

Disdaimer:

WE ARE NOT DOCTORS AND NONE OF THE RECOMMENDATIONS IN THIS BOOK ARE MEANT TO REPLACE ANY RECOMMENDATIONS FROM YOUR DOCTOR.

WE ARE JUST ESSENTIAL OIL ADDICTS SHARING OUR LOVE WITH THE WORLD!



MOUTHWASH

FIVE DROPS ON GUARD
FIVE DROPS PEPPERMINT
FILL REMAINDER WITH WATER + A PINCH OF
SEA SALT

TOOTHBRUSH BATH

ONE TBSP ON GUARD CLEANER FIVE DROPS ON GUARD FILL WITH WATER + SOAK

HOMEMADE TEETH WHITENER

ONE TSP CHARCOAL
ONE TSP COCONUT OIL
BRUSH TEETH FOR ONE MINUTE + RINSE
WELL

OIL PULLING

ONE TBSP COCONUT OIL
TWO DROPS ON GUARD OR PEPPERMINT
SWISH FOR 5-20 MINUTES + SPIT INTO
GARBAGE CAN

HOMEMADE TOOTHPASTE

HALF CUP COCONUT OIL HALF CUP BAKING SODA FIVE DROPS ON GUARD FIVE DROPS PEPPERMINT



BATHTIME

favorifes

BEDTIME

FIVE DROPS LAVENDER
THREE DROPS VETIVER

DETOX

THREE DROPS JUNIPER BERRY
THREE DROPS ZENDOCRINE
TWO DROPS BALANCE

AT EASE

FIVE DROPS BALANCE
THREE DROPS ANCHOR
ONE DROP VETIVER

SORE MUSCLES

FIVE DROPS AROMATOUCH THREE DROPS COPAIBA

CALM THE KIDDOS

THREE DROPS SERENITY THREE DROPS BALANCE

GIRL TIME

FOUR DROPS CLARY SAGE FOUR DROPS YLANG YLANG FOUR DROPS PASSION Huser Wends FOR EVERYDAY

MAGIC

THREE DROPS FRANKINCENSE
THREE DROPS SANDALWOOD
THREE DROPS CINNAMON BARK
THREE DROPS PATCHOULI
THREE DROPS GRAPEFRUIT

DINNER PARTY

TWO DROPS LEMON
TWO DROPS LAVENDER
TWO DROPS ROSEMARY

ELEVATE

TWO DROPS LEMON
TWO DROPS WILD ORANGE
TWO DROPS PEPPERMINT

KARMA

THREE DROPS LAVENDER
THREE DROPS BERGAMOT
ONE DROP FRANKINCENSE

SPRITE

TWO DROPS ROSEMARY
TWO DROPS WILD ORANGE

HARMONY

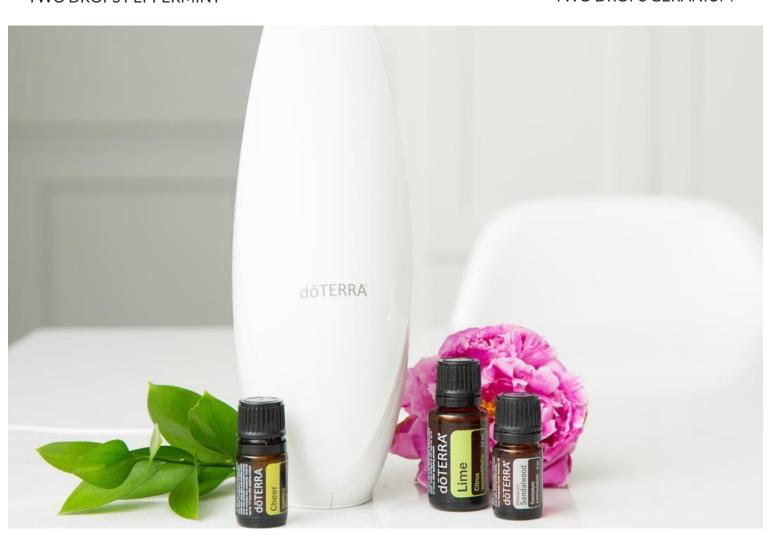
THREE DROPS LAVENDER THREE DROPS BERGAMOT ONE DROP FRANKINCENSE

CALIFORNIA

FOUR DROPS CITRUS BLISS TWO DROPS WHISPER

LOVE

TWO DROPS YLANG YLANG TWO DROPS LEMON TWO DROPS WHISPER TWO DROPS GERANIUM





SEA SALT SPRAY

THREE OZ WARM WATER
ONE TSP SEA SALT
HALF TEASPOON OLIVE OIL
FIFTEEN DROPS OF ESSENTIAL OIL (YLANG
YLANG, LAVENDER, GERANIUM + ROSEMARY
ARE FAVES)

DRY SHAMPOO

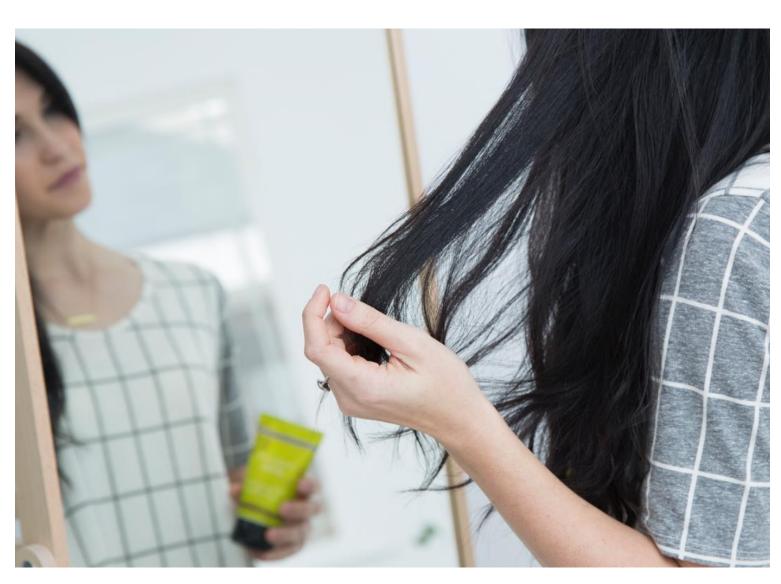
QUARTER CUP ARROWROOT POWDER FIVE DROPS ESSENTIAL OIL OF CHOICE

DRY HAIR MASQUE

TWO TBSP COCONUT OIL HALF AN AVOCADO MASHED FOUR DROPS GERANIUM TWO DROPS SANDALWOOD

HAIR GROWTH SERUM

THREE OZ FRACTIONATED COCONUT OIL
TEN DROPS ROSEMARY
TEN DROPS GERANIUM
FIVE DROPS PEPPERMINT
SPRAY ON ROOTS BETWEEN WASHES AND
RUB IN





ALL ROLLER BLENDS BELOW USE A
10ML ROLLER BOTTLE. DROP OILS
INTO BOTTLE AND TOP WITH
FRACTIONATED COCONUT OIL OR
OIL OF YOUR CHOICE.

GET MY ZEN ON

FIVE DROPS SANDALWOOD FIVE DROPS BALANCE FIVE DROPS SERENITY FIVE DROPS PEACE BLEND

MAGIC

TEN DROPS CLARY SAGE TEN DROPS FRANKINCENSE TEN DROPS LAVENDER TEN DROPS WILD ORANGE

BEYOUTIFUL

TEN DROPS LIME
TEN DROPS BERGAMOT
TEN DROPS FRANKINCENSE
FIVE DROPS ELEVATION

IMMUNITY BOOST

TEN DROPS ON GUARD
TEN DROPS TEA TREE
FIVE DROPS WILD ORANGE
FIVE DROPS ARBORVITAE
TWO DROPS MELISSA (OPTIONAL)

SLEEP

TEN DROPS CEDARWOOD
TEN DROPS VETIVER
TEN DROPS LAVENDER

LIQUID CALM

TWENTY DROPS BALANCE TWENTY DROPS SERENITY TEN DROPS COPAIBA

MUSCLE BLEND

TEN DROPS DEEP BLUE
TEN DROPS LEMONGRASS
TEN DROPS COPAIBA
FIVE DROPS FRANKINCENSE

ESSENTIAL —

BODY WASH

EIGHT OZ GLASS PUMP BOTTLE

1/2 CUP CASTILE SOAP

THREE TBSP FRACTIONATED COCONUT OIL

10 DROPS OF YOUR FAVE EO (PEPPERMINT +

LIME MAKE IT MOJITO LIKE!)

OIL CLEANSER

ONE CUP JOJOBA OIL TWO TBSP CASTOR OIL 10 DROPS LAVENDER 10 DROPS FRANKINCENSE

CASTILE FACIAL CLEANSER

TWO OZ VEGETABLE BASED GLYCERIN
TWO OZ UNSCENTED CASTILE SOAP
HALF OZ WITCH HAZEL
2 DROPS EACH ROSEMARY, PEPPERMINT, TEA
TREE + LEMON

WHIPPED BODY BUTTER

HALF CUP COCONUT OIL
ONE CUP UNREFINED SHEA BUTTER
10 DROPS WILD ORANGE
8 DROPS LAVENDER
WHIP WITH A HAND MIXER





VERAGE SKINCARE LINE

THIS STUFF IS THE BOMB-DIGGITY AND IS
THE ONLY SKINCARE LINE ON THE MARKET
THAT INCLUDES PURE, THERAPEUTIC GRADE
ESSENTIAL OILS. THE CLEANSER INCLUDES
TEA TREE, BASIL + WILD ORANGE AND THE
POWERHOUSE SERUM INCLUDES ROSE,
SANDALWOOD + FRANKINCENSE.

LIFELONG VITALITY

WE KNOW ITS NOT A BODYCARE PRODUCT
BUT IT CONTRIBUTES TO HEALTHY HAIR,
IMPROVED SKIN APPEARANCE + HELPS NAIL
GROWTH. THREE THINGS WE WOULD NEVER
COMPLAIN ABOUT, RIGHT? IF YOU AREN'T ON
THESE, YOU'VE GOTTA GET ON IT!

SPA BODY BUTTER

OH BOY, DO WE EVER HAVE A LOVE AFFAIR
WITH THIS CONTAINER. ITS BLEND OF
ESSENTIAL OILS PAIRED WITH ITS THICK, RICH
TEXTURE MAKES IT FOR SURE A CUSTOMER
FAVE. APPLY ON YOUR SKIN POST BATH WHILE
YOUR SKIN IS STILL WET. IT'LL SOAK IT RIGHT
UP!

SPA MUD MASQUE

A POWERHOUSE IN A LITTLE BOTTLE! THIS IS A
BLEND OF DETOXIFYING OILS AND BENTONITE
CLAY TO HELP PULL THE IMPURITIES FROM
YOUR SKIN. BONUS: APPLY TO ARM PITS OR THE
SOLES OF YOUR FEET TO SPEED UP
DETOXIFICATION!

SPA SHAMPOO + CONDITIONER

ITS USUALLY SCARY WHEN YOU POP OPEN THE INGREDIENT LIST ON THE BACK OF YOUR CURRENT PRODUCTS, BUT NOT WITH THESE. THEY CLEANSE LIKE NO OTHER AND SUDS UP NICELY WITHOUT THE USE OF SODIUM LAURYL SULFATE. THE MIX OF LIME, WILD ORANGE + PEPPERMINT IS OUT OF THIS WORLD!

ROSE, JASMINE + NEROLI TOUCH

WE KNOW ITS NOT A PRODUCT, BUT THESE
THREE DESERVED THEIR OWN FEATURE IN
THIS EBOOK. USE THEM FOR HAIR OR FACE
SERUM, APPLIED TO THE SOLES OF THE FEET TO
BOOST IMMUNITY + ON THE WRISTS AS
PUREFUME. MMM!

ROLLERS

- APPLY IMMORTELLE OR HD CLEAR AS **DEODORANT**

- APPLY IMMORTELLE AT THE BASE OF SKULL FOR BRAIN TRAUMA

- USE DIGESTZEN ROLLER FOR SINUS TENSION

OILS

- ADD ONE DROP LAVENDER TO MASCARA FOR LASH GROWTH
- ADD ONE DROP OF PEPPERMINT TO LIP **GLOSS FOR PLUMPING BENEFITS**
- SANDALWOOD AS ALL NATURAL HAIR **SERUM**
 - ROSE + JASMINE AS FACIAL SERUM
- PURIFY AS A PIMPLE SPOT TREATMENT



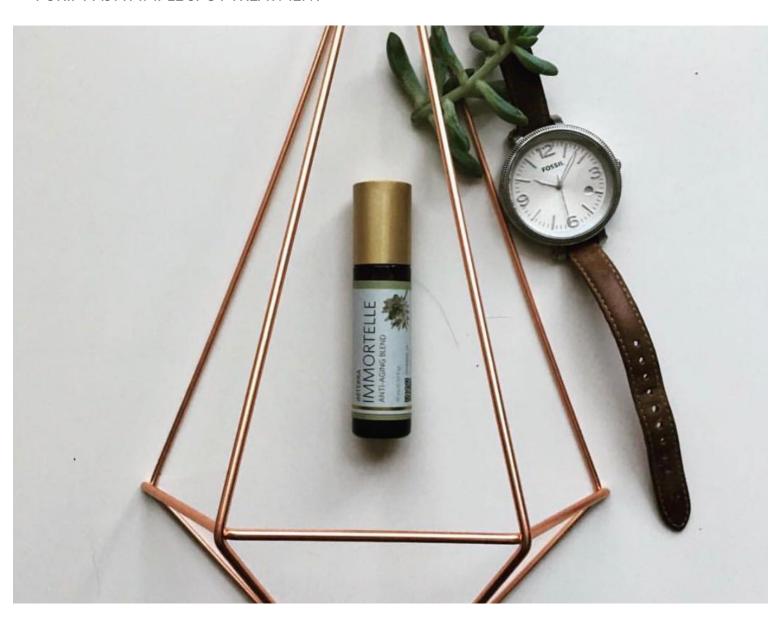
OTHERS

- CORRECT X AS UNDER EYE SERUM - HAIR SERUM AS CUTICLE OIL - CONDITIONER AS SHAVING CREAM

- SHAMPOO AS BODY WASH (IT HAS THE BEST FOAM!)

- USE THE MUD MASQUE AS A PIMPLE **TREATMENT**

- APPLY THE MUD MASQUE TO YOUR ARM PITS OR SOLES OF YOUR FEET TO SPEED UP **DETOXIFICATION**



mN	four	month
	wishte	month

TOTAL PV: (OVER 125 BEFORE THE 15TH + I'LL RECEIVE A FREE OIL!)	TOTAL PV: (OVER 125 BEFORE THE 15TH + I'LL RECEIVE A FREE OIL!)
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I HONOUR MY BODY BY SLOWLY REMOVING ALL TOXIC
CHEMICALS + REPLACING WITH PRODUCTS THAT ENERGIZE
ME AND MAKE ME FEEL GOOD.

