



TOP 14 SINGLES SET GUIDE

BERGAMOT | CINNAMON CASSIA
CLARY SAGE | EUCALYPTUS GLOBULUS
LAVENDER | LEMON | LIME
PATCHOULI | PEPPERMINT
PINK GRAPEFRUIT
ROSEMARY 1,8-CINEOLE | SPEARMINT
SWEET ORANGE | TEA TREE

BERGAMOT

Bergamot Essential Oil is cherished for its citrusy, somewhat floral scent, and for its many therapeutic properties. When diffused, this oil is known to support mental health and evoke an uplifting and clean atmosphere. Bergamot is gentle for skincare and helps with troubled or oily skin.

CLARY SAGE

Clary Sage offers an earthy aroma, with fruity, floral, nutty, and herbaceous undertones. This essential oil is a go-to when it comes to easing menstrual cramps. Simply dilute in a carrier oil and massage into the abdomen. When diffused, Clary Sage supports a calming atmosphere in the midst of emotional moments.

CINNAMON CASSIA

This warm and spicy aroma is readily recognizable as a certain 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.

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 joints and muscles, and supports healthy circulation.

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.

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.

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 or lotion to support your immune system.

PATCHOULI

Patchouli has a rich, earthy, and woody scent that makes it an enticing addition to men's deodorant. Diffusing Patchouli can help ease nervous tension and worry. When added to a carrier oil, it can help with a variety of skin issues.

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.

PINK GRAPEFRUIT

Pink Grapefruit is another uplifting option that helps reduce 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.

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.

SPEARMINT

Spearmint is a KidSafe alternative to Peppermint. When diffused, Spearmint reduces emotional agitation, improves concentration, and eases tension in the head and neck. When diluted in a carrier oil and applied to the abdomen, it can help ease a queasy stomach and bloating.

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 citrus fragrance, Sweet Orange makes an invigorating addition to DIY soaps and scrubs.

TEA TREE

Tea Tree is known for its remarkable results when used as a house 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 clear and refresh musty, stale rooms and bring about a calming atmosphere.



MORE RECIPES TO TRY

NATURAL CLEANING SPRAY

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 to mix. Now add the water and shake again. Spray and wipe off to clean! Wear gloves while using this to protect the skin.

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 for a pick-me-up whenever you need it!

FABULOUS FEET SCRUB

What you'll need:

- 2 Tbsp Pink Himalayan Salt
- 2 Tbsp Epsom salt
- 1 Tbsp virgin coconut oil
- 10 drops vitamin E oil
- 1 Tbsp Sunflower Carrier Oil
- 1 Tbsp honey
- 10 drops Peppermint
- 10 drops Tea Tree
- 10 drops Sweet Orange

What you'll do:

Mix your wet ingredients together and then mix your dry ingredients. Combine both and blend well. Store this mixture in an airtight container.

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