

Essential Oils Inventory



Essential Oil

Recipes used in

Notes

POO POURRI RECIPE

3 oz. spray bottle

1 tsp Rubbing Alcohol

20-30 drops of essential oils – my favorite oils are Young Living Oils.
water

Directions:

Pour rubbing alcohol into 3oz. spray bottle.

Add essential oils. The alcohol allows the oils mix with the water so you don't have to shake it every time you use it. For our mixes I used lemongrass and peppermint mixed. It works great!

Fill the rest of the bottle with water and close with lid.

Spray 2-3 times into toilet just before using it.

The idea behind this is that the oils make a film on the surface of the water. Anything below the water line will be trapped under the oils—including the small and stinky particles.

NOTES

NATURAL BUG SPRAY

Here are some great oils that work well:

Mosquitoes: Peppermint, Lemon, Lavender, Eucalyptus, Thyme, Geranium, Clove, Sage, Cinnamon, Rosemary

Flies/Gnats: Peppermint, Eucalyptus, Geranium, Cedarwood, Patchouli, Melaleuca, Rosemary

Ticks: Peppermint, Geranium, Thyme, Melaleuca, Cedarwood

1-Fill spray bottle (I used 8 ounce) 1/2 full with distilled or boiled water

2-Add witch hazel to fill almost to the top

3- Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be.

LOTION BARS

1 part coconut oil

1 part shea butter, cocoa butter or mango butter (or a mix of all three)

1 part beeswax- optional.

Vitamin E oil- 1 tsp for every cup of the above mixture

1) Melt ingredients together

2) Add essential oils – lavender, peppermint, joy,

3) Pour into the mold and let set -see above for the reason I used a baggie and a plastic container.

4) Pop out and cut into little pieces

You can put the little chunks into smaller containers to carry around. Rub on your hands –the warmth of your hands will melt the lotion a bit and make it workable.