

DIY Scratch-and-Sniff Stickers

Directions:

Imagine having a scented sticker on your business card, or in the catalog on the essential oil page.

STICKERS + ESSENTIAL OIL = SCRATCH-N-SNIFF STICKERS!!

These are yard sale type stickers. Pick an essential oil of choice, brush or spray on stickers and allow to dry!

Lava Rock Beads

Directions:

Make stretchy bracelets with lava rock beads and any other beads you want to mix in. Put your favorite EO on the rock and the fragrance lasts a long time! Stretch magic is the best cord to use, just tie it in a knot and seal with super glue, Super easy!!

Homemade Liquid Laundry Detergent

Ingredients: 3/4 cup of Borax, 3/4 cup of Washing Soda, 3/4 cup of Original Blue, Dawn Dish soap, Lavender essential oil, Hottest tap water, 1-gallon container with a tight lid

- 1) Dump the 3/4 cup of Borax and Washing Soda in the bottom of a gallon jug with a tight lid
 - 2) Then, with the hottest tap water you can muster, fill your bottle with water to the bottom of the label.
 - 3) Put the lid on tight and shake vigorously
 - 4) Then add you 3/4 cup of Original Blue Dawn Dish Soap.
 - 5) Muster up the hottest tap water again and fill up your bottle until the bubbles reach the top (liquid line will be several inches down still).
 - 6) Then put the lid on again and shake vigorously
 - 7) Finally, let it set on the counter for a bit for the bubbles to settle.
 - 8) Then top it off with lavender essential oil (about 10-12 drops)
- To Use:** Simply add 1/4 cup of this liquid detergent to a full wash load (this is enough!) and less for smaller loads. The amount is the same in both a top loader and an HE machine

EO Shower Disks (perfect for stuffy noses)

Ingredients:

2-3 cups Baking soda, Water, Essential oils: eucalyptus and lavender, Muffin tin, Muffin liners

- 1) Add baking soda to a mixing bowl.
- 2) Slowly add water until you've made a thick paste. Add just a little water a time. You'll want the mix to feel like putty.
- 3) Add 15 drops of each essential oil.
- 4) Spoon in to a muffin tin, and let sit out for 12-18 hours.
- 5) Pop out of the paper liner, put it in your shower, and let the essential oils steam away your stuffy nose.

Bathroom Spray

Ingredients:

1-2 oz. spray bottle
1.75 oz. distilled water
15 drops of Essential Oil
1/2 teaspoon of a carrier oil. (This is a good thickening agent to help the barrier)

Spray before you go and it will create a barrier on top of the water, trapping all horrible odors beneath it and releasing its own sweet scent. Meaning you won't have to use air fresheners which are full of harmful chemicals. Spray before your go and no one will ever know.

EO Air Freshener

Directions:

Drip a few drops of oils (can even make a blend) on a piece of paper towel or tissue, place on back side of a fan and it will suck up to the back of it and disperse scent though room!

No Sew Heat Pack

Ingredients:

Heavy Sock, Dried Rice, Ribbon, Drinking glass, Essential oil

- 1) Begin by folding the opening of your sock over a glass. This will keep the mouth open and make it easier to pour the rice in. Pretty nifty, right?
 - 2) Once the sock is in place, start pouring rice in. Keep pouring until it is about 1/2 way full.
 - 3) Add several drops of essential oil into the sock
 - 4) Remove the sock and shuffle it so the rice is in the middle of the sock and a few inches are left on each end.
 - 5) Tie the ends closed with ribbon. Tie TIGHTLY and double knot to keep the sock closed and rice secure.
- Your heat pad is all ready for use! Microwave for 30 seconds to heat it up. Great for a cold day or even place it on sore muscles.

Aromatherapy Tissues

- 1) Gather your supplies—box of tissues and your essential oil of choice. These are wonderful respiratory oils to use! Lavender for soothing, Eucalyptus or Peppermint for respiratory comfort. It help to ease coughs, congestion, asthma, colds and other respiratory issues.
- 2) Take a box of tissues and open up the side or bottom flaps of the tissue box carefully to not ruin the box.
- 3) Put a drop of oil on each of the four flaps.
- 4) Put a spot of glue on each of the 4 place inside that it was sealed as well as the seal for the outer flap.
- 5) Hold the re-glued spots in place for a couple of minutes.
- 6) Use them when you need them!