with a cold, maybe you will remember the cold remedy in this book, or when the bugs are biting, you will recall the recipe for insect repellent. You can refer to this book and you can also use it as a guide to create your own formulas to custom suit your needs. No matter how you use the information and instructions that were outlined for you, this book is sure to take you to all new heights as you learn to apply what you have learned about essential oils, literally.



Finally, if you enjoyed this book, then I'd like to ask you for a favor: would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

Go to the link below to leave a review for this book on Amazon!

[https://www.amazon.com/review/create-review/ref=cm\\_cr\\_dp\\_d\\_wr\\_but\\_top?ie=UTF8&channel=glance-](https://www.amazon.com/review/create-review/ref=cm_cr_dp_d_wr_but_top?ie=UTF8&channel=glance-)

[detail&asin=B06XBSPJX2#](#)

Thank you and good luck!

## References

National Association for Holistic Aromatherapy

[https://en.wikipedia.org/wiki/Essential\\_oil](https://en.wikipedia.org/wiki/Essential_oil)

<https://www.eoproducts.com/learn/about-essential-oils.html>

<https://www.youngliving.com/blog/essential-oils-in-the-ancient-world-pt-i/>

La Beauté Pure at [www.labeautepure . com](http://www.labeautepure.com)

<http://draxe.com/essential-oils-guide/>