



### Heroes Foaming Salt/Sugar Scrub

Great for starting your day with some pampering and a nice, calm aroma.

#### WHAT YOU'LL NEED:

3 Tbsp Unscented Body Wash  
.75 oz Shea Butter  
 $\frac{3}{4}$  cup Salt or Sugar  
30 Drops of Heroes Essential Oil Blend

#### WHAT YOU'LL DO:

Melt Shea Butter over a double broiler and combine with unscented body wash. Add 30 drops of our Heroes Blend and stir well until combined. Add your salt/sugar and mix well. Store in an airtight container and use once a week!

### Calming Heroes Lotion

Great for subtle and pleasant scent throughout the day.

#### WHAT YOU'LL NEED:

2 tablespoons unscented lotion or body butter  
18-27 drops of Heroes essential oil blend (2-3% dilution)

#### WHAT YOU'LL DO:

Mix ingredients together very well, to ensure essential oil is well blended. Use it in the morning after your shower for a calming start to your day.

### Heroes Essential Oil Blend Passive Diffusing DIY

Great for reusing household items and gently diffusing this wonderful blend.

#### WHAT YOU'LL NEED:

Empty Plant Therapy candle jar (or other jars you have in the house)  
Pink Himalayan Salt, Coarse  
Heroes Essential Oil Blend

#### WHAT YOU'LL DO:

Fill your jar with Pink Himalayan Salt. Add up to 40 drops of Heroes Essential Oil Blend into the salt. Place on your desk to help calm yourself throughout the work week! Keep the jar lid on when you've had enough passive diffusion for a bit.

### Heroes Aromatherapy Inhaler

Great for on-the-go enjoyment of our limited-edition Heroes Essential Oil Blend.

#### WHAT YOU'LL NEED:

Plastic aromatherapy inhaler tube  
10-20 drops Heroes Essential Oil Blend

#### WHAT YOU'LL DO:

Add 10-20 drops of Heroes blend to your personal aromatherapy inhaler. Use less for a more subtle scent and up to 20 for a strong scent. Keep in your bag, car, or desk for easy access and use!