



TOP 6 ORGANIC BLENDS SET GUIDE

ORGANIC ENERGY™
ORGANIC GERM FIGHTER®
ORGANIC IMMUNE AID™
ORGANIC RAPID RELIEF®
ORGANIC RELAX™
ORGANIC TENSION EASE

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

ORGANIC ENERGY

Long Day? Slow-moving morning? Give yourself an invigorating boost with our Organic Energy blend. This powerful combination of Blood Orange, Peppermint, Lemon, Ginger Root CO2, 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

What you'll need:

- 1 cup baking soda
- 1 Tbsp cornstarch
- 1 tsp salt
- 1/3 cup water
- Silicone mold
- 5-8 drops Organic 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 Organic Energy to the disc and let it soak in, then place on shower floor out of direct water spray.

ORGANIC GERM FIGHTER

The best defense is a good offense. We've blended together some of our most effective essential oils to help your immune system fight off outside threats, or 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

What you'll need:

- 1 cup peroxide
- 1 cup distilled water
- 45 drops Organic 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.

ORGANIC IMMUNE AID

The demands and stressors of our daily lives can wreak havoc on our immune systems. Plant Therapy is here to help with our Organic 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

What you'll need:

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

ORGANIC RAPID RELIEF

By combining Peppermint, Clove Bud, Laurel Leaf, Black Pepper, Cinnamon Cassia, Ginger Root CO2, German Chamomile, Juniper Berry, and Thyme Thymol, we've created a warming, soothing blend to support healthy circulation and help you find relief from occasional discomfort and achiness.

RAPID MUSCLE & JOINT RELIEF SALVE

What you'll need:

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

What you'll do:

Melt Beeswax Pearls in a double boiler. Once melted, add Fractionated Coconut Oil. Turn off heat and add Organic Rapid Relief. Remove from heat and pour into a 2-oz tin or jar, let cool, then apply topically to help soothe aching muscles and joints.

ORGANIC RELAX

It is so important to take some time every day to relax, unwind, and decompress. This blend of Lavender, 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

What you'll need:

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

ORGANIC TENSION EASE

Stress, dehydration, sinus pressure, lack of sleep and muscle tension can all cause your head to feel like it's splitting and your neck is screaming. Use Tension Ease to help soothe and calm your body and mind, and help melt away headache-related symptoms.



TENSION EASING AROMATHERAPY INHALER

What you'll need:

- Personal Aromatherapy Inhaler
- Tension Ease

What you'll do:

Add 7-10 drops of Tension Ease to the cotton wick in the aromatherapy inhaler. Use the inhaler as needed to help soothe head and neck tension.

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