Essential Oil Recipes

All Purpose Cleaner

Ingredients
2 cups boiling water
2 Tablespoons white vinegar
½ teaspoon dish soap
1 teaspoon baking soda
5 drops of Lemon

Instructions
• Mix baking soda, water and dish soap together with essential oils.
• Place container inside of a bigger bowl. Add vinegar. Mix.
• Save over flow and just use the spray bottle and add the over flow to it after you are done cleaning.

Glass Window Cleaner

Ingredients
2 cups water
¼ cup vinegar
3-4 drops Lemon

Instructions
• Put into spray bottle and shake to blend.

Floor Cleaner

Ingredients
½ cup white vinegar
½ cup water
5 drops Lemon
2 drops Melaleuca
5 drops Lavender

Instructions
• Place into spray container.
• Can be used for wooden as well as linoleum floors.
• Optional: For extra greasy floors, add a few drops of dishwashing detergent.

Air freshener

Ingredients
6 drops Lavender
6 drops Lemon
3 drops Peppermint

Instructions
• Mix with water in a spray bottle.

Toilet Bowl Cleaner

Ingredients
Mix with pure water in a spray bottle.
1 cup baking soda
¾ cup salt
5 to 10 drops Melaleuca

Instructions
• Mix baking soda and salt together.
• Add essential oils to the vinegar.
• Spray the inside of the bowl with the vinegar and then sprinkle on the powder.
• It should be fizzy. If not, spray a bit more vinegar.
• Let sit for 10-15 minutes then scrub with brush. Flush.

Washing Soap (safe for HE)

Ingredients
1 bar of shaved soap
½ cup of borax
½ cup of washing soda
3 drops essential oil

Instructions
• If using warm or hot water just add 1-2 tablespoons of powder to the wash.
• If using cold water dissolve the 1-2 tablespoons of powder in hot water to be sure it distributes through the clothing properly.
• You won’t see a lot of suds, but your clothes will be spectacularly clean.

Natural Deodorant

Ingredients
5 Tablespoons coconut oil
¼ cup baking soda
¼ cup cornstarch
10 drops essential oil

Instructions
• Mix all ingredients until creamy.
• Apply a pea size drop to each underarm.
• Keep in closed container.
• You can also put this mixture into a cleaned out old deodorant container.

*Use your favorite essential oil(s).
For more go to http://jenn.essentialoilhelp.com
### Essential Oil Recipes (cont)

#### Fabric Softener

**Ingredients**
- 6 cups Water
- 1/2 cup Baking Soda
- 3 cups White Vinegar
- Essential Oil

**Instructions**
- Add water and baking soda to a large container and stir to mix. Slowly add the vinegar and allow the chemical reaction to do its thing. If you like, add a few drops of a favorite essential oil.

#### Sweet Smelling Body Powder

**Ingredients**
- 1 cup corn flour
- ¼ cup baking soda
- 3 drops essential oils

**Instructions**
- Put into a container and shake.

You can adjust this recipe for foot powder by using 5 drops of Melaleuca oil.

#### Homemade Candles

**Ingredients**
- Double boiler
- Clean, dry glass jars
- Pencil or chopstick
- Candle wicks
- 1 lb soy or vegetable wax
- 5-10 drops essential oils
- Wax dye (if desired)

**Instructions**
- Dangle wicks in jars to find an appropriate length.
- Trim wicks to 1 to 1/12 inches longer than the height you plan to pour the candles.
- Melt vegetable wax over water in a double boiler until soft, smooth, and easily poured.
- Hold wicks in the center of their respective jars and use a chopstick or pencil to hold a small length of the wick to the bottom, then add a drop of melted wax and let dry to secure wick.
- Remove wax from heat and stir in essential oils and dye (if desired) and pour immediately into jars, holding wick taught and upright in the center.
- Let cool, then trim wicks to 1/4 inch.

#### Bath Fizzies

**Ingredients**
- 1 cup bicarbonate of soda
- ½ cup citric acid
- 20 drops essential oils

**Instructions**
- Mix the bicarbonate of soda and the citric acid together in a bowl, make sure you get rid of any lumps.
- If you are adding colorings, clay, carrier oils, cocoa butter, or dried herbs or flowers add these now and mix again thoroughly.
- Add your essential oils and mix again thoroughly.
- Press this mixture into muffin tins being as firm as possible.
- Leave overnight then remove from the tins and place on a hard surface for another day until the bath fizzies are hard.

#### Body Scrub

**Ingredients**
- 1 cup fine grain salt
- ⅛ cup coconut oil
- ⅛ cup olive oil
- 8 drops essential oils

**Instructions**
- Mix together with spoon.
- Rub in circular motions on wet skin. Rinse off.
- Coconut oil will get hard if cold so make sure to warm up container with warm water if you would like a thinner scrub.

Use a fine grain salt. You may also use sugar, but if you are in a place that gets ants, salt is the way to go unless you want to start an ant farm! I put the salt in a blender just to make sure that it is fine enough, you can do that step or skip it depending on how fine you want your scrub to be.

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Essential Oil Recipes (cont)

**Bath Salts**

**Ingredients**
1 cup salts (large grain)
½ cup baking soda (softens the skin)
½ cup epsom salts (relaxes muscles)
5 drops essential oils

**Instructions**
• Shake to mix in a closed container. Add to bath.

**Body Butter**

**Ingredients**
2 oz cocoa butter
2 oz natural shea butter
2 oz mango butter
1 teaspoon grape seed oil
3 teaspoons almond oil
1 teaspoon aloe vera juice
10 drops essential oils
1/4 teaspoon Vitamin E. (optional, as a preservative)

**Instructions**
• Add all the butter ingredients to a pan or double boiler on low until all the ingredients have liquefied.
• Continue to heat on low for another 20 minutes (do not boil). The continued heating will help prevent the butters from becoming grainy once solid.
• Add additional oils and let set to cool for a few hours. Before the mixture sets, stir to incorporate.
• Spoon into jars or tins, and continue to let set at room temperature or in the fridge for faster results.
• Note: This recipe turned out the perfect consistency for my liking, but if it is too firm, you can adjust by adding less cocoa butter or more aloe vera juice.

**Countertop Disinfectant Spray**

**Ingredients**
32 ounce spray bottle(glass recommended) Tap Water
5-10 drops of On Guard™

**Instructions**
• Mix the water and On Guard in the spray bottle.

**Stain Remover**

**Ingredients**
1 cup doTERRA On Guard hand soap
2 cups of Hydrogen Peroxide

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