

no-tox home & skin recipes using essential oils

Please be aware that all pure essential oils are anti-bacterial. Many of these solutions can be made with numerous oils. Oregano, tea tree, OnGuard + lemon are great for cleaning and deoderising.

For face and body oils, potions and lotions, use gentle oils such as lavender, lemon, tea tree and frankincense.

Please note that oregano should never be used neat on the skin (unless for specific purposes like wart removal) as it will burn the skin.

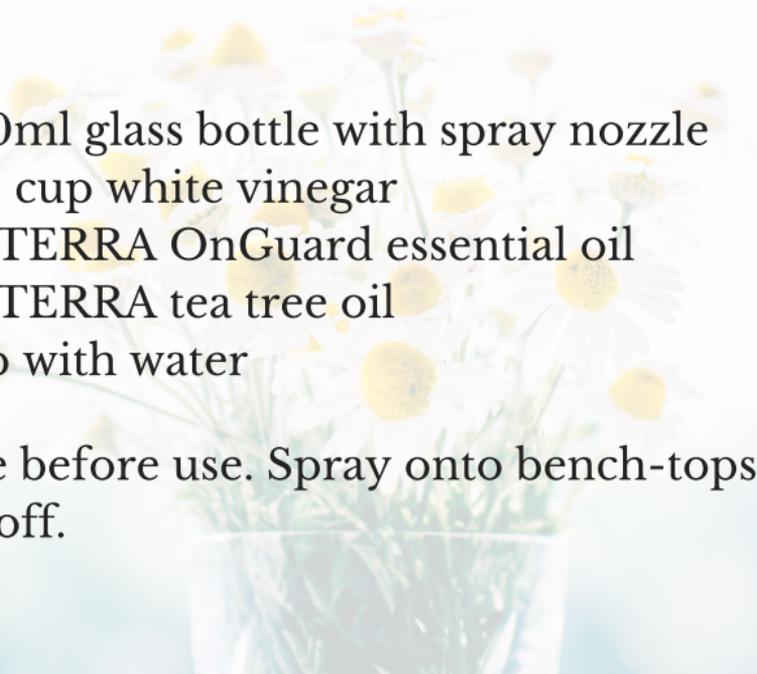
Product resources listed on the final page

STOVE TOP CLEANER

- 750ml glass bottle with spray nozzle
- 1/2 cup white vinegar
- 8 drops doTERRA lemon essential oil
- 8 drops doTERRA oregano oil
- top with water

Shake before you use. Leave a little warm water on the stove, spray with your cleaner, leave for 5 mins and wipe off.

ANTI-BACTERIAL BENCH SPRAY

A vase of daisies is visible in the background, slightly out of focus, adding a natural and fresh aesthetic to the slide.

- 750ml glass bottle with spray nozzle
- 1/2 cup white vinegar
- doTERRA OnGuard essential oil
- doTERRA tea tree oil
- top with water

Shake before use. Spray onto bench-tops and wipe off.

MOISTURISER

- 40 ml carrier oil of your choice such as: rosehip, jojoba, apricot kernel, macadamia, coconut.
- 5-10 drops doTERRA frankincense oil
- 5 -10 drops doTERRA lavender oil

sunsports, discolouration, fine lines, scars

TONER

- 50ml glass bottle with spray nozzle
- 25 ml witch hazel
- filtered water to top up
- 8 drops doTERRA tea tree oil
- 8 drops doTERRA lavender oil

refreshes, tightens, soothes

Shake before use. Can also be used as a soothing daily face mist - good for your handbag

CLEANSER

- 50 ml glass bottle with a cap
- 20 ml Dr. Bronner Castile Liquid Soap - Baby Mild
- top with filtered water
- 6 drops doTERRA tea tree oil
- 6 drops doTERRA lavender oil
- 6 drops doTERRA lemon oil (Optional)

cleans, soothes

HAND SANITISER

- 50ml glass bottle with spray nozzle
- 10ml organic vegetable glycerine
- 5 drops of doTERRA OnGuard oil
- 5 drops of doTERRA Tea Tree oil
- top with water

shake before using.
purifies, kills germs

GODDESS BODY OIL

- 50ml glass bottle with cap
- 45 ml carrier oil of your choice such as: jojoba, apricot kernel, macadamia, coconut.
- doTERRA lavender oil
- doTERRA wild orange oil

Rub over the whole body after your shower. Tell each body part how much you love it while you do so.
moisturises, protects, calms

DETOX MAGNESIUM SALTS

- for every 1 cup of magnesium salts
- 5 drops doTERRA lavender oil
- 5 drops doTERRA lemon oil

removes toxins, supports the lymphatic system

If you don't have a bath, turn your shower into a human-sized diffuser by rubbing the mag salts over your body with coconut oil (really rub it in and LOVE your body while you do) and then turn the hot water in the shower on and allow the essential oil molecules to lift and be inhaled. Aaaaah.

ODOUR EATER



- 1 cup bicarbonate of soda
- 5 drops doTERRA lemon oil

removes odours.

Add to a glass jar or vessel, cover with fabric and an elastic band.

Top up lemon oil once a fortnight.

SHEET AND LINEN SPRAY

- 50ml glass bottle with a spray nozzle
- 20 ml witch hazel
- filtered water to top up
- 8 drops doTERRA lavender oil

Spray on the sheets as they hang on the line or into the dryer for the last 10 mins.

Can also be used as a soothing and toning face mist.

BREATH SPRAY

- 50ml glass bottle with spray nozzle
- filtered water to top up
- 15 drops doTERRA peppermint oil

Spray into the mouth before you 'pash on'

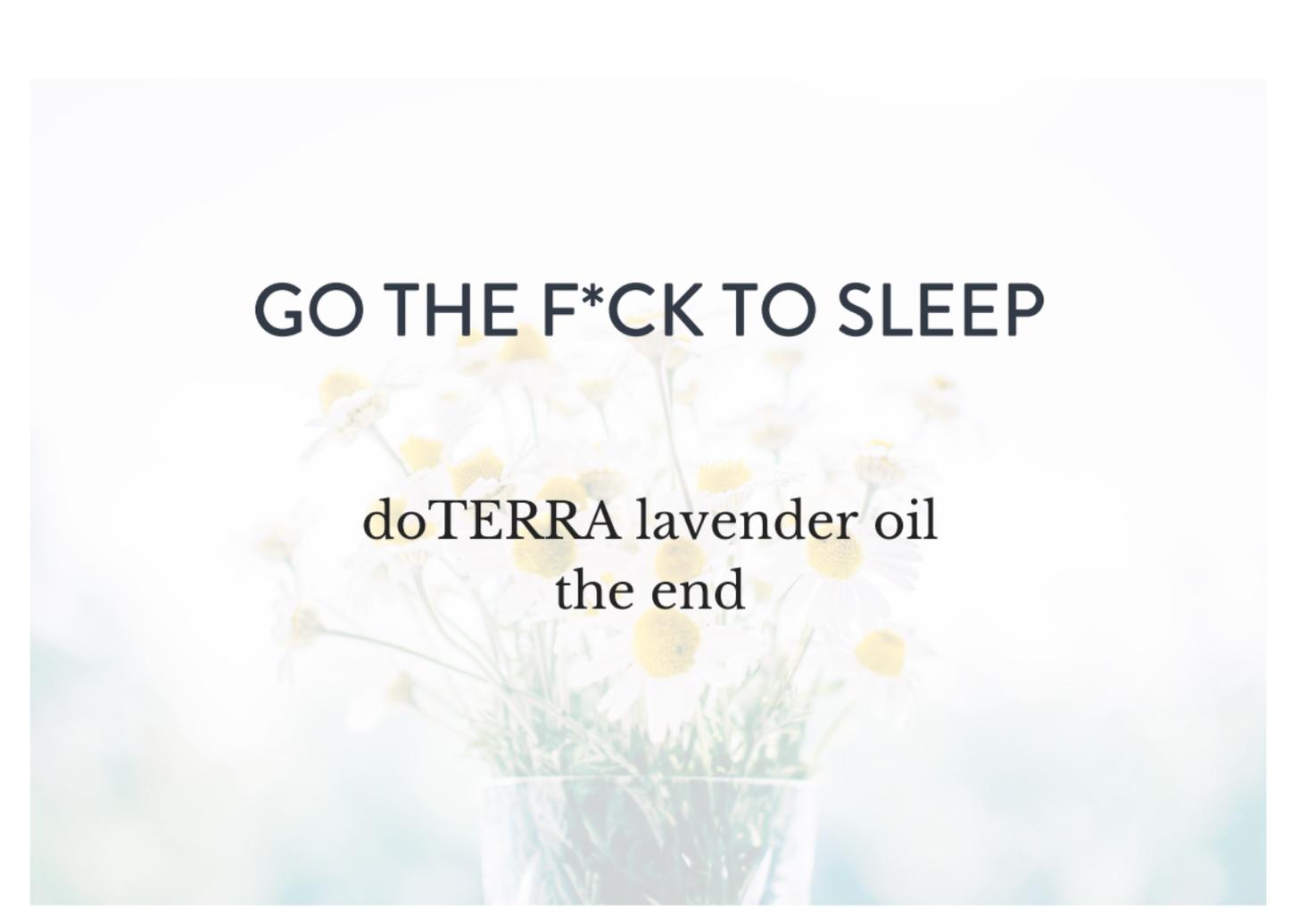


COLD SORE SALVE

- 1 tbs organic beeswax pellets/drops
- 1 tbs coconut oil
- 8 drops doTERRA tea tree oil
- 8 drops doTERRA OnGuard Oil

Makes enough for 2-3 lip-balm tins

Melt the beeswax in a small jug over simmering water
Add coconut oil and melt. Remove form heat, stir through oils. Pour
into tins and allow to set.



GO THE F*CK TO SLEEP

doTERRA lavender oil
the end

Jars, rollers, bottles etc:

- packmyproduct.com.au
- au.aromatools.com
- ebay

educational resources

- Modern Essentials App (iTunes)
- Modern Essentials Book
- Emotions and Essential Oils (4th Edition)
Check enlightenedhealing.com or
au.aromatools.com

Web Recourses

- draxe.com
 - [pubmed](http://pubmed.ncbi.nlm.nih.gov/) (largest online medical library - eg: Google 'Peppermint Oil Pubmed' and check the results.)
 - doTERRA.com
 - doTERRAeveryday.com.au
-
- Alice Nicholls @Thewholedaily
 - thewholedaily.com.au

