



ORGANIC SAMPLER SET GUIDE

ORGANIC ATLAS CEDARWOOD

ORGANIC CITRONELLA

ORGANIC EUCALYPTUS GLOBULUS

ORGANIC PEPPERMINT

ORGANIC ROSEMARY 1,8-CINEOLE

ORGANIC SWEET ORANGE

This collection offers six organic selections whose therapeutic properties range from respiratory support to boosting mental acuity. Enjoy!

ORGANIC ATLAS CEDARWOOD

Use Atlas Cedarwood to help support your respiratory system. Or add this woody, slightly smoky-scented essential oil to your diffuser or aromatherapy inhaler to help relieve congestion. When diluted and used topically, it can help soothe with dry, irritated skin or promote a healthy, flake-free scalp.

RESPIRATORY POWERHOUSE INHALER

What you'll need:

- 4 drops Saro
- 3 drops Ho Wood
- 2 drops Blue Tansy
- 2 drops Lemon
- 1 drop Atlas Cedarwood

What you'll do:

Add all drops to your personal aromatherapy inhaler. Inhale deeply to support healthy respiratory function.

ORGANIC CITRONELLA

Citronella is well known as an effective natural repellent for pesky outdoor annoyances. It's also great for making homemade candles and soaps. When added to a carrier oil, it can be applied topically to your feet to help with skin issues.

FOOT FUNGUS FIGHTER

What you'll need:

- 1 drop Citronella
- 2 drops Tea Tree
- 1 Tbsp Aloe Vera Jelly

What you'll do:

Mix ingredients together and use on bare feet after using shared showers or public pools.

ORGANIC 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:

Thoroughly mix essential oils into your lotion. Apply small amounts to the chest when congested.

ORGANIC 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 tension headaches, as well as neck, shoulder, and backaches.

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!

ORGANIC ROSEMARY 1,8-CINEOLE

Rosemary 1,8-Cineole is stimulating, warming, and refreshing. Its aroma can be used to help with memory retention and alertness, 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.

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.

ORGANIC 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 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.

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