



FRUITS SET GUIDE

LEMON

LIME

MANDARIN

PINK GRAPEFRUIT

SWEET ORANGE

TANGERINE

Fruity and citrusy essential oils are great for cleaning your body and your home. They also can have powerful mind-clearing and stimulating attributes. Let your ideas bear fruit and your home-cleaning DIYs come to fruition with this invigorating set.

LEMON

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.

PEPPERMINT LEMON CARPET POWDER

What you'll need:

- 15 drops Peppermint
- 15 drops Lemon
- 2 cups baking soda
- Container with shaker lid

What you'll do:

Add baking soda and essential oils to your container. Shake vigorously. Now sprinkle on carpet and let sit for 30-60 minutes. Thoroughly vacuum the room and enjoy!

LIME

Lime is often used for its uplifting and invigorating properties. When diffused, the sweet, citrus aroma can clear your mind and boost mental energy. It can also help support a healthy immune system.

MANDARIN

Diffused, Mandarin is particularly well-suited for bringing about calm, relaxed atmospheres. For that reason, we use it in our Calming the Child Blend. Mixed with a carrier oil or a lotion, apply Mandarin topically to help relax before sleep.

CITRUS WINDOW CLEANER

What you'll need:

- 1½ cups white vinegar
- ½ cup distilled water
- 8 drops Lime
- 16 oz spray bottle

What you'll do:

Put all ingredients in the bottle. Shake well and use. Store in the fridge and use within 2 weeks.

UPLIFTING BATH BLEND

What you'll need:

- 2 drops Palo Santo
- 2 drops Lavender
- 1 drop Mandarin
- 1 Tbsp scent-free bubble bath or body wash

What you'll do:

In a small bowl, add essential oils to 1 tablespoon of bubble bath or body wash. Mix into your bath water.

PINK GRAPEFRUIT

Pink Grapefruit is another uplifting option that helps calm mental fatigue and moodiness. It can also be used as a purifier for oily and blemish-prone skin. Pink Grapefruit is often added to carrier oils, creams, and lotions as a natural toner.

BRAIN-TAMER ROLLER BLEND

What you'll need:

- 2 drops Pink Grapefruit
- 2 drops Spearmint
- 1 drop Roman Chamomile
- 1 drop Bergamot
- 10 mL carrier oil
- 10 mL roller bottle

What you'll do:

Add essential oils to roll-on bottle, then fill with carrier oil. Apply to temples and the back of the neck.

SWEET ORANGE

With its soft, sweet citrus scent, Sweet Orange can ease the mind by soothing nervous tension and sadness. With its fresh citrus fragrance, Sweet Orange makes an invigorating addition to DIY cleaners, soaps, and scrubs.

ALL-PURPOSE CLEANER

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 your dish soap, then add the vinegar. Shake well. Add water and shake again. Spray and wipe off to clean. Wear gloves to protect the skin.

TANGERINE

Tangerine is bright, refreshing, and rejuvenating. Like other citrus essential oils, it can help clear the mind, calm anxiety, and support the immune system. It can also help ease digestive issues when added to a carrier oil and applied to the abdomen.

TAKE FLIGHT DIFFUSER BLEND

What you'll need:

- 2 drops Tangerine
- 2 drops Rose Absolute
- 2 drops Buddha Wood

What you'll do:

Add essential oils to your diffuser and take flight!



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