

ESSENTIAL OIL DAILY USES

Peppermint

Great to ease tension. Combine five drops of peppermint oil with one tablespoon of coconut oil and massage into your temples and base of the neck. Feel free to go into your scalp, however, that is best to do on a day you'll be shampooing your hair.

Lavender

Time for relaxation. At the end of the day when it is time to unwind and help you fall asleep faster, spray the room with this mixture; One tablespoon vanilla extract, six tablespoons filtered water, and 20 drops of lavender. Shake bottle well.

Lemon

Very versatile. Place a few drops on a cotton ball and put in your refrigerator or trash can to help eliminate odors. A couple drops work to remove oil or grease spots from clothing. It also helps lift gum, crayon, glue, tape or adhesive, from hard surfaces.

Eucalyptus

Breathe easier. This popular ingredient is helpful to clear your sinuses, especially when you have a stuffy nose. Add two drops to a bowl of hot water. Close your eyes and inhale deeply. You can also drape a towel over your head to trap the steam in.

Your Favorite

Painting with scents. It makes perfect sense to add a few drops into the container of water when wetting your brushes on your next watercolor creation. If oil based or acrylic is more your style, add a drop into each color on your palette. Stick with one essential oil per project to allow the full benefit and not overstimulate.

Happy Easter!
Did you know the term Easter gets its name from Eastre, the Anglo-Saxon goddess who symbolizes the hare and the egg?



Residents kickin' their heels up at the prom!

ESSENTIAL OIL SPRAY



Ingredients:

- One teaspoon Epsom salt – (aides blending of oil & water)
- Essential oil(s) – (Orange, Peppermint – **energizing**. Lemon Eucalyptus – **boosts the immune system**. Rosemary – **stress relief**)
- Distilled/filtered water – (tap water impurities have a negative impact)
- Two-ounce glass spray bottle

Directions:

1. Place salt in spray bottle
2. Add 10-15 drops of oil
3. Fill with water, shake well to mix

- Shake before each use
- Store in cool, dark location
- Best Uses: Air freshener, linen spray, body/hair mist (avoid eyes)