



WELLNESS SET GUIDE

BLUES BUSTER[®]
EUCALYPTUS GLOBULUS
GERM FIGHTER[®]
IMMUNE AID™
OREGANO
RESPIR AID[®]

This set has powerful single oils and blends that can help you breathe easier, boost your immune system, and lift your spirits.

BLUES BUSTER

The soothing scent of Bourbon Geranium and the bright, citrusy notes of Tangerine and Pink Grapefruit make this blend ideal for improving your sense of emotional well-being. Blues Buster is excellent to use in a diffuser or a personal aromatherapy inhaler to give your mood a blues-busting boost.

BLUES BUSTING BODY BUTTER

What you'll need:

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

What you'll do:

Measure out your body butter into an empty container, add essential oils and stir. Boom. Now bust those blues and let your skin benefit from this body butter.

EUCALYPTUS GLOBULUS

The herbaceous overtones and soft woody fragrance of Eucalyptus Globulus will refresh any space, stimulate mental acuity, and support healthy respiration. Its warming effect is well-suited for painful joints and muscles and helps with healthy circulation.

SPORTS MASTER BLEND

What you'll need:

- 12 drops Eucalyptus Globulus
- 8 drops Juniper Berry
- 6 drops Roman Chamomile
- 6 drops Sweet Marjoram

What you'll do:

Blend together and use at a 3% dilution in your favorite carrier oil. Gently massage into sore muscles and joints.

GERM FIGHTER

When seasonal illnesses are making the rounds, reach for Germ Fighter. This blend combines several essential oils to help boost your immune system or aid in recovery. Plus, this blend of Lemon, Clove Bud, Eucalyptus Globulus, Cinnamon Cassia, and Rosemary 1,8-Cineole smells fantastic!

GERM FIGHTER ALL- PURPOSE CLEANER

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

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

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!

OREGANO

Traditional healers have used Oregano for all manner of issues over the centuries. This essential oil is very powerful, so use it carefully. It can be used in DIY cleaning products and when seasonal illness is present. When very well diluted, it can also be used for occasional achy joints associated with aging.

BLEMISH FIGHTER ROLL-ON

What you'll need:

- 10 mL roll-on bottle
- Grapeseed Carrier Oil
- 1 drop Oregano
- 2 drops Tea Tree

What you'll do:

Fill the roll-on bottle with Grapeseed Carrier Oil. Add the essential oils. Apply directly to blemishes 1-2 times a day for clear, healthy skin.

RESPIR AID

Individually, Eucalyptus Globulus, Scots Pine, Peppermint, Lavender, Black Spruce, Cypress, and Sweet Marjoram each encourage healthy respiratory system function. Together, the soothing and cooling properties of these oils create a respiratory-system-supporting powerhouse that helps you breathe easier.

BREATHE EASY VAPOR RUB

What you'll need:

- 2 oz tin containers
- 5 oz Beeswax Pearls
- 5 oz Coconut Oil (solid)
- 36 drops Respir Aid

What you'll do:

Melt beeswax and coconut oil together over a double boiler. Remove from heat and stir in Respir Aid. Pour into tins. Allow to cool. This vapor rub has a shelf life of one year when stored in a cool, dark place.

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