

starter kit recipes



After Sun Spray

1/2 cup Witch Hazel or Water
2 Tablespoons pure Aloe Vera gel
10 drops Lavender essential oil
10 drops Peppermint essential oil
4 oz (or larger) spray bottle
Add ingredients and gently shake
Avoid spraying in eyes



Chest Rub

10 drops Raven
5 drops Thieves
5 drops Peppermint
3 Tbsp organic Coconut Oil
Mix ingredients in a glass jar and
use on chest and back when in
need of extra respiratory support



Germ Free Spray

15-20 drops Thieves
10 drops Lemon
1/2 Teaspoon Witch Hazel
4 oz spray bottle
Add ingredients to 4 oz
spray bottle. Fill to the top
with filtered water. Shake
before use



always use glass or metal containers
for essential oil DIY recipes!

Nourishing Skin Serum

2 oz Rosehip Seed oil
10 drops Lavender
10 drops Frankincense
Combine in a dropper bottle
or other glass container.
Apply small amount to clean
face morning and night



All-Purpose Cleaner

4 cups Water
10 drops Citrus Fresh
5 drops Thieves
5 drops Lemon
Thieves Cleaner Sample Packet (1 oz)
Combine ingredients in spray bottle
Use on any surface of the home

Gentle Makeup Remover

7 drops Lavender
4 tbsp Jojoba Oil
4 tbsp Purified Water
2 tbsp Witch Hazel
Mix ingredients in glass container.
Shake before use. Apply mixture to a
cotton round & remove makeup.
May also use as a skin cleanser.



Lavender Mint Bath Salts

1 cup Epsom Salt
10 drops Lavender
5 drops Peppermint
Mix ingredients in glass container and shake.
Use 1/4-1/2 cup per bath. Dump into
hot running water and soak for 20-30 minutes.

