

# Orange Essential Oil

~ refreshing scent, increase energy, emotional support,  
improve cognitive function, reduce pain & inflammation,  
household cleaner ~

## Brain Boost Roll-On

- 10ml roller bottle
- carrier oil
- 4 drops Orange EO
- 2 drops Tangerine EO
- 2 drops Frankincense EO
- 1 drop Clary Sage EO

## DIY Fruit Wash

- 16oz glass spray bottle
- $\frac{3}{4}$  cup apple cider vinegar
- 1  $\frac{1}{2}$  cups water
- 1 TBSP baking soda
- 10 drops Orange EO

Dilution is a MUST before applying directly to the skin.

Using a 10mL roller bottle first put in essential oils then fill-up remaining with carrier oil.

Cut recipe in half if using a smaller bottle.

Check before using on children as some oils can't be used on children under 10 years of age.

## Joy Diffuser Blend

- 3 drops Orange EO
- 1 drop Patchouli EO
- 1 drop Grapefruit EO



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