

Eucalyptus Essential Oil

~ purifying and cleansing in nature, reducing cold symptoms and help in speed up healing, invigorating ~

DIY Warming Muscle Rub

- airtight glass jar
- ¼ cup olive oil
- ¼ cup shea butter
- 12 drops Eucalyptus EO
- 7 drops Peppermint EO
- 2 drops Clove EO
- 2 drops Cinnamon EO

Healthy Scalp

- airtight glass jar
- 1 TBSP bicarb of soda
- 10 drops Almond Oil
- 1 cup distilled water
- 3 drops Eucalyptus EO
- 2 drops Lavender EO
- 1 drop Peppermint EO
- 2 drops fresh Lemon Juice

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.



Cold Sore Blend

- 10 ml roller bottle
- carrier oil
- 2 drops Eucalyptus EO
- 1 drops Chamomile EO
- 1 drops Melissa EO

Wellness Bath Soak

- glass bottle
- 4 TBSP Castile soap
- 2 drops Eucalyptus EO
- 2 drops Lemon EO
- 1 drop Tea Tree EO
- 1 drop Lavender EO

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