

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
¼ 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.

Essential Oil Recipes (cont)

Fabric Softener

Ingredients

4.5 liters white vinegar
10-20 drops essential oils

Instructions

- Use one cup of this mixture in the final rinse as you would regular fabric softener.

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
½ cup coconut oil
½ 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.

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.