

Art of Aromatherapy

Essential Oil Recipes

Household Cleaner

INGREDIENTS

1 tsp baking soda
2 cups distilled water
¼ cup white vinegar (can use vodka)
15 drops of lavender essential oil
15 drops of sweet orange essential oil
5 drops lemongrass essential oil
5 drops eucalyptus essential oil

DIRECTIONS

Combine ingredients together in an empty spray bottle. Shake well before use.

Dish Soap

INGREDIENTS

2 cups of castile soap
½ cup distilled water
1 tsp vegetable glycerin
10 drops of lemongrass essential oil
10 drops of rosemary essential oil
5 drops lavender essential oil

DIRECTIONS

Combine in an empty glass bottle and use an olive oil spout to dispense. Shake well before use. A little goes a long way.

Dryer Sheets

INGREDIENTS

10 - 15 baby washcloths
1 cup white vinegar
10 drops peppermint essential oil
10 drops sweet orange essential oil

DIRECTIONS

Combine vinegar and washcloths together in a large glass bowl. Cover with lid and close tight. Shake well before each use.

Deodorant

INGREDIENTS

½ cup solid organic coconut oil
¼ cup baking soda
¼ cup arrowroot (for sensitive skin)
5 drops clary sage essential oil
10 drops lavender essential oil
5 drops ylang ylang essential oil

DIRECTIONS

Melt coconut oil over hot water to soften. Combine ingredients together in a glass bowl and pour into a container. You can use an empty deodorant stick.

Hand Sanitizer

INGREDIENTS

3 oz distilled water
2 tps fractionated coconut oil
1 tsp white vinegar
1 tbsp witch hazel or alcohol
½ teaspoon sea salt
15 drops clary sage essential oil
10 drops lavender essential oil
10 drops sweet orange essential oil
5 drops rosemary essential oil

DIRECTIONS

Combine ingredients in an empty bottle. Shake well before use.



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