



## ESSENTIALS GIFT SET GUIDE

CINNAMON CASSIA  
EUCALYPTUS GLOBULUS  
LAVENDER  
LEMON  
PEPPERMINT  
ROSEMARY 1,8-CINEOLE

We've devised a diverse collection of some of our most *essential* essential oils. This is the perfect collection for seasoned EO veterans or for newcomers just starting out on their therapeutic journey.

## CINNAMON CASSIA

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This warm and spicy aroma is readily recognizable as a seasonal scent. Use Cinnamon Cassia to bring the holidays indoors. It can also be used in a warm, relaxing massage blend. Because of the strength of this essential oil, exercise caution when diluting at 0.05%. Test on a small patch of skin before applying to larger areas.

## JOINT AND MUSCLE RUB

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### What you'll need:

- 1.5 oz Fractionated Coconut Oil
- 0.5 oz Beeswax Pearls
- 1 drop Cinnamon Cassia
- 10 drops Juniper Berry
- 10 drops Black Pepper
- 10 drops Frankincense Carterii CO2
- 2 one-ounce tins

### What you'll do:

Melt oil and beeswax. Remove from heat, add essential oils and stir. Pour into the tins and allow to cool. Apply to joints and muscles as needed.

## EUCALYPTUS GLOBULUS

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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 supports healthy circulation.

## CONGESTION CHEST RUB

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### **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

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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.

## ON THE MEND ROLLER BLEND

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### **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 a carrier oil. Apply directly to any bumps, bruises, or scrapes.

## LEMON

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Lemon Essential Oil is a must-have for homemade cleaning recipes. It's an excellent choice for cleaning the kitchen sink or other areas where odors tend to accumulate. Add a few drops to your laundry for a fresh citrus boost, or use with a carrier oil or lotion to support your immune system.

## ALL-PURPOSE CLEANER

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

- 5 oz water
- 3 oz white vinegar
- 1 tsp dish soap
- 10 drops Sweet Orange
- 15 drops Eucalyptus Globulus
- 20 drops Tea Tree
- 30 drops Lemon
- 8 oz spray bottle

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

Combine essential oils with dish soap, then add vinegar. Shake well to mix. Add water and shake again. Spray and wipe off to clean! Wear gloves while using to protect skin.

## PEPPERMINT

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Peppermint's stimulating and refreshing 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

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### **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.

## ROSEMARY 1,8-CINEOLE

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Rosemary 1,8-Cineole is stimulating, warming, and refreshing. Diffused, it can help with memory retention and mental acuity, as well as for respiratory support. It has many skin and hair care applications. Try adding it to your shampoo to promote lustrous hair and a healthy scalp.

## DEODORIZING SHOE SPRAY

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### 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:

Pour Everclear into measuring cup. Mix in baking soda. Add essential oils. Pour into spritz bottles. Spray in stinky shoes and let dry for a fresh fragrance.

We've devised a  
diverse collection  
of some of our  
most essential  
essential oils.



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