



BREATHE EASY SET GUIDE

EUCALYPTUS GLOBULUS

LAVENDER

LEMONGRASS

PEPPERMINT

SWEET ORANGE

TEA TREE

Breathe in.

Breathe out.

Breathe easy!

Use this sensational set of six essential oils to support your respiratory health, remove odors, and promote clean air in your home.

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.

CONGESTION CHEST RUB

What you'll need:

- 4 drops Thyme Thymol
- 3 drops Rosalina
- 3 drops Black Spruce
- 2 drops Eucalyptus Globulus
- 2 ounces of your favorite unscented lotion

What you'll do:

Mix essential oils thoroughly into your lotion. Apply small amounts to the chest and breathe easy.

LAVENDER

Perhaps the most well-known essential oil is Lavender. With its sweet, dry, and herbaceous-floral aroma, the scent of Lavender livens up your living space while promoting relaxation and deep sleep. Use with your DIY laundry detergent to freshen things up. Lavender Essential Oil can also help with a variety of skin issues.

LEMONGRASS

Lemongrass can help you breathe easy by soothing anxiety, uplifting the spirit, and refreshing the room. This essential oil can be added, well-diluted, to a carrier oil to support circulation and bring warmth to overused muscles and joints. Lemongrass also works very well with your favorite DIY insect repellent.

ON THE MEND ROLLER BLEND

What you'll need:

- 4 drops Helichrysum Italicum
- 3 drops Cypress
- 2 drops Lavender
- 10 mL carrier oil
- 10 mL roll-on bottle

What you'll do:

Add essential oils to an empty 10 mL roll-on bottle and fill the rest with carrier oil. Apply directly to any bumps, bruises, or scrapes.

POST-WORKOUT MASSAGE OIL

What you'll need:

- 3 drops Rosemary 1,8-Cineole
- 2 drops Lemongrass
- 1 drop Wintergreen
- 10 mL carrier oil
- 10 mL roll-on bottle

What you'll do:

Add essential oils to the roll-on bottle and top off with carrier oil. Snap roller casing into place. Massage onto skin after a workout to help relax tense muscles.

PEPPERMINT

Peppermint's refreshing and stimulating aroma is instantly familiar. Diffused, the oil has a cooling effect on the mind and body, resulting in a revitalization sensation. A diluted topical application is great for easing occasional tension headaches, as well as neck, shoulder, and backaches.

CHEERFUL BOOST BLEND

What you'll need:

- 6 drops Lemon
- 3 drops Peppermint

What you'll do:

Add essential oils to your personal aromatherapy inhaler. Enjoy throughout the day to help ease your respirations, focus your mind, and improve your mood.

SWEET ORANGE

With its soft, sweet citrusy scent, Sweet Orange can ease the mind by helping with nervous tension and sadness. This essential oil is commonly called upon to support immune system health. With its fresh fragrance, Sweet Orange makes an invigorating addition to DIY soaps and scrubs.

REJUVENATING BATH SALTS

What you'll need:

- 1 cup epsom salt
- ½ cup large grain sea salt
- ¼ cup baking soda
- Soap coloring if desired
- 2 Tbsp unscented body wash
- 8 drops Elemi
- 8 drops Sweet Orange

What you'll do:

Mix all dry ingredients in a bowl. Add soap coloring if desired. Mix body wash and essential oils in a separate bowl. Blend dry and wet ingredients together, mixing well. Store in an airtight container.

TEA TREE

Known for its remarkable results when used as a household cleaner, or on troubled skin, Tea Tree is one of the world's most highly respected essential oils. Offering a green, medicinal and woody aroma, Tea Tree will encourage open airways and refresh musty, stale rooms.

DEODORIZING SHOE SPRAY

What you'll need:

- 1 cup of Everclear
- 2 Tbsp baking soda
- 50 drops Tea Tree
- 40 drops Balsam Fir
- 35 drops Lemon
- 10 drops Rosemary 1,8-Cineole
- 2-4 oz spritz bottles

What you'll do:

Measure out Everclear and pour into a large measuring cup. Mix in baking soda thoroughly. Add essential oils. Pour into spritz bottles. Spray the inside of stinky shoes and let dry to replace unpleasant odors with a fresh, outdoorsy fragrance.

Breathe in.

Breathe out.

Breathe easy!



PLANT THERAPY, LLC
TWIN FALLS, ID 83301
1-800-917-6577
PLANTTHERAPY.COM
FACEBOOK.COM/PLANTTHERAPY
PLANTTHERAPY.COM/BLOG



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