



Plant Therapy®  
ESSENTIAL OILS

•DIY•

# ESSENTIAL OIL Recipe COLLECTION

vol 1.





*"Our ultimate goal is not to be the largest essential oil company; it is to positively impact the lives of as many people as humanly possible."*

*— Chris Jones, Founder*





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PREGNANCY

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# SKIN CARE

## Summer sugar scrub

This fantastic sugar scrub exfoliates and moisturizes. The essential oils are a great addition to this scrub, as Peppermint Oil has a warming and stimulating effect that can help promote healthy, glowing skin, and Pink Grapefruit Oil has astringent properties that can help tighten and tone. That's the perfect recipe for summer-ready skin!

### WHAT YOU WILL NEED

- |  |   |
|--|---|
| <input type="checkbox"/> 4 oz. sugar                                       | <input type="checkbox"/> 18 drops Pink Grapefruit Oil |
| <input type="checkbox"/> 2 oz. Jojoba Oil or<br>carrier oil of your choice | <input type="checkbox"/> 8 drops Peppermint Oil       |
|  | <input type="checkbox"/> Small jar to store scrub     |

### What You Will Do

1. Combine the ingredients in a small glass bowl.
2. Stir well to combine and scoop into storage container with airtight lid.
3. Use a small handful to scrub your legs in the shower and rinse well.



The carrier oil in this recipe leaves your skin silky smooth and glowing.



# More Skincare Recipes

## Skin Soothing Cream

### What you'll need

- 5 oz. Crude Shea Butter
- 3 oz. Avocado Carrier Oil or Fractionated Coconut Oil
- 20 drops Lavender Oil
- 20 drops Tea Tree Oil
- 8–10 oz. airtight container

### What you'll do

1. Using a double boiler, gently heat the butter just to the point that it's soft enough to combine.
2. Mix the butter and oils, then let it cool a bit.
3. Whip it with beaters to a spreadable consistency (about 5 minutes on high).
4. Massage into your skin after a shower or to soothe sun-exposed skin.

## Outdoor Shield Wipes

### What you'll need

- 2.5-quart airtight container
- 1 roll "select-a-size" paper towels
- 1 tbsp. Almond Carrier Oil
- 1 tbsp. Fractionated Coconut Oil
- 40 drops Nature Shield blend or KidSafe Shield Me blend
- 2 cups witch hazel

### What you'll do

1. Cut roll of paper towels in half using a serrated bread knife and place in container.
2. In a separate bowl, add witch hazel, carrier oils and essential oils.
3. Mix well and pour over paper towels.
4. Once soaked, you can easily remove the core.
5. Close lid and use as you would any other wipes.

## Warm Oatmeal Bath

### What you'll need

- 3 cups oatmeal
- 1 cup Epsom salt
- 20 drops Lavender Oil
- 20 drops Orange Oil
- 1 tbsp. Fractionated Coconut Oil
- 1 tbsp. Polysorbate or Solubol
- 1 quart jar, with lid

### What you'll do

1. Add oatmeal and Epsom salt to blender or food processor.
2. In a separate dish, add Lavender and Orange oils, Polysorbate or Solubol, to Coconut Oil.
3. As the food processor is running, slowly pour the oil mixture into dry ingredients.
4. As food processor is running, slowly pour oil mixture into dry ingredients.
5. Pour into the quart jar.
6. To use, add ½ cup of the oatmeal mixture to running bath water and soak away your troubles!

## Zit Fighter Toner

### What you'll need

- 9 drops Neroli Oil
- 15 drops Zit Fighter blend
- 3 drops Lime or Pink Grapefruit oils (optional)
- 3 oz. alcohol-free witch hazel with aloe
- 4 oz. PET plastic bottle

### What you'll do

1. Mix all ingredients in the bottle.
2. Use cotton pad to apply to clean skin.



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# KidSafe®



Kids often have a hard time settling down to sleep, but not with this awesome balm. Our aromatherapist who created this recipe has two little girls who just love anything with glitter, so the recipe includes a sparkly touch if you desire. We hope you and your little ones enjoy this balm as much as we do!



## WHAT YOU WILL NEED

- |  |   |
|--|---|
| <input type="checkbox"/> 30 drops KidSafe Nighty Night blend | <input type="checkbox"/> 2 oz. Virgin Coconut Oil |
| <input type="checkbox"/> 2 oz. Cocoa Butter                  | <input type="checkbox"/> 3 2-oz. twist-up tubes   |
| <input type="checkbox"/> 2 oz. Beeswax                       | <input type="checkbox"/> Fine glitter (optional)  |

## What you will do

1. Melt Beeswax, Cocoa Butter and Coconut Oil in a double boiler (or glass bowl over simmering water).
2. Remove from heat, add Nighty Night blend stir well
3. Let it cool slightly if you're using glitter (it will stay suspended better).
4. Add glitter (optional).
5. Pour into tubes, cap them and allow to cool completely.
6. Apply to pulse points or across collarbone before bed in the evening.



The KidSafe blend in this recipe is the perfect blend of essential oils to help your child fall asleep more quickly and stay asleep.





## More KidSafe Recipes

### Mini Bear Bar Soap

#### What you'll need

- 50-cavity Gummy Bear Mold (7.5 x 5.5)
- 2 oz. Shea Melt and Pour Soap
- 18 drops KidSafe Germ Destroyer blend

#### What you'll do

1. Put soap in microwave safe container.
2. Melt on 10-second bursts until completely melted.
3. Remove from microwave and mix in essential oils.
4. Pour into molds and scrape off excess.
5. Refrigerate for at least 1 hour.
6. Pop out of molds and store in an airtight container.

### Bubbly Bath Fizzies

#### What you'll need

- 2 ½ cups baking soda
- 1 cup Epsom salt
- ¼ cup citric acid
- 2 tbsp. Jojoba Carrier Oil
- 15–20 drops KidSafe Calming the Child blend
- Silicone candy/soap mold

#### What you'll do

1. Mix dry ingredients together in medium bowl.
2. Blend the Calming the Child with the Jojoba Carrier Oil.
3. Add oil mixture to dry ingredients and mix well.
4. Spritz with water, a bit at a time while mixing. (Be patient so it doesn't fizz while you are mixing.)
5. Once mixture holds together, press into mold.
6. Dry for 24 hours in mold.
7. Remove from mold and store in airtight container.

### Simple Scented Tissues

#### What you'll need

- 1 box of tissues
- 1 glue stick
- 4 drops of KidSafe Sniffle Stopper blend

#### What you'll do

1. Gently open the flaps on each side of your tissue box.
2. Drop 2 drops of Sniffle Stopper on each side.
3. Using the glue stick, reseal one side at a time, placing the box down on the side that is drying.
4. Let sit for 2 days, and every tissue will be lightly scented and ready to stop the sniffles!

### Homework Helper

#### What you'll need

- 30 drops Mandarin Oil
- 10 drops Bergamot Oil
- 10 drops Lemon Oil
- 1 5-mL or 10 mL bottle
- \*Or diffuse 5–6 drops of KidSafe A+ Attention blend

#### What you'll do

1. Combine all oils into the bottle.
2. Diffuse 5–6 drops for 30 minutes during homework time, or use in a personal inhaler when on the go.



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# Beauty

## COCONUT oil hair MASK

This DIY hair mask is a breeze to make and provides a huge moisture infusion. Both the summer and winter seasons can be hard and drying on your hair, and this vitamin-rich hair mask is just the ticket to revitalized, shiny, healthy locks. Natural, gentle and ultra-moisturizing, this mask is great for all types of hair — even oily hair. We recommend using it once a week to enjoy a boost of shine and volume.

### WHAT YOU WILL NEED

- |   |   |
|---|---|
| <input type="checkbox"/> 1 tbsp. Crude Shea Butter  | <input type="checkbox"/> 1 tsp. Meadowfoam Oil    |
| <input type="checkbox"/> 2 tbsp. Virgin Coconut Oil | <input type="checkbox"/> 1 tsp. Macadamia Nut Oil |
| <input type="checkbox"/> 1 tsp. Rosehip Carrier Oil | <input type="checkbox"/> 10 drops Rosemary Oil    |
| <input type="checkbox"/> 1 tsp. Jojoba Oil          |   |

### What you will do

1. Mix the Shea Butter and Coconut Oil with a fork.
2. Add the carrier oils and Rosemary Oil and blend on low with a hand mixer.
3. Massage about 1/3 of the mixture into hair, starting at the ends and working into the roots.
4. Leave in for 30 minutes and rinse well.

\*Makes 3 applications for average hair length and thickness.

The nutrient-rich roster of carrier oils in this luxurious hair mask  
leave locks silky smooth and radiant.





## More Beauty Recipes

### Sensual Body Powder - - - - -

#### What you'll need

- 2 cups arrowroot powder or cornstarch
- 1 tbsp. Epsom salt
- 2 tbsp. baking soda
- 3-5 drops Sensual blend

#### What you'll do

1. Add the dry ingredients into a blender and blend until entirely mixed.
2. As the blender is running, add 3-5 drops of Sensual Blend.
3. Continue to blend for another few seconds.
4. Package in a container of your choice.
5. To use, apply with a body puff (found in the makeup section of most drugstores).

### Eye-Makeup Remover Pads - - - - -

#### What you'll need

- Round cotton pads
- Airtight container
- Small glass bowl for mixing
- 2 tbsp. Fractionated Coconut Oil
- 1 tbsp. Avocado Carrier Oil
- 1 tbsp. Jojoba Carrier Oil
- 1 tbsp. Almond Carrier Oil

#### What you'll do

1. Place pads into container.
  2. Combine carrier oils in bowl.
  3. Pour carrier oils over cotton pads.
  4. Allow to sit and soak at least overnight.
  5. Gently wipe over eyes to remove makeup.
- \*Please avoid using essential oils in this product – essential oils used near the eye in this manner can be unsafe.

### DIY Eye Serum - - - - -

#### What you'll need

- 2 tbsp. ground coffee (not previously used)
- Meadowfoam Carrier Oil
- Small glass jar
- Fine mesh strainer
- 10 mL bottle with dropper

#### What you'll do

1. Place coffee grounds in glass jar.
2. Pour Meadowfoam Carrier Oil to cover (about ¼ cup).
3. Allow the mixture to sit for a week or so.
4. Strain the coffee grounds out of the carrier oil.
5. Decant into 10 mL bottle.
6. Smooth under eyes after each cleansing.

### Luxurious Skin Nourishing Hand Soap - - - - -

#### What you'll need

- 7 drops Helichrysum Italicum
- 5 drops Egyptian Geranium
- 7 drops Roman Chamomile
- 2 drops Ylang Ylang Complete
- 2 ounces of liquid Castile Soap
- 2 ounce bottle

#### What you'll do

1. Blend all ingredients together.
2. Pour into a 2 oz bottle.



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# WELLNESS

## DIY HAND cleanser

This hand cleanser is so easy to make and is a natural, effective way to ward off germs and stay healthy. This recipe is great for the whole family — just use KidSafe Germ Destroyer blend if you have little ones. Unlike alcohol-based hand sanitizers, the carrier oils in this recipe will leave your hands moisturized and soft.

### WHAT YOU WILL NEED

- ☐ 1 ½ tsp. Fractionated Coconut Oil
- ☐ 3–6 drops of Germ Fighter or KidSafe Germ Destroyer blends
- ☐ ½ tsp. Grapeseed Carrier Oil
- ☐ Small plastic squeeze bottle

### WHAT YOU WILL DO

1. Mix oils together in the bottle and shake well.
2. Apply a small amount to your hands as needed and rub in thoroughly.



Finally, a natural hand sanitizer that does the job while keeping your hands silky soft.

### Penetrating Blue Blend - - - - -

#### What you'll need

- 35 drops Peppermint Oil
- 35 drops Wintergreen Oil
- 12 drops Blue Tansy Oil
- 10 drops Helichrysum Italicum Oil
- 5 drops Roman Chamomile Oil
- 10 mL bottle

#### What you'll do

1. Blend all oils together in a 10 mL bottle to create a master blend.
2. Before using, dilute to 1% in your favorite Plant Therapy carrier oil.
3. Massage into areas of the body in need of relief, such as joints, back and feet.

### Neck Release Blend - - - - -

#### What you'll need

- 6 drops Rapid Relief blend
- 6 drops Tension Relief blend
- 6 drops Frankincense Serrata Oil
- 3 drops Copaiba Oil
- 3 drops Wintergreen Oil
- Fractionated Coconut Oil
- 30 mL bottle

#### What you'll do

1. Add all essential oils to the 30 mL. bottle.
2. Top off the bottle with Fractionated Coconut Oil.
3. Massage this soothing blend into your neck and shoulders to release tightness, tension and discomfort in the neck and shoulders.

### Uplifting Hand Wash - - - - -

#### What you'll need

- 3 tbsp. Castile Soap
- 2 drops Tea Tree Oil
- 0.5% Optiphen Plus (equivalent to approximately ½ tsp)
- 5 drops Blues Buster blend
- 12–16 oz. bottle with a foaming pump dispenser

#### What you'll do

1. Add the soap, essential oils and Optiphen Plus to the bottle.
2. Add water almost to the top, leaving room for the foaming pump dispenser.
3. Use as needed to help wash away the blahs.

### Nighttime Leg Rub - - - - -

#### What you'll need

- 2 drops Lemongrass Oil
- 2 drops Marjoram Sweet Oil
- 2 drops Peppermint Oil
- Jojoba Carrier Oil
- 10 mL bottle

#### What you'll do

1. Add all the essential oils to the 10 mL bottle.
2. Top off the bottle with Jojoba Carrier Oil.





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# Household

Carpet,  
mattress  
& more  
powder

Create this multi-purpose household cleaning powder with just a few simple ingredients. In addition to freshening carpets and mattresses, you can use it to scrub your sink clean or sprinkle it into trash cans to absorb odors. You'll find so many uses for this all-natural DIY home freshener.

## What you will need

- ☐ 1-2 cups baking soda
- ☐ Container with shaker lid or that you can drill holes into
- ☐ Essential oils of your choice (great choices are the Deodorizing or Defender blends)

## What you will do

1. Add baking soda to fill half of your container.
2. Add 10-15 drops essential oils.
3. Add the rest of the baking soda.
4. Drop in more essential oils (another 10-15 drops).
5. Shake well to incorporate the oils into the baking soda.
6. Sprinkle onto your carpets, wait 30-60 minutes and then vacuum it up.

Feel confident that your carpets, mattresses and home are as fresh as can be.



## More Household Recipes

### Homemade Fabric Softener - - - - -

#### What you'll need

- 1 gallon white vinegar
- 25–30 drops Deodorizing blend, KidSafe Calming the Child blend or the oils of your choice

#### What you'll do

1. Add the essential oil to the vinegar.
2. Clearly label the bottle as "Fabric Softener."
3. Add ¼ cup per load to the rinse cycle or fabric softener dispenser in your washing machine.
4. Be sure not to use bleach in cycles where you use this fabric softener.

### Toilet Bombs - - - - -

#### What you'll need

- 1 ½ cups baking soda
- ¾ cup citric acid
- 2 tbsp. vinegar (or slightly more in dry climates)
- 60 drops Germ Fighter blend
- Tray or molds (you can use a small muffin tin)

#### What you'll do

1. Mix baking soda and citric acid into a medium bowl and add oils.
2. Spray vinegar into same bowl slowly, mixing often.
3. When mixture is moist enough to stick (but not wet) put into molds.
4. Allow to dry for approximately 2 hours.
5. Pop out of molds and store in a jar.
6. Drop in the toilet as needed for a burst of freshness!

### Bathroom Odor Obliterator - - - - -

#### What you'll need

- 4 oz. spray bottle
- 40 drops Pink Grapefruit Oil
- 20 drops Lemon Oil
- 20 drops Blood Orange Oil
- 1 tbsp. vegetable glycerine
- 18 drops Optiphen Plus

#### What you'll do

1. Add vegetable glycerine to spray bottle.
2. Add all the essential oils (you can use any citrus oils you like).
3. Swirl to combine and top with water.
4. Add Optiphen Plus or store in the fridge to prevent bacterial growth.
5. To use, spray into toilet prior to use (and again after if necessary). This creates a barrier on the water as well as releases a pleasant scent!

### Reed Diffuser - - - - -

#### What you'll need

- A glass bottle
- 4–5 diffuser reeds
- ¼ to ½ cup carrier oil
- Splash of vodka
- 20–40 drops Tranquil blend or Relax blend

#### What you'll do

1. Add all liquids to the bottle and blend.
2. Place reeds in the bottle and let sit for 1 hour, then flip them over.
3. Turn the reeds over every 5 days or so for a burst of freshness.

# Diffusion



After a long week of stress and busy schedules, it can be incredibly hard to relax. This Weekend Wind-Down diffuser recipe will help to calm your nerves, release tension and prepare you for the relaxing weekend respite you crave. You'll love the combination of mind-clearing Davana, uplifting Mandarin, soothing Lavender and supportive Frankincense. Of course, you can use this blend anytime during the week when you need a little extra serenity.



## WHAT YOU WILL NEED

- |   |  |
|---|--|
| <input type="checkbox"/> 3 drops Mandarin Oil     | <input type="checkbox"/> 2 drops Davana Oil  |
| <input type="checkbox"/> 2 drops Frankincense Oil | <input type="checkbox"/> 1 drop Lavender Oil |

## What you will do

1. Add all the ingredients to your diffuser.
2. Relax and enjoy your weekend!



These oils blend together to create an incredible calming, soothing blend that will ease you into a relaxing weekend.





## MORE DIFFUSION RECIPES

### Seasonal Spiced Coffee

#### What you'll need

- 1 drop Coffee Oil
- 1 drop Black Pepper Oil
- 1 drop Cinnamon Leaf Oil
- 1 drop Clove Bud Oil

#### What you'll do

1. Add essential oils to your diffuser.
2. Diffuse when you need an afternoon boost.

### Connect With Yourself

#### What you'll need

- 2 drops Bergamot Oil
- 4 drops Frankincense Carterii Oil
- 2 drops Ginger Root CO2 Oil

#### What you'll do

1. Add essential oils to your diffuser.
2. Enjoy the balancing and grounding effects!

### Craving Relief

#### What you'll need

- 3 drops Lavender Oil
- 3 drops Lemon Oil
- 3 drops Chill Out blend

#### What you'll do

1. Add essential oils to your diffuser.
2. Take a few deep breaths and release your tense emotions.

### Cardio Workout Diffuser

#### What you'll need

- 4 drops Energy blend
- 4 drops Invigor Aid blend

#### What you'll do

1. Add essential oils to your diffuser.
2. Diffuse in the room during your cardio workout for an extra energy boost.

### Uplift Blend

#### What you'll need

- 2 drops Blue Tansy Oil
- 3–4 drops Lime Oil

#### What you'll do

1. Add essential oils to your diffuser.
2. Enjoy the natural mood-boosting aroma.

### Out Like a Light

#### What you'll need

- 2 drops Tranquil blend
- 2 drops Relax blend
- 1 drop Vetiver Oil

#### What you'll do

1. Add essential oils to your diffuser.
2. Diffuse for 30 minutes before bedtime.

### Peace and Calm

#### What you'll need

- 2 drops Tangerine Oil
- 2 drops Sweet Orange Oil
- 1 drop Ylang Ylang Complete Oil
- 1 drop Patchouli Oil
- 1 drop Blue Tansy Oil

#### What you'll do

1. Add essential oils to your diffuser.
2. Diffuse when you need a sense of tranquility.



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# Inhaler



This invigorating blend of zesty, citrusy Blood Orange; uplifting Frankincense Carterii; and soothing Atlas Cedarwood is the perfect antidote to a stressful day. We all need a little extra boost during the afternoon. This inhaler recipe is both energizing and calming and will give you the motivation you need to conquer a busy day with a smile!



☐ 5 drops Blood Orange Oil

☐ 2 drops Atlas Cedarwood Oil

☐ 3 drops Frankincense  
Carterii Oil

☐ Personal Inhaler

## What you will do

1. Place new wick on bottom of glass cup or bowl.
2. Drop essential oils onto wick.
3. Use tweezers to pick up saturated wick and place inside inhaler.
4. Push bottom of wick into place.
5. Use as needed for an afternoon pick-me-up.



Use this uplifting and refreshing blend in a personal inhaler to get over any afternoon energy lulls.





## More Inhaler Recipes

### Tummy Soother

**What you'll need**

- 7 drops Cardamom Oil
- 5 drops Ginger Root CO2 Oil
- 3 drops Peppermint Oil

**What you'll do**

1. See instructions on page 13.
2. Use as needed to settle an upset stomach.

### Upper Respiratory Support

**What you'll need**

- 6 drops Scots Pine Oil
- 5 drops Blue Cypress Oil
- 4 drops Davana Oil

**What you'll do**

1. See instructions on page 13.
2. Use as needed to help clear congestion.

### Bedtime Relax

**What you'll need**

- 6 drops Clary Sage Oil
- 4 drops Relax blend

**What you'll do**

1. See instructions on page 13.
2. Use as needed to calm down before sleep.

### Focus Blend

**What you'll need**

- 4 drops Lavender Oil
- 2 drops Self Esteem blend
- 2 drops Worry Free blend
- 1 drop Vetiver Oil
- 1 drop Patchouli Oil

**What you'll do**

1. See instructions on page 13.
2. Use as needed when you need help with focus and attention.

### Take Me Away

**What you'll need**

- 6 drops Petitgrain Oil
- 4 drops Lavender Oil
- 3 drops Himalayan Cedarwood Oil

**What you'll do**

1. See instructions on page 13.
2. Use as needed for a relaxing escape.

### Lovely Night

**What you'll need**

- 4 drops Tranquil blend
- 4 drops Self Esteem blend

**What you'll do**

1. See instructions on page 13.
2. Use as needed to induce happy dreams.

### Turn That Frown Upside Down

**What you'll need**

- 5 drops Lavender Fine Oil
- 5 drops Helichrysum Italicum Oil
- 3 drops Frankincense Frereana Oil
- 3 drops Sweet Marjoram Oil

**What you'll do**

1. See instructions on page 13.
2. Use as needed for a relaxing escape.





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# PREGNANCY AND NURSING SAFE

Pregnancy  
SKIN  
solver

It's no secret that hormonal changes during pregnancy can cause breakouts and other skin issues. As frustrating as this is, many moms-to-be want an all-natural solution. This blend of 100% pure carrier oils and essential oils will soothe skin during pregnancy and nursing and give you the peace of mind that it's absolutely safe for you and your baby.

## WHAT YOU WILL NEED

- |  |   |
|--|---|
| <input type="checkbox"/> 1 oz. Rosehip Carrier Oil | <input type="checkbox"/> 28 drops Lavender Oil      |
| <input type="checkbox"/> 1 oz. Avocado Carrier Oil | <input type="checkbox"/> 8 drops Neroli Oil         |
| <input type="checkbox"/> 2 oz. Almond Carrier Oil  | <input type="checkbox"/> 1 4-oz. PET plastic bottle |

## What you will do

1. Blend all ingredients together in the plastic bottle.
2. Apply to areas of concern 1-2 times a day.
3. Allow time for absorption before putting on clothing.

You'll get that coveted pregnancy glow with this safe and natural skin ointment.

\*Essential oil recipes should not be used during the first trimester.



## MORE PREGNANCY RECIPES

### Tummy Calmer

#### What you'll need

- 2 drops Spearmint Oil
- 2 drops Ginger Root CO2 Oil
- Personal Aromatherapy Inhaler

#### What you'll do

1. Place new wick on bottom of glass cup or bowl.
2. Drop essential oils onto wick.
3. Use tweezers to pick up saturated wick and place inside inhaler.
4. Push bottom of wick into place.
5. Use the inhaler when you feel a bout of stomach upset coming on.

### Belly Butter

#### What you'll need

- ½ cup Mango Butter
- ¼ cup Shea Butter
- ¼ cup Cocoa Butter
- ½ cup Fractionated Coconut Oil
- ¼ cup Avocado Carrier Oil
- ¼ cup Rosehip Carrier Oil
- 2 tbsp. arrowroot powder
- 1 tsp. Vitamin E Oil
- 1 tsp. Lavender Oil
- ½ tsp. Frankincense Serrata Oil

#### What you'll do

1. Add butters and Coconut Oil to a double boiler.
2. Melt over medium heat.
3. Remove from heat and let cool slightly.
4. Add the other ingredients.
5. Blend with a hand mixer until light and fluffy.
6. Rub gently on belly to reduce stretch marks.

### Prenatal Massage Oil

#### What you'll need

- 2 oz. Sunflower Carrier Oil
- 2 oz. Almond Carrier Oil
- 4 drops Bergamot Oil
- 4 drops Black Pepper Oil
- 4 drops Sandalwood Oil
- 4 oz. PET plastic bottle

#### What you'll do

1. Blend all oils together in the bottle.
2. Use as needed for a relaxing and skin nourishing massage.

\*Plant Therapy's Bergamot is Bergaptine Free Bergamot, which means it is safe for use in the sun.

### Bedtime Relaxer

#### What you'll need

- 1 drop Petitgrain Oil
- 2 drops KidSafe Calming the Child blend
- 2 drops KidSafe Sweet Dreams blend
- Diffuser

#### What you'll do

1. Diffuse in the bedroom for 30 minutes before bedtime.
2. Turn off when you go to sleep and enjoy!

\*Essential oil recipes should not be used during the first trimester.



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