



## TOP 6 BLENDS SET GUIDE

ENERGY™  
GERM FIGHTER®  
IMMUNE AID™  
RAPID RELIEF®  
RELAX™  
WORRY FREE™

With benefits that range from supporting your immune system to stimulating your senses, the blends included in this set are sure to satisfy. Enjoy!

## ENERGY

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Long Day? Slow-moving morning? Give yourself an invigorating boost with our Energy blend. This powerful combination of Blood Orange, Peppermint, Lemon, Ginger Root C02, Eucalyptus Globulus, and Egyptian Geranium essential oils will help you find that stimulating drive you need anytime, anywhere. DO NOT use this blend within several hours of bedtime.

## ENERGIZING SHOWER DISC

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### What you'll need:

- 1 cup baking soda
- 1 Tbsp cornstarch
- 1 tsp salt
- 1/3 cup water
- Silicone mold
- 5-8 drops Energy Blend

### What you'll do:

Mix baking soda and water to form a thick paste. Press into a silicone mold and bake at 300 degrees Fahrenheit for 30 minutes. Once cooled, store in an airtight jar. Before using, add 5-8 drops of Energy to the disc and let it soak in, then place it on the shower floor out of direct water spray.

## GERM FIGHTER

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The best defense is a good offense, so during flu season or following exposure to pathogens, use Germ Fighter. We've blended together some of our most effective essential oils to help fight off outside threats and support recovery. Plus, this blend of Lemon, Clove Bud, Eucalyptus Globulus, Cinnamon Cassia and Rosemary 1,8-Cineole smells great!

## GERM FIGHTER ALL-PURPOSE CLEANER

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### **What you'll need:**

- 1 cup peroxide
- 1 cup distilled water
- 45 drops Germ Fighter
- 1 tsp Castile Soap or Sal-Suds

### **What you'll do:**

Add all ingredients to a spray bottle and shake well. Spray onto surfaces and wipe off to clean. Store in the refrigerator for up to one week.

## IMMUNE AID

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The demands and stressors of our daily lives can wreak havoc on our immune systems. Plant Therapy is here to help with our Immune Aid Blend. The health benefits of Frankincense Serrata, Tea Tree, Rosemary 1,8-Cineole, Lemon, Eucalyptus Globulus and Sweet Orange are numerous and can help support weary minds and bodies.

## FOAMING HAND SOAP

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### **What you'll need:**

- ½ cup Castile Soap
- 1 tsp Fractionated Coconut Oil
- 1 cup purified water
- 1 foaming pump bottle
- 30-40 drops Immune Aid

### **What you'll do:**

Mix all of the ingredients together and pour them into the foaming pump bottle. Shake, pump, wash, and enjoy!

## RAPID RELIEF

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By combining Peppermint, Clove Bud, Laurel Leaf, Black Pepper, Cinnamon Cassia, Ginger Root CO<sub>2</sub>, German Chamomile, Juniper Berry, and Thyme Thymol, we've created a warming, soothing blend that can help increase circulation and help you find ease and comfort.

## RAPID MUSCLE & JOINT RELIEF SALVE

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### **What you'll need:**

- 1.5 oz Fractionated Coconut Oil
- 0.5 oz Beeswax Pearls
- 30 drops Rapid Relief

### **What you'll do:**

To melt the Beeswax, put it in a glass bowl and place atop a canning ring in a shallow pan of water. Bring to a boil. Once melted, add Coconut Oil. Turn off heat and add Rapid Relief. Remove from heat and pour into a 2 oz tin or jar, let cool, then apply topically to help soothe muscles and joints.

## RELAX

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It is so important to take some time every day to relax, unwind, and decompress. This blend of Lavender, Sweet Marjoram, Mandarin, Patchouli, Egyptian Geranium and Roman Chamomile will help you do just that. By combining these soothing essential oils, we've created an incredibly therapeutic concoction that can instill calm and comfort to the body and mind.

## RELAX BATH MELTS

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### **What you'll need:**

- 2 oz Shea Butter or Cocoa Butter
- 1 tsp Sunflower Oil
- 30 drops Relax

### **What you'll do:**

Measure out Shea Butter/Cocoa Butter and melt over a double boiler. Once melted, remove from heat and add Sunflower Oil and Relax blend. Mix well, then pour into silicone molds. Place in your freezer until solid. Bathe with a bath melt to help you relax and obtain silky soft skin.

## WORRY FREE

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Reach for Worry Free to find some tranquility when the stressors of life get to be too much. Lavender, Ylang Ylang Complete, Australian Sandalwood, Balsam Peru, and more make a combination of calming oils that can help you create order from chaos.



## WORRY FREE BODY BUTTER

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### **What you'll need:**

- 1 oz Naturally Unscented Body Butter
- 6-9 drops Worry Free
- Empty container
- Stirring rod or spoon

### **What you'll do:**

Measure out your body butter into an empty container. Add Worry Free and stir. Now let your skin benefit and your worries subside with this body butter.

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