

HowExpert Presents

Essential Oils 101

The Quick Health and Wellness Guide
with Over 100+ Natural and Affordable
Homemade DIY Aromatherapy &
Essential Oil Products

**HowExpert with
Angelique Killebrew**

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Introduction

Have you ever wanted to find natural remedies for life's problems? Well if you have this book is definitely for you. Let me tell you why!

Each one has its own origin and possibilities. This book's purpose is to give you the tools you need to make your life better. I have listed out the most common ones that you can buy. I also have a fun list of some of rarer ones. Finally, I break down which one you should use for whatever ailment you are currently dealing with. I will show the best buying practices in using essential oils, I take you through the organic vs nonorganic debate, as well as help you extract your own essential oils.

There is a full recipe book within this ebook. It has a recipe for literally any household or beauty product I could think of. They are tested and proven to work with excellence. You will never have to doubt the finished product.

These are products you can use all over your home and just on your self as well. You can find common household cleansers such as bathroom cleaners and a daily shower spray. In the house hold cleaning chapter there are also recipes for furniture dusting, and general all purpose cleaning. I love candles and included a few of the best candle recipes anyone can find in this book. There is also a whole section dedicated to medical related essential oil products. Some of these include heated packs, vapor rub and even cough drops. Along with wellness, beauty is really important for many people. This is why I have a

whole section on the many kinds of beauty products you can make yourself at home! Have you every considered making your own foundation, lipstick, or mascara? This book will show you how to make those and many more. There are even recipes to make your very own DIY essential oil makeup remover pads.

As a passionate collector, I can I can provide you with all the tools you'll need. Essential oils have just a ton of benefits but you do have to to be careful because they can be harmful when misused. This books' number one goal is to provide you with the skills to with essential oils the right way. I know that when you can avoid mistake, you try to. This book will help you to avoid mistakes. Some of these mistakes can include you putting essential oils directly on skin. Another is trying to ingest a type of essential oil that shouldn't be eaten. Also, not recognizing when a essential oil is causing a negative reaction within yourself causing many unpleasant things like hives or itching. Always read your essential oils bottles and use this book to help if you get stuck or confused. Neve r just wing, espically because you simply don't have to with this book.

So, what are you waiting for? Get to reading, and learning about everything essential oils!

Chapter 1: Essential Oil Basics

There are so many things to learn when it comes to essential oils. They are found in every tree, plant, and flower. The fragrance that comes off of them is essential oils. Essential oils give us as many benefits as they do their plants. For people, they can soothe ailments, and heal illnesses. For plants, they aid in pollination, which helps the plant to flourish.

There are so many essential oils on the market, but the pure ones are the essential oils you should go for. If they aren't pure then there are other substances in the oil that can limit its potency. However, two batches won't always have the exact same makeup because different outside factors do affect the composition of the essential oil. Those outside factors can include climate,

Essential oils can be even more beneficial when combined with others. These are essential oil blends. These are great because you can mix any way you need based on your goals. There are great recipes to be found, and you use the guide in this book to mix your own.

Organic vs. Non-Organic Essential Oils

While you should never use an essential oil that isn't pure, buying organic isn't a requirement for having potent and effective essential oils. The argument

between organic and nonorganic buying is one that has been and continues to be talked about today. When choosing between organic and nonorganic essential oils, there are some considerations. In today's buying market, consumers want to make sure that the food and products they are buying will be completely pesticide free. However, knowing which products actually are pesticide free can be a challenge. As more organic products hit the market many buyers are afraid that buying the often times the more affordable, a nonorganic product will be harmful to their families. The good news is that this is simply not the case. While organic products do have their benefits, nonorganic products aren't dangerous like we may have been led to believe.

There are two very passionate sides to the debate about organics. There are some people who believe organic essential oils should be the only ones purchased. This is primarily because these products are pesticides free. They are also the more expensive option.

There are others that prefer the non-organic essential oils. There is a chance that pesticides may be present, but this amount has been perceived to be insignificant. These essential oils are usually much more cost efficient. Every person has to make the decision that is best for them and their loved ones.

You might think that choosing organic products means that you are ensuring your products are free of pesticides that you fear may cause health risks. This isn't necessarily true. Like many of the things we eat and drink, essential oils may still include the use of pesticides. This is true even if they are certified

organic. This is because some pesticides come from natural sources and most of the time farmers still use those pesticides. There are still some risks associated with pesticides. The risk for nonorganic essential oil and organic essential oils are similar so choosing to buy the organic option may simply not be worth it.

It's important to consider that organic essential oils just might not be available. Many of the organic essential oils you buy come from farmers that live in underdeveloped countries might not use pesticides. However, their essential oils might not be officially labeled as organic because the testing for certifications is just too expensive.

Understanding the Difference between Food Grade and Non Food Grade Essential Oils

Not every essential oil is food grade. It is important to know when your essential oils are safe to eat and when they are not. The most important thing is to always read your bottle. If you buy something that you thought was an essential oil and the bottle actually says fragrance oil, then that isn't a natural product you should ingest in any way. It is synthetic and most likely it was cheaper. It is fine to use in, say, a candle or diffuser. However, these fragrance oils are terrible for your skin if applied directly. Know that a product's label will tell you if the essential oils are not pure, but companies will try to downplay that fact in order to get you to buy their product. So always proceed with caution. Some people are even able to

smell the difference due to their genetic makeup, but not everyone can.

There are 4 different grades of essential oils. Grade A are the purest essential oils anyone can buy. Their purpose is therapeutic in nature. They are typically organic and very expensive. Their price will change due to the environment their plants were grown in and the availability of the plant it came from in general. These are not food grade essential oils, but they are very high quality ones.

If you are looking for essential oils you can eat, you are looking for Grade B essential oils. They are the food grade essential oils. They can contain things like carrier oils (cocoanut, olive oils, and others), they can also come from plants that pesticides were used on, but further in this book you will learn the role of pesticides and then you can decide for your self if the use of pesticides on the plant will pose a risk to you and your family.

Grade C essential oils are what is called perfume grade. You can not ingest this kind of essential oil. Instead they can be used to make fragrance sprays and other things you would just inhale.

Then there are what is called floral water, like rose water. These lightly fragrance waters are actually from the distillation process from the Grade A essential oil creation. These are usually found in beauty product and can be rubbed to the skin, but not drunk. They do leave the skin feeling moisturized and hydrated which is a real plus.

If you are wondering “Why are some essential oils so expensive?” I have an answer for you. The process of creating essential oils is a timely and costly one. To make rose oil, and beautiful and popular essential oil you can need hundreds of roses for a small high quality bottle. It is much easier and cheaper to use synthetic fragrances, but they have none of the benefits real essential oils do. The best part of using Grade A essential oils is that a little goes a really long way, so you can keep that bottle a lot longer than you could other types of essential oils and much longer than you could a synthetic fragrance oil.

While you can buy food grade essential oils, it is very important to consider any and all safety measures before you do so. Essential oils can be found a= in many of the foods we eat completely naturally.. Some examples of those are fruit and vegetables. Sometimes they are added into things that are flavored like candy or ice cream. However, they are added in truly tiny amounts, and they are mixed fully into the food. If you wanted to take an essential oil like a vitamin, then it would 2 or 3 drops much more than would be in your food. This has the potential to be irritating to your throat, tongue, or body. Before ingesting any essential oil, take the smelled amount possible and wait a couple of days. If you feel fine then you can assume that its a safe one for you. Remember that everyone is different. Also, as spoken about several time in this book, read your label. Look for anything you don't understand and do a search for it. Only you have the power to understand what is going into your body so take full ownership of that. Only cook with or ingest essential oils that do not have anything harmful in them. You and your family deserver to eat delicious

natural foods and use helpful natural products, so
make that happen!

Chapter 2: Easy DIY Essential Oil Extraction

So far we have talked about what an essential oil is and the most popular commercial method for extraction. At this point, I'll show you how to do a basic essential oil extraction from home. This method is both safe and easy. What great about this method is, you can extract essential oils from more uncommon plants that you would have a hard time buying.

Keep in mind that if you do make your own essential oils it will take a lot of plant material, and the resulting oil will be amazing but in a pretty small amount.

The Process of Essential Oil Extraction

Sometimes you want to be able to make things yourself, from scratch. This section is to provide you with a simple and easy method of extraction. This works well for many of the plant materials that you will use to make common essential oils. This is really fun to do, but you'll end up with a small amount of essential oil that might feel like it's too small. However, there's nothing like doing it yourself.

Here's what you'll need

- A crock pot with a lid
- Distilled water

- At least 4 cups of plant material, chopped well

Here's the process

Cover your plant material with water in your slow cooker. Do not fill the water more than $\frac{3}{4}$ of the volume of the slow cooker. Then Put the lid of your slow cooker on upside down. This will keep any steam to stay in the pot.

Set your slow cooker to high in order to heat the water. Once the water has become hot, make sure to turn the heat to low, and let it simmer for 5 hours.

After the 5 hours, turn off the heat so that the plant material can cool to room temperature.

After your plant material it is cool, place the bowl of your slow cooker in the refrigerator. Then let it sit overnight.

You'll see that the next day there will be a hard, thin film of oil on the top

Carefully scrape the solid off the water. It will melt quickly, so move fast!

Put your oil into a dark colored glass bottle. There will be a small amount of water in your bottle, if you heat the bottle itself on very low heat you'll be able to get that water to evaporate and keep it from losing its potency.

There you have it! You have made your very own essential oil that can be totally customized to you!

Chapter 3: The Most Common Essential Oils and Their Best Use

There are so many different kinds of essential oils. They all have the purposes and benefits. Some have many benefits and there are others that are best left on the shelf. Here are a few of my personal favorites and why I would choose them every time!

Cedar wood Essential oil

This is one of the best nature smelling essential oils. Its beautiful woody fragrance lasts forever. Its even often cited as one of the first essential oils that have ever been extracted. Cedar wood oil is extracted from cedar wood chips. It has a bright yellow color and is often used in massage oil and facial creams. This oil has an amazing calming agent. It can help alleviate stress and anxiety. It can also provide a lift, spiritually, while aiding in respiratory problems and skin issues.

Chamomile Essential oil

Chamomile is known for its ability to soothe. The essential oil that is extracted from the leaves of the Chamomile plant. German Chamomile and Roman Chamomile are the two kinds of chamomile essential

oils that you can have. Roman Chamomile essential oil can also be used in mouthwash. e German Chamomile is great for lessening inflammation. They both also can help to treat various skin ailments like acne.

Eucalyptus Essential Oil

Eucalyptus oil is great because of it's strong and really beautiful scent. This particular essential oil is an effective against respiratory diseases, and increasing cognitive function. This oil comes from the leaves and twigs of only some Eucalyptus trees because there are so many varieties. Eucalyptus is used for more than respiratory diseases. Also, it has cooling properties, that can help treat migraines and fevers, as well as muscle aches and pains.^[L]_[SEP]

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Jasmine Essential oil

This is s very Sweet-smelling essential oil, with origins in China. This is a pretty expensive oil, but It has some amazing healing properties. The process for extracting jasmine oil is different from other essential oils I listed. It needs a solvent extraction. If an oil is extracted using a solvent in this extraction method requires an extensive process. It starts with Jasmine flowers. The flowers are actually sat over fats. They then absorb the fragrance. The whole process can take many days and results in only a small amount of oil. This process is what makes Jasmine essential oil one

of the more expensive essential oils you can
buy.

Lavender Essential oil

Lavender is probably the most popular essential oils on the market. It has a great smell and is wonderful as a stress-reliever. Lavender essential oil is a healing aid for colds and the flu. It can also help migraine symptoms. Lavender can be extracted using steam extraction. Lavender can be used in so many different ways. It makes a great addition to massage oil and bath oils. Lavender also has therapeutic properties. Lavender also has effective sedative properties.

Lemon Essential oil

Lemon essential oil is often appreciated for its bright, and clean smell. It also features some helpful therapeutic properties. It can improve concentration, and aid aids in digestion. This oil is actually extracted from the fruit peels though cold expression. Lemon oil is having a vast amount of uses. Lemon essential oils can help to treat many issues involving circulation problems. It is an energizer, that can wake you up and keep you alert.

Peppermint Essential oil

This is an essential oil has a wonderful cooling element. There is a refreshing effect on anyone that uses it. Peppermint is widely used to increase cognitive alertness as well as energy. This essential oil has many other helpful therapeutic properties. One of the best ones would be mood enhancement. It can also sharpen mental focus. If you suffer from various skin ailments then it can help irritation and redness. This essential oil can also soothe the digestive tract.

Roser Essential oil

Rose oil is an essential oil extracted from rose petals. The process is both extensive and delicate. It is one of the only essential oils that I do not recommend for you to attempt to extract this oil at home because of the complexity of the process that the extraction of Rose essential oil calls for. | Rose oil helps with many conditions, like depression, anxiety and digestion issues. Rose oil helps with heart problems, as well as respiratory conditions.

Rosemary Essential oil

Rosemary oil is extracted from the flowering part of the plant and then steam distilled. It is widely known as a mental stimulant and as an antidepressant. It works great to soothe aching, cramping muscles. This

oil is great for headaches and migraines. Dry skin is another symptom that Rosemary oil can treat.

Chapter 4: The Rarest Essential Oils

This list puts on display the rarest and most expensive essential oils that can be bought and just what makes them so special. Some of these can be found online with a little work, and others are even more difficult to find. If you do get your hands on one of these oils, use them with care!

Hops Flower Essential Oil

Like most essential oils that are floral in nature, it takes an incredible amount of pounds of petals to create a small amount of oil. However, in this case, hops flowers are more abundant than flowers such as rose and jasmine. So, it is an uncommon essential oil, it isn't as expensive as other flower-based essential oils. Hops flower essential oil is very much popular for its ability to help those who suffer from insomnia or restlessness.

Vanilla Absolute Essential Oil

Vanilla essential oil is tied to the main supplier of vanilla which is Madagascar. This is a country that faces political turmoil constantly, so that economy. This oil is used in a variety of industries, particularly industries including the fragrance industry. Because of its viscosity and properties, it does not do well in

aromatherapy. Using this essential oil in lotions or perfume is a wonderful addition. Just remember, and a little bit goes a long way.

Chamomile Essential Oil

While there are many types of chamomile essential oil, the Roman type of Chamomile essential oil is the most popular. Because of high demand, and its expensive price tag makes this s very rare essential oil. If you were to extract this oil from the flower petals it will only yield a tiny amount oil. Even though this essential oil is harder to find, it is so popular because of its fantastic fragrance, skin smoothing properties, and calming elements.

Blue Chamomile Essential Oil

German and Roman chamomile has many similarities but the color is one of the big differences. This essential oil is pretty unique because it turns blue after extraction. The color comes from the chemical Azulene that is only present in the German variety. Azulene is known for its skin healing properties and its anti-inflammatory solutions.

Angelica Root Essential Oil

Angelica root is known for its use to improve the reproductive system in your body. It can help to rid your body of toxins, and improve the function of your body's immune system, and cure skin ailments and infections. It's also great for relieving everyday stress. However, as a precaution, it is best to not use this oil and then go outside because it is known to attract bugs.

Kids Friendly Essential Oils

Not every essential oil is safe for kids, in fact, many essential oils should not be used by children at all. The essential oils on this list are safe to be used by children but always check with your pediatrician for specific advice for your child. Keep in mind that these essential oils should be used for children no younger than 6 years old.

CYPRESS ESSENTIAL OIL

Cypress essential oil is great for kids. It supports actually supports the healthy function of the respiratory system. These ailments can include a whooping cough, and bronchial clogging as well. This essential oil when inhaled, Cypress essential oil also has a wonderful emotionally grounding effect. So kids that use it can find comfort, especially during really

tough times. This is the perfect essential oil for kids going through growing pains and having to learn new skills and habits.

LAVENDER ESSENTIAL OIL

This is a perfect essential oil for kids and adults alike. It is soothing and calming. So fussy, tired kids would greatly benefit from this one. You can use it on minor cuts and scrapes because of its anti-bacterial properties. This essential oil is great for flushing out toxins in your body while boosting your immune system. Lavender essential oil has so many benefits to offer for kids and adults alike.

CHAMOMILE ESSENTIAL OIL

Chamomile essential oil is a great one for kids. It works miracles on irritated skin. Chamomile also works for other childhood skin problems like skin rashes, the chicken pox, as well as measles. This essential oil, like lavender, can also help to calm kids and so they can sleep. Its anti-bacterial qualities can be used to treat itchy bug bites from mosquitoes.

FRANKINCENSE ESSENTIAL OIL

This essential oil is ideal for a child's cough and congestion. It is especially beneficial for a whooping cough. It can be used topically, which is a great benefit for sick kids. This essential oil can improve mood as well as skin cell growth. So kids with skin conditions like psoriasis and eczema can really be helped by using frankincense oil.

SANDALWOOD ESSENTIAL OIL

This essential oil is great for relaxation in any person, including kids. It boosts the production of hormones in our body that makes us feel good. That increase can help soothe kids who are suffering from separation anxiety. Sandalwood essential oil stimulates the limbic system in the body, it also helps kids' developing senses. This essential oil for kids is also great for improving skin tone and texture.

Kid-Friendly Essential Oils

One thing that is just as important as knowing which essential oils to give your child, it is important to understand the correct methods of giving essential oils to your children. Keep in mind that the best method for using essential oils for children is through inhalation, especially when considering respiratory congestion. Inhalation is also recommended for very

young children because of skin sensitivity if they are used topically. Many essential oils come with a risk of irritating the skin even in adults, so it's very important to take precautions. Using a diffuser to allow your child to breathe deeply is a great option. Another is to just spray their sheets, pajamas, and stuffed animals with an essential oil spray. The best time to do this is about 10 to 15 minutes before they would usually go to sleep. This will allow the essential oils to be effective without being overpowering. If the essential oils are overpowering it can cause for your child to have trouble breathing which is never a good thing.

I recommend not using essential oils for your child until they are 6 years old, however, there are some considered to be safe at earlier ages. It is important to consider your child's age and developing bodies when you consider giving using essential oils for them.

Always look at all of the labels on every bottle of essential oils that you use. Make sure to only look for and only pick essential oils safe for children that are suitable for use based on your particular children including things like age, height, weight, and the general preference of your child.

No matter what you are using essential oils for, it is so important to only buy pure essential oil. Essential oils that are not pure can have additives that can lessen the potency and health benefits of your essential oils. The purity and quality of essential oils are tied together. It is always best to get the highest purity you can, especially for your family.

Chapter 5: What Is Aromatherapy?

Aromatherapy is a completely holistic treatment. It features the use of essential oils to create harmony in your mind and body. Aromatherapy is more than just using essential oils, it requires knowledge and a certain skill set to understand the essential oils and their functions.

Aromatherapy treatments are to create balance and harmony so it is important to consider the whole person, rather than individual aspects of their lives. A fragrance is a funny thing. It is all around us, every minute of every day. It is something that we often take for granted, even when it greatly enhances our life.

You might not think about it quite this way, but aromatherapy is actually a form of therapy. It just focuses on the use of fragrance for healing. It can treat so many ailments, both emotional and physical. Aromatherapy can really improve your everyday fitness levels, your patience, even your love life!

Promotes Relaxation

There is a large amount of evidence that suggests that there are many relaxing properties that aromatherapy. In many studies, certain essential oils have the positive effects of relaxation on the user. Most notably lavender and chamomile. These essential oils

can help you sleep so you can feel better and more relaxed during the day.

Helps Improve Sleep Quality

If you feel less stressed you will most likely sleep better. Many aromatherapy methods can help those with insomnia and sleeping disorders get more rest. There are many aromatherapy oils help people unwind and feel less stressed. Aromatherapists use several popular essential oils, including lavender oil, chamomile, and rose.

Treats Respiratory Issues

There are various aromatherapy oils that have antiseptic properties. This means that these essential oils help to kill bacteria that can cause respiratory issues like congestion and cough.

Citrus essential oils are ideal for improving your immune function. This type of essential oil is also amazing for improving general wellbeing. They can reduce fatigue associated with depression. Improving mental health is a major benefit from these bright citrus essential oils that simulate the sense of smell. This releases many positive endorphins within our body.

Improves Skin Health

Essential oils are great for your skin, but they have to be diluted. Once diluted, essential oils can be sprayed onto the skin and scalp. Some of the amazing benefits include ache and dandruff relief, the soothing of bug bites and rashes, and the improvement in many minor wounds. Tea tree oil is one of the oils that can do these things and many more. Some others include lavender, lemon, and frankincense.

Can Help Manage Symptoms or Side Effects of Cancer

Aromatherapy is used by patients with cancer primarily as a method of supportive care during their medical treatment. It can be ideal for the reduction of stress and management of pain. Aromatherapy can also contribute to their well-being in general. Some of the specific benefits that aromatherapy can provide help with chemotherapy and radiation. Some of these include nausea, fatigue, insomnia, and depression. ginger, lavender, and rose.

How to Find a Good Aromatherapist?

There are many different groups that certify professional Aromatherapists. A example of a recognized group is the Aromatherapy Registration Council. It was created to make a standard for education in the aromatherapy industry. And to

promote various safety practices and proper methods for dealing with the use of essential oils.

Chapter 6 The Best Methods for Essential Oil Use

In order for essential oils to help you, you need to have easy ways to breathe them in. This section of the book will break down the best ways to effectively disperse your essential oils in order to get the best benefits. Many people will respond to the same essential oils. How we respond to various oils will be partly dependent on individual taste and memories. If we associate lavender with an older aunt we loved, we may have a more positive association to that oil than someone with a different memory. The oils themselves have specific chemical properties, giving them the ability to calm, excite, or balance.

A Diffuser

Using a diffuser is an easy way to get your essential oils in your area effectively so you can reap the benefits. The most important aspect of using diffusers is choosing the perfect location. Choose an area that's open and a solid surface to set it on. It also needs to be near an outlet and on top of a stack of paper towels or waterproof mat to account for the water. Personally, I have one on my nightstand and one on the bookshelf in my living room. Avoid placing diffusers under a fan or in direct sunlight.

After you have your perfect place, fill your diffuser with room temperature water to the fill line. Make sure to check your user manual if you have questions

about how much water that you need to add. Overfilling can cause problems in your diffuser.

After you've added your water, it's time to add your oil. You can add as few as 3 and as many as 10 to the water. You can use just one essential oil or mix several. Mix and match until you find what you like for your home.

There are basically 4 different types of diffusers on the market today. The best diffuser is the one that fits the needs of you and your family. Before you buy one, take the time to know the difference between diffusers as well as the positive and negative aspects unique to each one so you can know you're spending you're investing your money wisely

Nebulizing Essential Oil Diffusers

These are the most common type of diffusers. They are great because they don't need water or heat, and they aren't made of plastic that doesn't react to essential oils well. It actually uses pressurized air and essential oil.

It works by blowing a small stream of air across a tiny tube. This creates a vacuum. That vacuum pulls the oil to the surface of the tube. It is then blown away in a fine mist. Many of these models have timers so that these burst of essential oil fragrance come at the best times, or you can just fill it and let it work on its own. These diffusers are so easy to use, you don't have to fill water, or do anything special. It can also fit a large

amount of essential oil into this diffuser. That makes it great for beginners who can fill it up and forget it.

Humidifying Essential Oil Diffusers

These electronic diffusers create a fine mist in the air. It uses a mixture of water and essential oil. So a negative aspect of this diffuser is that you have to heavily dilute the essential oil in order to use this kind of diffuser. Also, this diffuser is plastic. That would be great for kids rooms, or any place that broken glass be very risky. However, essential oils are corrosive and so the plastic will not last if it is not cleaned weekly, or more often. For this same reason, never use citrus oil in this kind of diffuser, because it can damage your diffuser quickly no matter often it is cleaned.

I personally like this diffuser because it acts as a humidifier. I'll pull it out especially when the family has gotten sick and during changes in the weather. It adds moisture to the air to reduce coughing and sneezing.

Evaporative Essential Oil Diffusers

This diffuser is working just like you might guess it would. It allows for the essential oil to evaporate and distribute into the air. Many models that a small fan that encourages evaporation. A disadvantage of this type of diffuser is that the lighter compounds will evaporate faster, so your oils might not evaporate at

the same rate and you won't receive the same benefits. These diffusers are typically not expensive at all. They are great for casual users who just want to add a little freshness to their homes.

Heat Essential Oil Diffusers

These diffusers work like evaporative diffusers. They have that same that fan to encourage the release of the essential oils, but these diffusers use heat instead. They are inexpensive and pretty quiet. However using heat can change the chemical compound of the essential oils, so they may become slightly more or less effective. You should avoid higher heat diffusers because they can severely limit the healing effect of essential oils. We heat levels can still be effective and have the necessary healing benefits.

Now that you have an idea of what is out there, you can make a better decision and feel good about your purchase.

Aromatic Bath

An aromatic bath is a relaxing and wonderful way to utilize essential oils. It has two benefits, one you are inhaling the positive effects of the essential oils, and soaking in those essential oils can be great for your skin, hair, and nails.

Creating an aromatic bath is pretty easy. You'll only need a tablespoon of some kind of fat. You can use healthy oil like olive oil or avocado oil. I prefer to use cream or half-and-half. It works in an interesting fashion. The fat emulsifies the essential oil. That makes it much easier for the essential oils to spread the essential oils in the tub. Simply mix about 5 drops of essential oil into your chosen emulsifier and pour it into your tub, after you filled it. Swish your water around to distribute it evenly. Like using essential oils on the skin, you need some kind of carrier in order to keep your skin from potentially becoming irritated. If you have particularly sensitive skin take your first bath with fewer than 5 drops to see how your body responds.

Aromatic Showers

I know there are many adults that prefer showers to baths. Just like preparing for your bath, you have to put your essential oils into your emulsifier. For showers, however, you don't want to use the same emulsifiers as you would for a bath. Instead, you can use a tablespoon of liquid soap mix, or a non-scented shower gel. You'd want to add about 12 drops of essential oils to 250 millimeters in a clear glass bottle. Then you would just shake to combine. Glass bottles should be the only kind so choose a glass that is non-shattering, and handle carefully to reduce the possibility of broken glass.

Essential Oil Risks

Every essential oil has its own distinct chemical makeup and purpose. It is important to speak with a doctor or licensed professional before taking up regular use of essential oil. A certified professional can help you choose the right essential oils, and dilution techniques in order to give you the best results possible. It is important to remember that the Food and Drug Administration does not certify many essential oil products, so it can be difficult to understand which products are the best.

More so, some household and beauty products might seem like they contain essential oils because their names are listed on that product, but the fragrance is synthetic. For example, a lavender candle might, in fact, contain no real lavender essential oil. It is important to have someone to go to with your questions and for general guidance.

Like anything, the same products won't work for everyone. And some essential oils might react negatively to medications, so speak to your healthcare professional if you are using prescription medications and wish to start using essential oils. Some essential oils can be harmful if not diluted so it is important to handle with care. Some oils can be very hazardous if swallowed so if you want to ingest your essential oil orally, get guidance to ensure the essential oils you buy are food grade.

Another factor to consider is that the carrier oils typically used with using essential oils are often obtained from nuts and seeds. So if you have allergies, take special note of this

Another factor to consider is that Aromatherapy can have side effects. However, they are typically mild and short-term. Some of them include nausea, headaches, and various mild allergic reactions.

Pregnant women should only use essential oils under the careful watch of their doctor. Some essential oils can pose potential risks to the developing fetus. Some essentials may be expressed in breast milk, which can be harmful. Certain essential citrus oils can cause an increased risk of sunburn as well.

Chapter 7: Essential Oil Storage

What Factors Will Affect My Essential Oils the Most?

There are several factors that can affect your essential oils. Knowing these factors will keep your essential oils potent and in the best shape. These are easy to avoid factors, but you have to be able to understand how. Here is a breakdown of the top three factors.

Light and Heat

Essential oils are actually flammable. While they will most likely not actually catch fire. They can suffer heat damage. The heat from the sun can raise the temperature of the essential oils, which can harm your oil's properties. Keep from sunlight and any hot surfaces.

Changes in Temperature

Essential oils should not endure sudden temperature changes. It can lessen their effectiveness, which you want to avoid because the cost of essential oils can be significant. Make sure to store your essential oils correctly and safely.

Oxygen and Moisture

Oxidation occurs when the essential oil is exposed to oxygen for a prolonged period of time. It can deteriorate the oil's properties. It can also increase the pretty quickly. This will help your essential oils to avoid oxidation. Moisture is so important to avoid when using essential oils. You want to make sure to avoid water coming into contact with your essential oil. It could become cloudy and dilute your essential oil's properties.

Tips for Buying Essential Oils Containers

Just like with buying anything else, you have to be careful what you buy in order to get the best quality possible. This section gives you some awesome tips on buying essential oils.

Storage is such an important part of essential oil collecting. Before you buy even one bottle, make sure you know how you will safely store your bottles. Here are a couple of options that can help you make your choices.

Wooden Storage Boxes

You can buy specially made essential oil storage boxes. It can help you to maintain the best possible quality of your oils. These boxes are affordable. These storage boxes can come in many different styles and sizes for anyone's taste. One thing to keep in mind when shopping is to make sure that your essential oils

bottles will fit into the storage container. Actually look at the essential oil sizes to make sure they will fit into your wooden box

Fabric Storage Cases

There are so many fabric storage bags to choose from, many are cute and also absolutely functional. It is safe and easy to carry. These bags have the same function as the wooden boxes- just with a little a more flair.

What to Look Out for in Bottles

When looking for the bottles, you should use the bottles colored in cobalt or amber instead of using clear glass bottles. Using these bottles can help protect your essential oils from sunlight that can damage them. Keep in mind plastic bottles are not suitable for essential oils, because essential oils are corrosive and can easily eat away the container.

Bottle Droppers

It might seem like a great idea, but don't buy essential oils that bottles come with rubber droppers attached to their screw caps. This is because essential oils are so concentrated that it could break down the rubber, and it will mix into the essential oil, effectively ruining it.

Instead of this kind of rubber top, many essential oils come with what is called an orifice reducer. This is a small, and clear insert that is inside of your bottle's opening. It acts like a built-in reducer. It can sound a bit odd when you first but, with a couple of bottles you'll be able to see how useful it can be. To All use your essential oils, all you'll have to do is gently tip the bottle and you will get the oil from the bottle one drop at a time. These tips will ensure that the aroma of your oils will stay consistent for the lifetime of their use.

Chapter 8: How Specific Essential Oils Can Heal Health Problems

Essential Oils for Headaches and Migraines

There are millions of people all across the world that suffer from headaches every day for a variety of reasons, there are many people who just can't figure out why. This is because There are so many possible causes, and then there are various combinations of those causes. So If you suffer from headaches constantly and are having a hard time finding an effective treatment, then it might be a great time to consider essential oils to treat your headaches.

Essential oils serve as an amazing headache treatment because they can safely and effectively treat the actual issues that trigger headaches. This process will result in getting to the root of the problem instead of helping the symptoms temporarily. They do these things without risk of the serious side effects that over the counter can expose you to. Another great benefit is that you are in complete control of your dose, you can an increase and decrease your dosage based on your needs. Here is a list of the best essential oils for headache treatment.

Peppermint

Peppermint oil has a cooling effect on the skin. Simply Applying peppermint essential oil topically across the forehead and on your temples. This can effectively treat a tension headache. In order to improve blood circulation, reduce pain and relieve tension dilution it a necessary step. To make a peppermint essential oil dilution, dilute two to three drops of peppermint oil with coconut oil. Then you'll just rub it into the affected areas involved in your headache.

Lavender

Lavender can induce relaxation and has the ability to reduce tension and stress Lavender oil affects the body quickly because its main components are rapidly absorbed through the skin. They are thought to cause central nervous system depression. Which can lessen headaches and anxiety? The sedative elements in essential oils will begin to take effect and reduce headache tension.

Eucalyptus

Eucalyptus is a very cleansing essential oil. It can help to open your nasal passages so that you can breathe better. Using this oil is great for eliminating sinus pressure. This pressure can cause headaches and pressure. It also can promote a very positive emotional balance while it boosts your mood.

Essential Oils for Insomnia

Those who have insomnia suffer every day and spend every night seeking sleep. These essential oil allows your body to relax and eventually sleep. They all have wonderful smells and can use in many ways to help you fall asleep and wake up rested.

Lavender

It's really no surprise that lavender oil is in this section. Many people understand that lavender is related to sleep, but most people don't really understand the how and why. Lavender oil's compounds help to soothe and relax our bodies. It packs a serious, relaxing punch.

Vetiver

Vetiver essential oil is a rich and earthy smelling essential oil. When I need to sleep, this is my go-to oil. It really helps me when I need to shut down for the night. However, it's strong smell may take a bit of getting used to. So for your first few times, I suggest mixing this oil with a lighter oil like lavender or chamomile.

Bergamot

I really like this essential oil, since I bought my first bottle. It is a citrus fruit that you've most likely never eaten, but its essential oil has a wonderful invigorating scent, but it also has a calming effect at the same time. If I feel overwhelmed and my thoughts are keeping me from sleeping, this is one of the first ones I reach for.

Essential Oils for Colds and the Flu

Nobody likes being sick. It's pretty horrible, but it's even worse when you have a family and you all get sick together. You need natural things that you can use to make you feel better. This list shows you the best essential oils to use when you're sick.

Lemon Essential Oil

Lemon essential oil is a great decongestant and is a very effective antiviral agent. It gives any room a freshness due to the large amount of vitamin C. This is one of the best essential oils when you are sick and can't get out much. It can make you feel like you're outside in the comfort of your own bed. It does that while also helping to get those toxins out of your body.

German Chamomile Essential Oil

German Chamomile is a wonderful, soothing essential oil. It is great for those stuffy nights when you can't relax enough to sleep. It can really help melt away tension. It doesn't matter how you use it, this essential oil will get you nice and comfortable.

Oil of Oregano

Oil of Oregano is so popular when you have a cold or the flu. Some people even think it is even as effective as an antibiotic treatment. Having an essential oil that is so powerful will do great things for you when you are feeling your worst.

Eucalyptus oil

Eucalyptus oil eases the respiratory system during colds and flu. It can really help you to breathe by keeping your nose passageways clear and by helping you alleviate any congestion in your chest. Its cooling properties are great for those suffering from fevers.

Essential Oils for Cuts or Scrapes

Dry is can be both painful and annoying. Sometimes skin can even crack and give way to infection. The essential oils on this list soothe and heals dry cracked skin. They also have antibacterial functions which are ideal for various skin issues. I personally suffer from

extremely dry skin, so I use these essential oils all the time in order to help me manage my symptoms and heal my skin.

Roman Chamomile

This essential oil is mentioned in this book many times because it's just that great. You might expect others to be my personal favorite but this one takes the cake due to my personal itchy skin. It is so effective at treating all forms of skin irritation from eczema to bug bites.

Geranium

Geranium essential oil gives you a two-part benefit of calming inflamed skin and encouraging new skin birth. It can help to regulate your sebum production, that can help speed up the healings of wounds.

Palmarosa

This is a very fresh smelling essential oil that can address many skincare concerns. It is actually very commonly used for commercial products for skin care. It is great for those with itchy skin and painful inflammation.

Sandalwood

This essential oil has a woody and comfortable fragrance. One of the most common essential oils to treat razor burn and general skin irritation. Many men find this to be a preferred essential oil.

Essential Oils for Dry Itchy Skin

Roman Chamomile

This is a wonderful essential oil. It has a light and floral scent and is very effective in treating itchy and irritated skin. Chamomile is also wonderful for eczema sufferers and those with sunburns

Geranium

Geranium essential oil gives you the best of both worlds. It can help soothe skin that is inflamed. It can also stimulate new skin growth. Another great benefit of this essential oil is that it regulates sebum production, this is helpful for any skin type whether it is dry, oily, or a combination. This increased production of sebum can really help speed up healing on your skin.

Juniper

This a beautiful, and soothing essential oil. It offers fantastic anti-inflammatory benefits for anyone who

uses it. It has been very popular in the treatment of eczema and psoriasis. This essential oil will clear up patchy itchy skin quickly.

Sandalwood

This is a wonderful essential oil that is both rich, and aromatic. This essential oil is very effective for soothing dry skin and healing rashes. Sandalwood is also very good at protecting the skin against impurities, as well as pollution and microbes. This makes it a wonderful essential oil for acne-prone skin.

Rose

Rose is a versatile oil is most commonly used for dry, older skin. However, there isn't an age that wouldn't benefit from rose oil. It offers a strong antibacterial factor to help fight acne. It can also lower inflammation and help with eczema symptoms.

Lavender

Lavender oil has cooling and calming properties., lavender oil can also offer many benefits to your skin. These benefits can range from reducing redness and inflammation as well as assisting with skin dryness. Lavender also assist in clearing up eczema, acne, and acne scarring. Lavender oil is also pretty great

because it is one of only a few essential oils that can be used on the skin directly.

Essential Oils for Allergies

Peppermint Oil

This essential oil is an expectorant, so it is great for helping you clear your and congestion in your chest. It also is a relaxant with antispasmodic properties. When you inhale peppermint oil, it will aid you in clearing up your sinuses. It is also a great pain reliever for allergic reactions that cause coughing and a sore throat.

Tea Tree Oil

To treat allergies, put a few drops in an aromatherapy diffuser. When diffused in the home, tea tree oil can reduce all kinds of allergens from mold to bacteria to fungi.

Chapter 9: How to Make Essential Oil DIY Products for Relaxation

Bath bombs

Simple and Basic Bath bombs

Bath bombs are amazing. Adding them to your bath can help create a relaxing, soothing experience. Adding different essential oils to your bath bombs can create custom experiences for whoever uses them.

These can be tricky to make. The first time I made them was definitely tough. I used high-quality ingredients and spent a lot of time only to end up with crumbling rocks and frustration. The following recipe is the simplest option I could find, so you can master them quickly!

Here's what you'll need:

- 1 cup of baking soda
- 1/2 cup of citric acid
- 1/2 cup of cornstarch
- 1/2 cup of Epsom salt
- 3/4 tsp. of water
- 2 tsp. of essential oil
- 1 tsp of jojoba oil

Here's the process:

Start by mixing all the dry ingredients together in one bowl. Then do the same for the liquids in another

bowl. Then add the wet to the dry and mix. The texture will be unusual, and kind of grainy. With your hands scoop out this moisture into your molds. Remember that the harder you pack your molds the harder (and more stable) your bath bombs will be.

Orange & Rose Essential Oil Bath Bombs

These essential oils bath bombs are amazing! The essential oils in these bath bomb kind if remind me of a tropical vacation I suggest taking a relaxing bath with these. The rose essential oil creates a wonderful scent and soothes the skin.

Here's what you'll need:

- 1 cup of baking soda
- 1/2 cup of citric acid
- 1 tablespoon of cornstarch
- 1 teaspoon cream of tartar
- 1/2 cup of sea salt
- 1 teaspoon of almond oil
- 1 teaspoon of coconut oil
- 1 tablespoon of witch hazel
- 1/2 teaspoon of food coloring
- 5 drops of orange essential oil
- 5 drops of rose essential oil

Here's what you'll do:

First, take all of your dry ingredients and blend them in a bowl. Then blend your wet ingredients in another bowl. Add the wet to the dry. Take your mixture and

heavily pack your mixture into your molds. Let your mixture set and dry in your molds for a couple of days. The use as you would use any other bath bomb.

French Vanilla Essential Oil Bath Bombs

These bath bombs smell amazing. I imagine it is what taking a bath full of ice cream would feel like. Definitely make these, often.

Here's what you'll need:

- 1/2 cup of cream of tartar
- 1 cup of baking soda
- 1 tsp of melted cocoa butter or coconut oil-soluble
- 2 tbsp of Kaolin Clay
- 10 drops of vanilla essential oil
- 5 drops of cedar wood essential oil

Here's what you'll do:

In two separate bowls, you'll mix your wet and dry ingredients separately. Then you'll add your wet to your dry. Knead your mixture and the tightly pack that mixture into your molds and let them sit and dry for a day or so.

Orange Essential Oil Bath Bombs for Kids

These bath bombs are the perfect ones for kids. Not all essential oils are good for children. With these, you'll know that your kids can safely use these awesome bath bombs.

- 1 cup of citric acid
- 1cup of baking soda
- 1/2 cup of olive oil-soluble
- A few drops of food coloring
- 5 drops of orange essential oils

Here's what you'll do:

Mix your dry ingredients and wet in two different bowls. I really recommend mixing your mixture, then putting them into smaller individual bowls and adding different food coloring to those. After doing this pack your mixture into your molds very tightly and give them a day to dry.

Lavender Bath Bombs

- 1 cup of baking soda
- 1/2 cup of Citric Acid
- 1/2 cup of cornstarch
- 3 tablespoons of Epsom salt
- 2 teaspoons of Almond Oil
- 3/4 teaspoon water
- 13 drops of Lavender Oil

- a few tablespoons of dried lavender flowers
- Silicone Molds

In a large bowl combine all of your dry ingredients. In a separate small bowl combine your wet ingredients. Then mix your wet ingredients into your dry mixture. Make sure to mix this completely until fully combined. If the mixture doesn't hold together, add a couple of drops of water at a time until it does, make sure to only add a little otherwise, the bath bombs won't hold correctly. After it is right, add the mixture to your molds and press down tightly. Allow them to dry for at least a day before removing.

Sprays and Mists

We all have those nights were sleep alludes us. When that happens, this is the spray you need.

Sweet Lavender Bed Mist

- Small jar with a tight-fitting lid
- 2 tablespoons of witch hazel
- 10 drops of lavender essential oil
- 6 tablespoons of water
- Small funnel
- Spray bottle

Here's what you'll do:

The first thing that you'll want to do is mix the witch hazel with your lavender essential oil. Put the lid on your small glass jar and shake well for about 15 seconds. This will help the lavender oil distribute evenly. Next, add your water then shake it again for about 20 seconds, or until it is combined fully. Using the funnel, pour the mixture you have created into the spray bottle. This spray can make any room or bed feel more comfortable in order to help you get a good night's sleep.

Effective Insect Repellent Spray

- 1 tsp. avocado
- 15 drops of lavender oil
- 8 drops of peppermint oil
- 10 drops of tea tree oil
- 10 drops of rosemary essential oil
- 4 tablespoons of water
- 2 tablespoons of witch hazel
- spray bottle

To make this spray, simply mix all of the ingredients together. Using a funnel and pour it into the spray bottle. You can spray as needed on your body, but use caution on your face and near your eyes.

Flowery Fabric Refresher Spray

It is my favorite spray of all. I love the combination of oils and find it very pleasant. It's an excellent mood booster!

Here's what you'll need:

- ¾ teaspoon of lavender essential oil
- 1 teaspoon sweet orange essential oil
- ½ teaspoon of lemon essential oil
- water

Here's what you'll do:

To make this spray, start by filling a bottle with filtered water and then adding the measured oils to that bottle. After all of the ingredients are added shake the bottle vigorously.

Life Saving Detangling Spray

This spray is great for small and large tangles no matter the hair texture or type. It also has the added benefit of smelling really amazing.

Here's What You'll Need:

- Glass spray bottle
- ½ cup of vegetable glycerine
- 1 cup of water
- 15 drops of lavender essential oil
- 10 drops of cedar wood essential oil

- 5 drops of orange essential oil
- 5 drops of rosemary essential oil

Here's what you'll do:

Max all your ingredients in a bowl and pour it into your glass bottle. Shake vigorously and it will be ready for use. Make sure to not use this spray in your ears or eyes, If you do, just flush your ears or eyes with water!

Homemade Fly Repellent (for household pets)

This spray is ideal for inside/outside animals that might attract flies. Those flies can bite your pet causing a lot of discomfort and possible infection due to scratching. This spray is homemade and nontoxic. However, it has an extremely strong smell, so watch out!.

Here's what you'll need:

- 4 cups of raw apple cider vinegar
- 15 drops of rosemary essential oil
- 15 drops of basil oil
- 15 drops of peppermint oil
- 2 tablespoons of olive oil
- 1 tablespoon of dish soap

Take all of your ingredients and Mix together in a spray bottle. Apply to the animals after shaking, frequently.

Customizable Air Freshener

This air freshener is what you make it. It has a wonderful base that would be suitable for any essential oils that you would want to add. You can spray this on any thing including pillows, and sheets, dog beds, car seats, and the air in general.

Here's what you'll need:

- glass spray bottle
- 2 tbsp. of witch hazel
- ½ tbsp. of aloe vera gel
- ½ tsp. of vegetable glycerin
- essential oil blend
- filtered water

Here's what you'll do:

First, mix all of the ingredients except the essential oils of your choice and water. Some good ones to add are rose, lavender, and lemon essential oils. Mix this thoroughly. Then mix in your essential oils and water. Shake thoroughly then you are free to use this spray.

Lemon Air Freshener

This pray is amazing! It takes out any smells just like that! Whether it is kitty litter or a smelly trash bin, this spray can handle it!

Here's what you'll need:

- 5 drops of lemon essential oil
- 1 tablespoon of witch hazel
- 1 1/4 cups of water
- 5 drops of peppermint essential oil

Here's what you'll do

Take all of your ingredients and Combine them in a small bowl. Then pour it into a spray bottle. Shake it well to disperse all of the essential oil. Spray directly on the sticky area. Let the spray sit on whatever you sprayed it on, and then come back to the smell completely gone.

Hair Lice Spray

If your child has ever had lice, you can realize what a pain it is to get them out, not only out of your child's hair but out of your environment as a whole. This spray is very effective at killing lice and keeping them out.

- 1 cup water
- 1 cup witch hazel
- 50 drops of tea tree oil
- 20 drops of lavender oil
- 5 drops of cinnamon leaf oil
- 5 drops of geranium oil
- 1 tsp of neem oil

Simply Mix together all the ingredients in a spray bottle. To use this spray shake it before every use then carefully spray on hair each morning. Make sure to also spray before going places where lice exposure is probable! (Make sure to avoid your eyes). If you

accidentally get this spray on any of those areas, simply wash them with warm soapy water.

Spray for Mold

Here's what you need:

- Spray bottle, glass
- 1/2 cup of white vinegar
- 1/2 cup of distilled water
- 5 drops of orange essential oil
- 5 drops of tea tree essential oil

Measure these ingredients in a small bowl thoroughly. Then, pour your mixture into a spray bottle and use on any surface that has mold.

Shampoo/ Conditioner

Easy Moisturizing Shampoo

This shampoo is ideal for dry hair types, it helps to infuse a lot of moisture as well as gives your hair the ability to retain that moisture. To use this product just use a small amount and run it through all your hair from scalp to tips.

Here's what you need:

- 1/2 cup of castile Soap
- 1/2 cup of filtered water

- 16 drops of rosemary essential oil
- 2 drops of peppermint essential oil

Here's what you'll do:

You'll start by pouring about half a cup of castile soap into your bottle. Then add you're essential oil and fill the rest of the space with water. Shake the bottle for about 30 seconds until it's mixed fully.

Shampoo for Silky Hair

This shampoo is great for those with dull hair from ether damage or coloring. It will restore the shine to your hair while helping to strengthen it because strong hair is shiny hair.

Here's what you'll need

- 1/3 cup of coconut milk
- 1/3 cup of Aloe Vera juice
- 1/3 cup of liquid castile soap
- 7 drops of rosemary essential oil
- 12 drops of lavender essential oil
- Empty Shampoo Bottle
- Measuring cup

Here's what you'll do:

This is s pretty simple recipe. You'll just make your ingredients and mix them well in a measuring cup. Then using a funnel, pour it into a shampoo bottle. Shake it vigorously until fully combined.

Next up are the conditioners. Conditioners are so important for your hair. I have particularly dry hair, so I have spent a lot of time figuring out the perfect conditioner for my hair type. Here they are. They might be best for dry hair but they would be very effective for other hair types.

Essential Oil Conditioners

Tea Tree Oil Conditioner

This conditioner is amazing in its simplicity. Tea oil is amazing for soothing itchy and irritated scalps. You can use it every day to maintain a clean healthy scalp.

Here's what you need:

- 2 Tbsp apple cider vinegar
- 2 cups of water
- Large glass jar
- 10 drops of tea Tree oil

Combine the ingredients in a bowl. Then pour it into a glass jar and shake well to ensure that the whole thing combines. To apply this conditioner, shake it well and put directly on your hair. You can rinse it out, or use it as a leave-in.

Conditioner For Itchy Scalp

This conditioner is amazing. It is ultra moisturizing and completely natural. The sandalwood essential oil balances really nicely with the cocoa butter in the conditioner. It also can heal an itchy, irritated scalp.

Here's what you'll need:

- 1/4 cup of liquid lecithin
- 1/4 cup of almond oil
- 2 tsp of jojoba oil
- 5 drops of sandalwood oil
- 1/2 tablespoon of cocoa butter

Here's what you'll do:

Take all of your measure ingredients and mix them together. Using a double boiler, melt that mixture completely and then pour it into a glass jar. Let your mixture cool completely then cover.

Dry Hair Conditioner

This conditioner was made for dry, brittle hair. This could be from the elements or things look over processing.

Here's what you'll need:

- 2 tbsp of sweet almond oil
- 2 tbsp of peach kernel oil
- 2 tsp of lecithin base
- 2 tsp of sesame oil
- 2 drops of avocado oil

- 4 drops of geranium essential oil
- 3 drops of carrot seed essential oil

Here's what you'll do:

On a double boiler melt and combine all ingredients together. After it is thoroughly melted pour it into a bowl and allow it to cool. Then apply all over your hair and let it sit for twenty minutes before washing it off.

Tropical Relaxing Conditioner

This essential oil condition smells wonderful and will give you many positive effects. It smells wonderful. It also has great things in it to keep your scalp healthy and feeling great!

Here's what you need:

- 1 cup of Castile Soap
- ½ cup of canned coconut milk
- 1 tablespoon of aloe vera gel
- 1 teaspoon of carrier oil
- 1 teaspoon of magnesium gel
- 10 drops of vanilla essential oil
- 10 drops of Sandalwood essential oil
- 10 drops vitamin E
- 10 drops of argan oil
- 5 drops of carrot seed oil and red raspberry seed oils

Take all of your ingredients and put them in a small bowl. Using an emersion blender, you can blend it all

until combined. You could also use a bowl with a top and shake your mixture thoroughly. Store the conditioner in a glass bottle.

Lavender and Rose Water Conditioner

This is a light and beautiful fragrance conditioner. The lavender and rose work together nicely to conditioner your hair and leave it light and flowing.

Here's What you need

- ¼ cup of aloe vera gel
- 2 tsp of apple cider vinegar
- 2 tsp of coconut oil
- ¼ cup of rose water
- 20 drops of lavender
- A Funnel
- A conditioner bottle

Take your aloe vera gel and essential oils and mix it in a glass bowl, Let it sit for ten minutes to emulsify. Then mix in your coconut oil and then apple cider vinegar and rose water until you have a smooth mixture. Using a funnel, pour your conditioner into your bottle.

Bubble Baths

Citrus Bubble Bath

This bubble bath is great especially when you are trying to relax. Its scent will soothe you after a long day, while helping your skin stay moisturized. The orange and lemon really work to complement each other. T

Here's what you need:

- 1 cup of Liquid Castile soap
- 1/2 cup of vegetable glycerin
- 2 tbsp. of water
- 7 drops of orange and lemon essential oils

Directions

Measure out 1 cup of liquid castile soap, then add your vegetable glycerin and 2 tbsp. of your distilled water in your bottle. Then add the essential oils.

Place on the bottle cap and shake until everything is combined. After its ready, add an generous amount to running water and soak.

Lavender Bubble Bath

This bubble bath is excellent for those wishing to sleep. A little of this in your bath, and you'll be able to sleep like a baby.

Here's what you'll need:

- 1 Bottle of Dishwashing Soap
- ¼ Cup of Glycerine
- 1 Tablespoon of Sugar
- 10 Drops of Lavender Oil

Here's what you'll do:

This is a very simple recipe. Pour all the ingredients into a small bowl with a top. Shake your mixture vigorously until everything is combined. Pour your bubble bath into a glass container with a top and use as normal.

Chamomile Bubble Bath

This bubble bath is another great one for sleep. It features chamomile and vanilla to make a sweet smelling and relaxing bath.

Here's what you need:

- 1 cup of body wash
- ¼ cup of vegetable glycerin
- 1 teaspoon of vanilla extract
- 1 teaspoon of chamomile essential oil

Here's what you'll do:

To create this bubble bath combine all ingredients in a bottle with a top, shake the ingredients to combine

gently in order to avoid making bubbles. Pour about 1/2 cup of bubble bath and enjoy.

Chapter 10: Essential Oil Products for Health Problems

Vapor Cream

Simple Customizable Vapor Cream

When sickness hits you need anything that will help you feel better. This vapor cream is wonderful for chest congestion and super simple to make.

Here's what you'll need:

- 12 drops of peppermint oil
- 12 drops of lavender oil
- 12 drops of pine oil
- 2 tablespoons of shea butter

Here's what you'll do:

Using a double boiler, gently melt your shea butter. After your shea butter is melted, pour into a bowl and mix in your essential oils. Pour the entire mixture into a small jar that has a lid and use when a vapor cream is needed.

Coconut Oil Vapor Cream

This vapor cream is great for kids because of its super pleasant smell and natural ingredients. They can use this by themselves without you having to worry, and it will effectively clear up their congestion.

Here's what you'll need:

- 1/2 cup of olive oil
- 2 tbsp of beeswax pastilles
- 20 drops of eucalyptus oil
- 20 drops of peppermint oil
- 10 drops of rosemary oil

Here's what you'll need:

To start, Melt beeswax with the olive oil in a double boiler until just melted, then add the essential oils. Stir thoroughly, and then pour into a container with a lid. Use as needed to reduce coughing and congestion.

Peppermint Vapor Rub

This vapor rub is all about the peppermint. If you are having congestion issues, this one is really for you.

Here's what you'll need:

- 1/4 cup of olive oil
- 1/2 cup of coconut oil
- 1/4 cup of grated beeswax
- 20 drops of peppermint essential oil
- 20 drops of eucalyptus essential oil
- Glass Jar

Here's what you'll do:

Create a double boiler by boiling a pot of water, turning it down to a simmer and placings glass bowl on top of it pour the coconut and olive oils and beeswax into the bowl, and allow it to melt and

combine. Then mix your essential oils in thoroughly and pour into small jars with lids. With the lids off allow the jars to cool and set.

Homemade Cough Drops

Basic cough Drops

If you are feeling sick, this should be your go-to cough drop recipe. It is made with great ingredients that help suppress a cough and boost your immune system.

Here's what you'll need:

- 1/2 cup of coconut oil
- 1/2 cup of honey
- 2 drops of eucalyptus essential oil

Here's what you'll do:

Whip your coconut oil in a large mixing bowl. Then add your honey and whip until it is thoroughly mixed. Finally, add your essential oils. Pour your mixture into mini molds, or mini ice cube trays. Freeze these until hard and store them in a container in the refrigerator.

Peppermint/ Lemon Cough Drops

Here's What You'll Need:

- 1 cup of sugar
- 1/4 cup of water
- 1 tbsp of honey
- Powdered Sugar
- 20 drops of peppermint essential oil
- 20 drops of lemon essential oil

Here's what you'll do:

First bring your water, honey, and sugar to a slow boil over medium heat until it comes to 300 degrees. After it has come to 300 degrees, let it sit until it comes to a simmer. Dust your molds with powdered sugar then pour a small amount of the mixture into each hole. Let cool in the mold until hardened. Remove from your mold, and store in the refrigerator.

Ginger Clove Cough Drops

- 1/2 cup water
- 1 cup of granulated sugar
- 2 tablespoons of honey
- 1 tablespoon of fresh lemon juice
- 1/4 teaspoon of ground ginger
- 1/4 teaspoon of ground cloves
- 5 drops of lemon essential oil
- powdered sugar for coating

Place parchment paper on a cookie sheet. In a heavy, small pot mix the ingredients besides the powdered sugar. Heat this mixture for about twenty minutes or until it reaches about 200 degrees then remove from heat and let it cool slightly. Drop onto baking sheet by

round spoon fulls. Allow them to cool completely. After they have cooled, Dust with the powdered sugar and store in the refrigerator.

Turmeric and Honey Infused Cough Drops

This cough drop recipe uses a mixture of tea leaves and peppermint essential oils will leave your throat soothed and clear of raspiness.

Here's what you'll need:

- 1 cup hot water
- 1 tbsp. peppermint tea leaves
- 1 tbsp. Lemon tea leaves
- 1/2 tsp. cinnamon
- 1/2 tsp. Turmeric
- 1 cup honey
- 5-10 drops peppermint essential oil
- A handful powdered sugar

Steep tea leaves, turmeric, and cinnamon for 10 minutes, drain and pour the tea into a pot. Add your honey and turn it on high heat. Gently stir until the mixture reaches 300 degrees. Then remove the pot from the heat and add the essential oil. Using a spoon, drop small spoonfuls onto a sheet of wax paper place your tray in the freezer for an hour. Take from the freezer and sprinkle powdered sugar and store in the fridge.

Honey Cough Drops

These cough drops are pretty interesting because it uses this word fresh herb infused water. It is a refreshing and soothing cough drop with lemon and chamomile essential oils.

Here's what you'll need:

- 1 cup of water infused with slippery elm, and cinnamon
- 1 1/2 cups of honey
- A saucepan
- 5 drops of lemon essential oil
- 5 drops of chamomile essential oil
- Wax paper

Here's what you'll do:

Boil water, then add the herbs and let them steep for a half an hour. Strain out the herbs and let your water cool. Pour a cup of the herb infused water and the honey into a saucepan and turn the heat on medium high. Let that mixture reach 300 degrees and then take it off the heat and add the essential oils and then scoop small spoonfuls onto wax paper. Let them harden and store the cough drops in a cool place.

Cough Drops to Ease Congestion

These cough drops have a mix of ingredients that will get you breathing better in no time. The honey is also very soothing and a natural antibacterial food.

Here's what you'll need:

- 3/4 cup of elm bark powder
- 7 tablespoons of honey
- 1 teaspoon of ground cinnamon

Here's what you'll do:

Boil all these ingredients until the mixture reaches 300 degrees. Et the mixture cool off heat. Take round teaspoon fulls and drop them on wax paper that has been dusted with powdered sugar, store these in the fridge,

Lemongrass and ginger cough drops

This is another tea infused cough drops, I really enjoy these kinds of cough drops because they give so many different benefits both from the tea and an essential oil in this recipe.

Here's what you'll need:

- 1 cup of lemongrass and ginger tea (1 teabag, and 1 cup of water)
- 1 cup of granulated sugar
- 10 drops of Chamomile Essential Oil
- 1/2 cup of honey

Make your tea. Pour into a small pot and add your honey and sugar. Let the pot come to a boil, stirring frequently, but don't scape the side of the pot. Let it boil for about 10 minutes. Then pour into your cough

drop molds, and let them cool overnight. Once completely cooled, Make sure to only store them in one layer in a container with a lid.

Honey and Turmeric Cough Drops

Here's what you need:

- 1 cup of water
- 1 peppermint tea bag
- 3/4 cup honey
- 1 teaspoon of turmeric
- 1/4 cup of lemon juice
- 5 drops of peppermint essential oil

Here's what you'll do:

Make your peppermint tea, add your honey, turmeric and lemon juice. Let this mixture come to a boil. Bring to a boil until it reaches 300 degrees. After that pour mixture into a mini ice cube tray. Let them harden. Store in an airtight container dusted with powdered sugar.

Customizable Cough drops

I like these cough drops because they work well no matter what kind of tea I have. I can use bags or loose leaves and it works like a charm.

Here's what you'll need:

- 1/2 cup of any kind of prepared tea
- 3/4 cup of honey
- 3 drops of chamomile essential oil

Here's what you'll do:

Whisk tea and honey together, allow it to boil for a half hour. After this take the pot off the heat and add the essential oil. Then pour into your molds and allow to set in the freezer. You'll want to wrap these in wax paper and keep them at room temperature.

Hibiscus Tea Cough Drops

These tea based cough drops are so soothing the Hibiscus and chamomile work together like a charm to get you back to feeling your best.

Ingredients

- 1 cup of hibiscus tea
- 5 drops of chamomile essential oil
- 1 1/2 cups granulated sugar
- 1/4 cup of lemon juice
- confectioner's sugar for coating

Here's what you'll do

Pour sugar in a pot and let it dissolve without stirring, Take the pot off the heat once the sugar is fully melted and carefully add your lemon juice, tea, and essential oil. Drop rounded spoonfuls onto a wax paper lined

baking tray, Let them set in the freezer until they cool. Then store them in the fridge in a air tight container.

Heated Pack

These heated packs are really easy and helpful. The heat from the pack as well as the essential oils infused into them will have whatever's sore feeling better in no time. You can reuse it many times, but you might want to occasionally change the filling.

Here's what you'll need:

- Rice
- A new long sock
- Needle and thread
- 10 drops of lavender essential oil
- 10 drops of orange essential oil

Here's what you'll do:

Start by filling a large measuring cup with rice. Then Fill your sock to the top Then add your essential oils. They will spread through the rice as you use the heated pad. Now sew the end of the sock so that both sides of the sock are completely closed. To use this heated pad, just microwave it for about 30 seconds and use it when needed.

Sleep Aids

Sleepy Time Oil

Sometimes sleep can really evade us. I like to make this sleep oil and put a few drops on my pillows and pajamas. It's really great for sleep.

Here's what you'll need:

- 70 drops of lavender oil
- 40 drops of sweet marjoram oil
- 25 drops of chamomile oil
- 25 drops of bergamot oil

Here's what you'll do:

Mix our essential oils in a small glass bottle. Then make sure to store your bottle in a cool place

Lavender Sleep Spray

This bed spray will leave you snoozing in no time. It has a great way of filling up a room with the gorgeous mix of these essential oils.

Here's what you'll need:

- a small glass spray bottle
- ¼ cup of witch hazel
- water
- 10 drops of lavender essential oil
- 10 drops of chamomile essential oil

Here's what you'll do:

Start by pouring vodka into your bottle, then add the essential oils. Pour enough water to fill the bottle almost all the way, leaving a little room so that you can shake the bottle. Put the top on your bottle and shake it to combine. Now just spray as you need it.

Citrus Sleep Spray

This is a sleep spray that has fruity scents that will put you in a relaxed state so that you can drift right off to sleep. Some people believe that citrus essential oils will keep you alert, but that's not exactly true. They are essential oil that serves a wide variety of purposes including helping you sleep.

Here's what you'll need:

- A small spray bottle
- Rubbing alcohol
- Distilled water
- 10 drops of lemon essential oil
- 10 drops of orange essential oil

Here's what you'll do:

Fill half your bottle up with with rubbing alcohol, and go up $\frac{3}{4}$ the rest of the way with water. In the remain space add your essential oils. Put the top on your spray bottle and shake vigorously until everything is combines. You can use this spray on your pillows, sheets or nighttime wear.

Face Masks

The first set of face mask recipes are all fast to make and only require a few ingredients. These are ideal for anyone short on time.

Fresh Lemon Face Mask

This refreshing face mask has a fair amount of lemon and that is great for your skin!. It is also refreshing for your whole body.

Here's what you'll do:

In a small bowl, Add 1 tablespoon of lemon juice and a tablespoon of almond oil. Mix them well, until you see a smooth paste. Gently apply it on your face. Let it sit for 15 minutes to get soft, clear skin.

Enriching Coffee Face Mask

This face mask features orange essential oil as well as coconut. You'll feel like you went on a relaxing tropical trip!

Here's what you'll do:

In a small bowl add 5 drops of orange essential oil to a 1/2 teaspoon of coconut oil and 1/2 teaspoon of ground coffee beans. Keeping mixing this until it is smooth.

Let it sit on your face for about 30 minutes before rinsing.

Lavender and Honey Face Mask

The lavender oil in this face mask can help to keep your skin beautiful and radiant. I recommend this particular face mask because it reduces redness while combatting bacteria on the skin.

Here's what you'll do:

Start by mixing 1/2 teaspoon of lavender oil and a teaspoon of honey with a tablespoon of baking soda. Mix them until they form a smooth paste. Let it sit on your face for about 15 minutes. After that time rinse it off with warm water.

Aloe Vera, Cucumber & Tea Tree Oil Face Mask

Tea tree oil has been thought of as a wonderful essential oil for many things including the skin. It has the amazing ability to soothe even the roughest and itchy skin.

To make this super simple face mask, simply peel and mash a fresh cucumber. Then mix it with 7 drops of tea tree oil as well as a 1 teaspoon of aloe vera gel. Mix everything up into a very smooth paste. Then apply it on your face and rinse off after 30 minutes.

Tamanu Oil, Yogurt & Cucumber Face Mask

For many years, tamanu oil has been used to heal various skin conditions. It also helps the skin to look flawless and radiant. The medicinal benefits are substantial. It helps in regenerating skin and fighting bacteria, as well as healing wounds. Tamanu oil contains calophyllolide which is a very powerful anti-inflammatory lipid.

Here's what you'll do:

To create this face mask, Mix 5 drops of tamanu oil with 1 tablespoon of yogurt, Then and 1 tablespoon of grated fresh cucumber. Stir this until completely mixed and leave it on your face for 20 minutes or so.

Hemp Seed Oil & Avocado Face Mask

Hemp seed oil is a rich and powerful essential oil. It has properties that help maintain clear skin.

Here's what you'll do:

Mix 7 drops of hemp seed oil and 3 tablespoons of avocado that has been mashed. Let this mixture sit on your face and leave it on for 15 minutes. After the time has passed wash your face with warm water and the dry your face.

These face mask recipes require a few more ingredients and time. What is great about these recipes is that the whole process can become really

therapeutic and relaxing from mixing the ingredients to letting them sit on your face.

Clay Face Mask

This next face mask uses facial clay to make an even more soothing face mask. I like this particular mask because it brings together all of the awesome things that really make your skin beautiful and soft.

To make this mask, you will need:

- 1 tsp of facial clay
- 1 tsp of ground oatmeal
- 1 tsp of honey
- 1 tsp of coconut oil
- ½ tsp of milk
- 1 drop of frankincense oil
- 2 drops of rose oil

Here's what you'll do:

Mix all of the ingredients together until it's a completely smooth paste. Then put the mask on your face and let it sit for 20 minutes or longer before removing.

Mask Made for Dark Spots

This coconut oil face mask can be used daily to get the beautiful and glowing skin. Lavender and coconut oil

work together to naturally lighten and tighten skin all over your body. I

Here's what you'll need:

- 1 ½ tablespoons of coconut oil
- 2 drops of lavender oil
- 2 drops of frankincense oil

To make this mask, mix all the ingredients in a small bowl until completely combined. Then just apply it to your clean face and rub it in for about 5 minutes. After its rubbed in let it stay on your face for an hour or so.

Face Mask for Dry Skin

Dry skin can be so tough to deal with. This face mask works amazingly to hydrate your skin and keep it that way. The rose oil in this mask refreshes and smoothes skin. The other ingredients will help to keep pores clean and prevent buildup that can further dry out your skin.

- 1 tablespoon of coconut oil
- 1 tablespoon of honey
- 3 drops of rose oil

To make this face mask, mix both the ingredients in a bowl and apply it to your cleansed face. Massage the mixture into your face for about 10 minutes. Then rinse off completely.

The Speedy Acne Busting Face Mask

Anyone that suffers from acne knows how debilitating it can be. There are so many products out there to treat acne, but natural is always best to me and essential oils are something that should never be skipped over, Tea tree essential oil is a personal favorite of mine, that works really well on acne.

To make this mask, you'll need

- 2 1/2 tsp kaolin clay
- 2 tsp aloe vera gel
- 3drops of tea tree oil

To make this mask put all your ingredients into a small bowl and mix until it forms a smooth paste. Put the mask on your face in one even layer. Let it sit on your face for 7 minutes and then wash it off with warm water. Splash your now clean face with cool water and then moisturize like you normally would.

The Super Hydrator Face Mask

This is another mask for dry skin. It helps your face retain the moisture it needs. It has essential oils the contribute to the healthy glowing skin as well.

Here's what you'll need:

- 1 tsp of coconut oil
- 1/2 tsp raw honey
- 2 drop of lavender oil

- 1 drop of geranium oil

To make this mask, you start by mixing your coconut oil and honey until it forms a smooth paste. Then add you're essential oils. Once this is all combined, apply it to your face using your fingers or a facial brush. Put it on, and wait about 15 minutes before rinsing it off with warm water.

Skin Rejuvenating Treatment

This mask is really great for skin that is looking a bit dry. It will add glow to your face and help it to feel moisturized.

Here's what you'll need:

- 2 tsp of ground oats
- 1/8 teaspoon of turmeric powder
- 3 tsp rose water
- 3 drops of lemon essential oil

To make this mask start by adding your ground oats and lemon oil to your bowl. Then add enough rose water so that your mixture becomes a thick paste, and apply this mask to your face for 20 minutes before rinsing.

Candles

Candles are a wonderful way of getting essential oil fragrances in your home. They can be made rather easily and affordable. When you make your own

essential oil candles you know that you are giving your home the very best, and that contributes to peace of mind. I like to buy both soy wax flakes and beeswax in bulk because candles really make the perfect gift for anyone, and for any occasion. You can add fresh herbs like I do in a recipe below, you can also mix and match the perfect essential oils for your needs based on the information I provided earlier in this book.

The Everything Candle

This candle has a beautiful fragrance with a little bit of everything in it. You have both floral and citrus elements. They also are pretty easy to make and they smell beautiful when burned.

Here's what you'll need:

- 6 cups of soy wax flakes
- wicks with anchors
- 30 drops of lavender essential oil
- 30 drops of grapefruit essential oil
- 30 drops of eucalyptus essential oil
- Mason jars
- wood stirrer
- Chopsticks for securing wicks.

Here's what you'll do:

First, melt the soy wax in a small pot over medium heat. Then add the essential oils. To turn your jars into candles, drop a bit a liquid wiz in the bottom of your jar. Place the metal bottom of your wick into the

jar and hold firmly for a second. Then lay a pen across the jar's lip horizontally and tape the top part of the wick lightly to that pen. This will keep your wick straight as you pour your wax. Now pour the wax into the jars until they are full. Let your new candles cool for an hour or so before using.

The Vanilla Rose Candle

This candle has the beautiful fragrances of both rose and vanilla. It invites people to come and relax.

- Thick glass jars
- candle wicks
- 30 drops of rose essential oil
- 30 drops of vanilla essential oil
- 3 pounds of soy wax chips

Directions:

Melt the wax chips using a double boiler, or a glass bowl on top of a simmering pot. After the wax is completely melted, add the essential oils. Make your candle by placing a drop of wax at the bottom of your jar, and fixing your metal part of your wick to it. Then horizontally place a pen on the lip of the jar and tape the wick to the pen lightly. This ensures that your wick stays in place as you pour the wax. Now just pour the wax into your jars and let them cool for an hour before using them.

Lavender Rosemary Candle

- 4 cups of soy flakes
- wicks
- 30 drops lavender essential oil
- 30 drops rosemary essential oil
- 3/4 tsp rosemary per candle and 3/4 tsp dried lavender per candle
- 2 glass jars
- Wooden skewer

Here's what you'll do:

In a double-boiler or a glass bowl over a pot bring the water to a boil. After the water is boiling, reduce your heat and add the soy flakes. Keep tiring until all of the soy flakes have melted. This should take about 5 minutes. Add your dried herbs and essential oils. Then, on a bed of newspaper, place your 2 jars on the newspapers and add extra drops of essential oils to the inside of your jars, about 15 drops per jar will do. Then pour your wax into your jars. Let them sit anywhere from a couple of hours to overnight. Before using your candles make sure to trim your wick to 1 inch

I love this candle because it is a beautiful mixture of woody and sweet. The vanilla and sandalwood balance each other in perfect harmony. That's the best you can ask for in a candle.

Here's what you'll need:

- 1 pound of beeswax
- Wicks

- Glass jars
- 30 drops of sandalwood essential oil
- 30 drops of vanilla essential oil

Here's what you'll do

Place the beeswax into ya container that won't melt. The pace of the entire container into a pot half full of water. Let it simmer over medium-high heat, and sir it so that it melts. Take off the heat and add you're essential oils to the wax. Just like with the other recipes you will dip the bottom of your wick into the wax, affix it to the bottom of your glass jar and tape it to a pin resting horizontally on the lip of the jar. This ensures a straight wick. Pour the melted beeswax into the jar.

Hand Sanitizer

Heb Hand Sanitizer

This hand sanitizer gives off a warm smell that is so inviting the other essential oils to play off it beautifully.

Here's what you'll need:

- 5 tablespoons Aloe Vera Gel
- 4 drops of tea tree of essential oil
- 4 drops of marjoram essential oil
- 4 drops of sweet orange essential oil
- 4 drops of lavender essential oil

Here's what you'll do:

combine aloe vera and essential oils in a small plastic bowl. Then Pour mixture into small plastic squeeze bottles and use as needed.

Simple Hand Sanitizer Recipe

Sometimes staying germ-free can be a challenge especially when you only want your self and your family to use natural and good for your products. This DIY hand sanitizer is the perfect choice to keep germs at bay using essential oils that naturally provides a ton of benefits.

Here's what you'll need:

- 1 tbsp of rubbing alcohol
- 1/2 tsp of vegetable glycerin
- 1/4 cup of Aloe gel
- 10 drops of cinnamon oil
- 10 drops of tea tree oil
- distilled water

Here's what you'll do:

In a small bowl, mix aloe gel, vegetable glycerin, and alcohol Next, add in your essential oils and then your water and funnel into your container. Then use it as you would any other type of hand sanitizer.

Peppermint Hand Sanitizer

This minty hand sanitizer will leave your skin feeling refreshed as well as clean. It's very easy to make and use.

Here's what you'll need:

- 1/2 cup of aloe vera gel
- 2 tsp of witch hazel
- 10 drops of peppermint oil

Method

Put the aloe vera and witch hazel in a small mixing bowl. Add essential oils and then add the rest of the ingredients. Mix everything until fully combined. Pour the mixture into a small bottle. Pour a tiny amount on your hands and rub in to use.

Furniture Cleaner

This all-natural essential oil furniture cleaner will leave your whole house sparkling and smelling completely amazing.

Here's what you'll need:

- Rubbing alcohol
- White vinegar
- Lemon and orange Essential oils

Here's what you'll do:

To make this furniture spray, add all ingredients in a spray bottle. Make sure to use equal parts rubbing alcohol and white vinegar. Then add 4 drops of each essential oil. To use this spray, spray a coat of it onto the surface generously and allow to sit for a few minutes, but make sure to not let it dry. Then dab it off with a clean cloth.

Cleaning Sprays

All Purpose Spray

Keeping a clean house can be a long and time consuming process. If you want to clean your home naturally then your option can seem limited. You want to avoid any harmful ingredient, but you still need something that will clean your home. This spray will do the trick.

Here's what you'll need:

- 1/2 cup of white or apple cider vinegar
- 1/2 cup of water
- 15 drops of lemon essential oil

Here's how you'll make it

Using a measuring cup and funnel, add the vinegar and water to a spray bottle. Then shake to mix them together. To that mixture, add essential oils. Shake your bottle again. Store it in a cool place out of direct sunlight.

Bathroom Cleaner

Bathroom Cleaner with Lemon

This all-purpose cleaner will leave your bathroom smelling fresh and clean, just the way a bathroom is supposed to.

Here's what you'll need:

- 2 cups of white vinegar
- 2 cups of water
- 1 teaspoon of dish soap
- 30 drops of lemon essential oil
- 20 drops of orange essential oil

To make this bathroom cleaner, Mix all ingredients in a spray bottle. Then shake the bottle to completely mix it all together. Spray and wipe on all parts of the bathroom from the stall door to the tub.

Peppermint Glass Cleaner

Here's what you'll need:

- 3 1/4 cups distilled water
- 1/4 cup of rubbing alcohol
- 1/4 of cup vinegar
- 20 drops of peppermint essential oil

Mix all ingredients in a large spray bottle. Then shake it to combine everything. To use it just spray it on

anything glass or stainless steel. Wipe off with paper towels for a streak-free shine.

Citrus Cleaning Scrub

This cleansing scrub is great for tough to clean areas. It adds a wonderful smell to all the places you use it in.

Here's what you'll need:

- 1 cup baking soda
- 1/4 cup liquid castile soap
- 12 drops of lemon essential oil
- 12 drops of lime essential oil
- 12 drops of orange essential oil

To make this scrub mix everything into a paste. Then put a large amount on the area that needs cleaning. Scrub and let it sit for 10 minutes before rinsing.

Deep Clean Toilet Scrub

This scrub is perfect for toilets, it has an awesome scent and powerful ingredients that will get your toilet sparkling white.

Here's what you'll need:

- 1/2 cup of baking soda
- 1/3 cup of liquid dishwashing soap
- 1/4 cup of peroxide
- 30 drops of eucalyptus essential oil

- 3/4 cup of water

To make this scrub just mix together all the ingredients in a bottle that you can squeeze. When you're ready to use it, squirt into the toilet. Then scrub it for 5 minutes and then let it stand 20 minutes before rinsing.

Fresh Shower Spray

This shower spray is easy to make and use daily. It has a wonderful mix of essential oils that contribute to the overall powerful cleaning of this spray.

Here's what you'll need:

- 2 cups of water
- 1 1/2 cups of white vinegar
- 1/2 cup of rubbing alcohol
- 1 teaspoon of dish soap
- 12 drops of lime essential oil

To make this spray, combine all the ingredients in a spray bottle. To use it, spray it daily after your shower and rinse off after about 20 minutes.

Chapter 11: Essential Oils in Beauty

Toner

Essential Oil Toner

Toner is great for your face. It helps to maintain the correct PH balance in your skin. It can help remove any excess oil and dead skin cells. This toner features a mixture of essential oils that give your skin a wealth of benefits.

Here's what you'll need:

- 1 cup of apple cider vinegar
- 1 cup of witch hazel
- 3 cups of water
- 15 drops of Frankincense essential oil
- 15 drops of Lavender essential oil
- 10 drops of Tea tree essential oil

To make this toner add in your essential oils to your spray bottle. Then add your apple cider vinegar, and witch hazel with water. Shake your bottle vigorously until all the ingredients are combined.

To use this toner, add a few drops to a cotton ball or pad and apply all over all over your face and neck.

Lavender Face Toner

This essential oil face toner will help to moisturize your face and create an even skin tone, especially if you use it every day.

Here's what you need:

- 1/2 cup of water
- 1/4 cup of witch hazel
- 1 tablespoon of Polysorbate 20
- 10 drops of lavender essential oil
- 10 drops of frankincense essential oil

Here's what you'll do:

Add water and witch hazel to your bottle then add your other ingredients. Put the top on and shake vigorously Use this toner on your clean face twice a day.

Makeup Remover Wipes

Refreshing Makeup Remover Wipes

Makeup remover wipes are important because they ensure that you actually get all the makeup off your face the way that just soap and water can't. These wipes are infused with essential oils that soothe and rejuvenate the skin.

Here's what you'll need:

- Cotton Pads
- 2 Tablespoons of coconut oil

- 1 Teaspoon of castile soap
- Distilled Water
- 4 drops of rose essential oil
- 4 drops of chamomile essential oil

To make these makeup remover wipes, stack the cotton pads in a glass jar. In a separate bowl mix the coconut oil and castile soap together, then add your essential oils. Pour this over the cotton pads and press down on them to encourage Take that mixture and pour it over cotton pads. Make sure to press down on the pads so that the pads absorb the moisture and put the top on and use as you would normally.

Lavender Scented Makeup Remover Wipes

These lavender makeup remover pads will leave your face feeling fresh and clean. The lavender can help you feel more relaxed so that you can rest easy.

- 2 tablespoons Vegetable Oil
- 4 drops Lavender essential oil
- 1 tablespoon witch hazel
- 2 tablespoons filtered water
- Round cotton pads
- Glass container

To make these makeup remover pads start by pouring the oil, Lavender essential oil, witch hazel, and water into the jar. Then just tighten lid and shake until combined. Put your cotton pads into the glass jar and shake to all the pads have soaked up the liquid. When

using just take a wipe and squeeze it gently, and use a your normally would.

Chapstick

Peppermint Chapstick

Dry lips can be really tough. They can be painful and difficult to get rid of, essential oils are great for chapped lips. Especially peppermint essential oil for refreshing and cooling chapped lips.

Here's what you'll need:

- 1/4 cup of beeswax
- 1/2 cup of cocoa
- 1/2 parts of coconut oil
- 25 drops of peppermint oil
- chapstick tubes

To make this chapstick start by putting about an inch of water in the bottom of a small pot on medium heat. Then place a small jar in the water, make sure to not get in water inside the jar. Put all the ingredients except the essential oils inside the glass jar and let it slowly melt, making sure not to get any water in the jar. After everything is melted, give it a good stir and then leave it in the pot with the heat turned off. Next, mix in the essential oils. With the jar in the hot water still, use a dropper to fill up your chapstick tubs. Let your tubs sit for a couple of minutes, then put the tops on them and let them sit for several hours or until they are hard. Store your chapstick in a cool dry place.

Exfoliating Scrubs

Rosemary Lavender Sugar Scrub

Sugar scrubs are amazing for your skin. They help to buff off all the dead skin cells while moisturizing what's underneath.

Here's what you'll need:

- 1 cup sugar
- 1/2 cup coconut oil
- 3 drops rosemary essential oil
- 5 drops lavender essential oil

To make this sugar scrub, simply mix the ingredients together and use a glass jar to store it.

To use it, just take about a tablespoon in your hand and rub onto your face. After about 5 minutes of rubbing, rinse your face and pat dry.

Pumpkin Pie Sugar Scrub

This sugar scrub is a wonderful one for the holiday. The smell is warm and sweet, and it lingers throughout the day!

Here's what you'll need:

- 1 cup of brown sugar
- 1/2 cup of sweet almond oil
- 3 drops of rosemary essential oil
- 1/2 tsp of pumpkin pie spice

To make the pumpkin spice sugar scrub mix all your ingredients in a glass jar, and store in a cool place. To use, take a little from the jar and massage onto your face and neck. After a few minutes wash and rinse your face.

Banana Scrub

This banana scrub rocks! It uses fresh fruit and rolled oats and the sweet fragrance of vanilla extract.

- 2 tsp mashed banana
- 2 tbsp rolled oats
- 1 tsp milk
- 1 tsp honey
- 5 drops of vanilla essential oil

To make this scrub, mix it together and then massage it into the face, then rinse it well.

Tomato Scrub

This fresh sugar scrub is soothing and smells very bright! The fresh fruit will certainly wake you up and allow you to feel that morning pep in you step. It can also soothe irritation and redness that can come with acne. It might seem like a weird process but it really works.

- 1 fresh Tomato,
- 2 Tbsp Brown sugar

- 3 Drops of lemon essential oil

To make this scrub, cut one tomato into four even quarters. Then mix your sugar and essential oil. Next, take a piece of your tomato, and dip it into your sugar scrub. Gently rub it in circular motions onto your clean face and neck, let it sit on your face for 5 minutes. Then, using a tomato part without sugar in a circular motion onto your face to cover your skin with tomato juice. Let it dry for a few minutes and then rinse your skin with cool water.

Mascara

Lavender Mascara

It is important to have a very quality mascara. This mascara has wonderful ingredients that are so important because mascara is applied so close to your eyes. It is very smooth and it smells so good. Which is wonderful for anyone. No one like clumping mascara and this one will stay smooth for months

Here's what you'll need.

- 1 teaspoon of coconut oil
- 2 1/2 of teaspoons aloe vera gel
- 1 teaspoon of grated beeswax
- 1/8 teaspoon of castor oil
- 1/4 teaspoon of mineral powder (black)
- 1/8 teaspoon of bentonite clay
- 5 drops lavender of essential oil

Start by taking your grated beeswax and mix it into your coconut oil in a small pot on low and stir until its all melted. Then add your castor oil and then the aloe vera. Make sure to stir it all completely. Then add your black mineral powder. After that add your bentonite clay as well as the lavender essential oil. Now keep mixing and take your pot off the heat. Pour your mixture into a small sized plastic bag. Push the contents into the corner of the bag and then snip a very small hole in the bag. Take your mascara tube and fill it carefully. Put the top on it and use it as you would normally.

Simple Rosemary Mascara

- 2 tsp of coconut oil
- 4 tsp of aloe vera gel
- 1 tsp of beeswax pellet
- 2 capsules of activated charcoal
- 5 drops of rosemary essential oil

Place coconut oil and aloe vera gel, then add your grated beeswax in a small pot over low heat. Stir until completely melted. Then, add activated charcoal and pour into oil mixture. Then mix until completely incorporated. Then remove that pot from heat.

Pour your contents into a small plastic bag, push the mixture to one corner. Then snip a tiny hole in the corner of the bag. Push the tip into the empty mascara tube, and keep it there securely. Then press the mascara mixture into the tube. Go slow in order to not

spill the mixture, until it's full. Put the wand cap on the tube and twist tightly.

Eye Shadow

I offer DIY recipes for two different kinds of eyeshadow. One is a natural everyday type of eyeshadow and the other is a very shimmery eyeshadow for feeling glamorous. They both have essential oils that will keep the color of your eyelids even and keep wrinkles at bay!

Natural Eye Shadow

This natural eyeshadow works on any kind of occasion. It is beautiful and very easy to make. This eye shadow is wonderful for those every day tasks where you just want to look out best.

Here's what you'll need:

- 1/4 teaspoon of beeswax pastilles
- 1 teaspoon of shea butter
- 1/4 teaspoon of vitamin E oil
- 1 teaspoon of glycerin
- 5 drops of lavender essential oil

To make this eyeshadow, put all of your ingredients in a small bowl. Then crush them together until it resembles a light powder. Then pour into a small glass jar with a lid and store in a cool, dry place.

Shimmery Holiday DIY Eye Shadow

This eye shadow is ideal for holidays, or any day you want to really stand out with beautiful eye shadow. It really reminds me of glitter even though there isn't any glitter in this recipe. It sparkly and shines in a pretty amazing way.

Here's what you'll need:

- 1/2 teaspoon of arrowroot powder
- 1/4 teaspoon of shea butter
- A pinch of turmeric
- 3 drops of Chamomile essential oil
- 1/8 teaspoon of cacao powder

To make this easy shadow, put arrowroot powder in a small bowl, then add your other dry ingredients. Add your shea butter and essential oil next and crush it together with the back of a spoon. The mixture will be powdery. After completely mixed, store it in a clean container and store in a cool dry place.

Blush

This section on blush is great because blush can give you many ascetic benefits, and essential oils can give you many intrinsic benefits, it's a match made in heaven! The blushes range in pinkish hues. There also very buildable so that the more more your use, the more promonat the color becomes. There really is something for everyone.

Anti-Aging Blush

Blush adds a beautiful rosy quality to anyone's face, this lavender and frankincense blush will give you positive health benefits along with that beautiful, natural glow.

- 2 tablespoons of beet powder
- 1 tablespoon of arrowroot powder
- pinch of ground cinnamon
- 3 of drops lavender essential oil
- 3 of drops frankincense essential Oil

Place all dry ingredients into a small bowl. Make sure it is completely mixed, now add the essentials oils and keep mixing Put the mixture in a container with a tight-fitting lid.

Rose and Hibiscus Blush

This is probably my favorite blush on the entire list, it has such beautiful ingredients, and those ingredients really make for a wonderful finished product.

Here's what you need:

- 3 Tbsp of Hibiscus Flowers
- 1 Tbsp of Arrowroot powder
- 5 drops rose oil
- Sweet almond oil

To make this blush start by using a grinder or food processor to mix your hibiscus flowers, arrowroot

powder into a fine powder. Take a bowl with your mesh sleeve in it, then take your mixed ingredients and strain them through into the bowl. Take the sifted mixture and put it in your storage bowl, and use how you would any other blush.

Foundation

Many of use foundation on our whole face and neck, this makes it great to add essential oils to it, Here are some great foundation DIY recipes for you to try.

Natural Creamy Foundation

This is a simple foundation that doesn't require much. Also it is a liquid foundation if you prefer that. The rose oil is a wonderful addition because is soothing and refreshing

- 3 tablespoons of lotion
- 5 drops of rose oil
- 1/2 tsp cocoa powder
- 1 tsp of mica powder
- 1/2 tsp of facial clay
- 1/2 tsp of zinc
- 1 tablespoon of mineral powder

Mix your natural lotion and mineral powder together, then add your other ingredients except for your zinc, cocoa powder, and facial clay. Add these ingredients a little bit at a time until you get the color you need. You

can test it by adding a little to your wrist and see if the color blends nicely. Finally, add your essential oil. Now you just want to put your mixture into a tiny container and use as you wish.

Natural Loose Powder Foundation

This foundation is a loose powder foundation. It is great for those that have oily skin. The essential oils in this foundation also great for dry skin.

Here's what you'll need:

- 1 tsp. Arrowroot
- ¼ tsp. cinnamon
- ¼ tsp. raw cacao powder
- ¼ tsp. nutmeg powder
- 1 mineral makeup container
- 1 drop Lavender Essential Oil
- 1 drop Frankincense Essential Oil

To start, add your arrowroot powder and cocoa powder to a small bowl. Then add your cinnamon. This is a foundation for those with warm skin tones. Finally, add your essential oils. Store your foundation in a container and store in a cool place.

Super Simple Powder Foundation

This foundation is great because it is very easy, you don't need many ingredients and you'll end up with a

foundation that is great for skin that you can feel good about.

Here's what you need:

- 1 teaspoon of mineral powder
- 1 teaspoon of coconut oil
- Lavender essential oil
- Mineral Powder Jar

To start, add your mineral powder and coconut oil and mix together thoroughly. You want this mixture to be a smooth paste, add more mineral powder or coconut oil if needed. Then add your essential oil and store in your mineral powder jar.

Lipstick

Citrus Lip Balm Recipe

This lip balm is very easy and has a very bright scent. This one is particularly great for kids because of their great smell and ease of use.

- 7 drops of orange essential oil
- 2 tablespoons of coconut oil
- teaspoons of beeswax pellets
- 4 tiny lip balm jars

To make this lip balm melt your beeswax and coconut oil in a glass bowl over a steaming pot. After it has completely melted, take it off the heat and add the orange essential oil and stir completely. While the

mixture is still warm, pour even amounts into your glass jars and let them cool completely before putting the tops on. Make sure to store these in a cool place when you're not using.

Chocolate Brown Lipstick

This lipstick has a beautiful chocolate brown color. The cocoa powder and cinnamon can be adjusted a bit in order to get the rich color you would like to wear. The peppermint essential oil will help to contribute to the health of your lips.

Here's what you'll need:

- 1 tsp of Beeswax
- 2 tsp of Cocoa Butter
- 2 tsp of Sweet Almond Oil
- 7 drops peppermint essential oil
- ¼ teaspoon of cocoa powder
- cinnamon

To make the lipstick, melt all the ingredients on low heat, then, add your essential oil. Take your pot off the heat and pour in your tubes. Let them cool before putting the tops on them.

Red Shimmery Lipstick

This shimmery lipstick is great for going out, or if you are looking for a more bold look. The Lavender and grapefruit essential oil are great for your lips.

- 6 tablespoons of Castor Oil
- 1 teaspoon of Carnauba Wax
- ½ teaspoon of Red Mica powder
- ½ teaspoon of White Beeswax Pallets
- ¼ teaspoon of Lanolin
- 5 drops of Vanilla essential oil
- ½ teaspoon of honey

To make this lipstick start by mixing castor oil and your mica powder in a double boiler. Next, add your beeswax and carnauba wax. After this mixture is fully combined stir in the stevia and Lanolin. Stir and heat until fully melted. Then remove from heat, and stir. When the mixture has cooled a bit and add the essential oil. Now just fill empty lipstick containers with the mixture, and let them cool.

Conclusion

This book has everything you need to be an essential oil expert. It contains a full description of the most common essential oils, their best use, and the tools to get everything you want from your essential oil use. The highlight of this book to me is my sharing of these great recipes that will fill your home with sweet smelling fun. They are all really close to my heart and in my family.

Take the time to look through the descriptions of each of the essential oil. Consider the challenges you or your family faces in their life. Whether it is it insomnia, hair, or skin issues, or you just want your spirit to be uplifted, you will definitely find the best essential oils for whatever you need. Each DIY recipe has been carefully cultivated in order to get the most consistent products for home use. All they need to be is followed to get the desired result.

This book's goal was also to teach you about the interesting and diverse world of essential oils. There really is so much to learn and discover, and I wanted to you great a small taste of all the things that essential oils have to offer. There are benefits and risks, but there is also a wealth of knowledge. Aromatherapist have the knowledge to promote health and wellness is a natural and beautiful way. This book can help you understand is becoming a aromatherapist is something you want to to do in life. It also can just prepare you live naturally. It is also great when you run out of mascara of all purpose cleaner. It is my goal that is book will be a go to resource for you and your family.

About the Expert

Angelique is a freelance writer and essential oil enthusiast. She has been working with essential oils for many years and loves learning about any new one that she can get her hands on. She enjoys helping people discover how to use essential oils to enhance their lives and the lives of their families. She currently writes for a variety of blogs and magazines about many family-friendly topics. She has a passion for the written word and the craftsmanship that surrounds it. Angelique spends her time writing and reading for work and pleasure and spending time with her amazing fiancé.

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