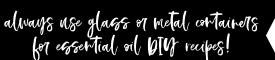
Starter kit recipes



After Sur Spray

½ 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



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



Nourishing Skin Solum

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

Gertle 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.

laverder Mirt Bath Galts

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.

