

# 150

## WAYS TO USE ESSENTIAL OILS

*Edens Garden*<sup>®</sup>



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From our **GARDEN** to yours

We are proud to offer the highest quality essential oils available; which are extracted from many different species of plants from around the world. These oils are obtained from various parts of the plant including the roots, wood, flowers, fruit and leaves. Edens Garden takes great pride in providing pure, true to source, essential oils and carrier oils. There are many wonderful ways to use essential oils. The possibilities are endless... be creative and enjoy!

- The Edens Garden Team

**VOTED #1**

**Non-MLM Essential Oil Company**



Edens Garden®

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About our **CARRIER OILS**

### EDENS GARDEN CARRIER OIL (EGCO) OFFERINGS:

Apricot Kernel, Argan, Avocado, Camellia Seed, Fractionated Coconut, Cucumber Seed, Evening Primrose, Fenugreek, Grapeseed, Guava Seed, Hazelnut, Hemp Seed, Jojoba, Macadamia, Meadowfoam, Neem, Pomegranate Seed, Prickly Pear Seed, Rosehip, Safflower, Sunflower, Sesame, Sweet Almond, Tamanu and Wheat Germ.

All carrier oils are packaged in amber glass bottles with a pouring insert. For more detailed information, visit:

[WWW.EDENS GARDEN.COM](http://WWW.EDENS GARDEN.COM)

### CAUTIONS FOR USE of essential oils

1. Do not use essential oils internally.
2. Store essential oils away from sunlight - ideally, in a cool, dark place.
3. Do not use, or store, essential oils near open flames.
4. Keep essential oils out of reach of children.
5. Do not use essential oils in the eyes or eyelids.
6. Pregnant women should consult their healthcare professional before using essential oils. Essential oils should not be used in the first trimester of pregnancy or with difficult & unstable pregnancies.
7. Discontinue use of essential oils if skin irritation or skin sensitivity occurs.
8. If you have any questions or concerns, consult a qualified healthcare professional or certified aromatherapist before using essential oils.
9. This brochure is provided for educational purposes only. It is not intended to diagnose, treat, cure or prevent disease. The reader/ user assumes all risk, liability and responsibility for the use of essential oils as outlined in this brochure.
10. The uses mentioned in this brochure are meant for use with Edens Garden brand oils and synergy blends only. Cautions for other essential oil companies may differ.

## BEAUTY

### 1. NAIL STRENGTHENER

Combine 3 drops Frankincense, 3 drops Myrrh and 1 oz Argan oil. Store in an amber glass bottle. Massage the mixture into your nail cuticles, twice a week.

### 2. DANDRUFF BLEND

Combine 3 drops Rosemary, 3 drops Manuka and 1 oz Evening Primrose. Massage thoroughly into scalp for 1-2 minutes. Shampoo hair as usual and rinse well, repeat if necessary.

### 3. PERFUME

Combine 18-30 drops Lavender, Patchouli, Sandalwood, Geranium or Allure with 1 oz of high proof vodka. Let it sit for up to 3 weeks. Check on the aroma periodically as it will change over time. Apply to your neck, wrists and behind your knees and ears.

### 4. HAIR SERUM FOR SPLIT ENDS

In a 30 ml glass bottle combine 7 drops Rosewood, 7 drops Sandalwood and 5 tsp Argan. Shake well and apply a small amount to ends between shampoos. The non-greasy essential oils are absorbed into the hair shaft, making it suitable for all hair types.

### 5. OILY HAIR REMEDY

Combine 3 drops each Tea Tree, Lime, Rosemary and Ylang Ylang with 1/4 cup baking soda in a cup. Fill with 1 cup water, stirring the solution. Tilt head back and pour over hair, from the hairline down. Wash hair as normal. Use 2-3 times per week.

### 6. STIMULATING ROSEMARY MINT SHAMPOO

Add 3 drops each Peppermint and Rosemary per ounce of shampoo. For example, to an 8 oz bottle add 24 drops each Peppermint and Rosemary. Shake well and use as normal. Peppermint provides a cooling sensation, while Rosemary increases circulation.

### 7. LAVENDER & TEA TREE DANDRUFF SHAMPOO

Add 4 drops Lavender and 2 drops Tea Tree per ounce of shampoo. For example, to an 8 oz bottle add 32 drops Lavender and 16 drops Tea Tree. Shake well and apply to hair, massaging the scalp. Allow the shampoo to rest on scalp for 1 minute before rinsing off. Lavender and Tea Tree are known for their ability to address skin conditions.

### 8. NOURISHING SHAMPOO

Combine 6 drops Cypress, 6 drops Helichrysum with 8 oz unscented shampoo and mix thoroughly. Apply to hair, work up lather and rinse. Add shine and an irresistible aroma to your hair with this delightful shampoo.

### 9. WRINKLE BLEND

Combine 3 drops Frankincense, 3 drops Geranium, 4 drops Lavender, 2 drops Sandalwood and 2 oz of an EGCO. Alternatively, combine 12 drops Age Defy with 1/2 oz of Rosehip and 1.5 oz of Jojoba. Apply a dime-sized amount of blend to wrinkles to reduce the appearance of fine lines. (Avoiding the eyes)

### 10. STRETCH MARKS

Add 2 drops Frankincense, Geranium or Lavender to a 10 ml roller bottle. Fill to the shoulder of the bottle with Rosehip. Roll over stretch marks 3-4 times per week.

### 11. FACE MOISTURIZER

Combine 3 drops Elemi, Frankincense or Lavender with 1/2 oz of an EGCO. Apply 1/2 tsp to the face as an evening moisturizer before bed.

### E-GIFT CARDS

Available for all occasions on [EDENS GARDEN.COM](http://EDENS GARDEN.COM)





## 12. SKIN TONER

Add 4 drops each of Lavender, Palmarosa and Rosewood to a 2 oz spray bottle. Fill to the shoulder of the bottle with witch hazel. After cleansing, apply the blend to your skin with a cotton ball. Shake well before each use.

## 13. LOTION FOR MATURE SKIN

Add the following essential oils to a 4 oz squeeze bottle: 16 drops Geranium, 20 drops Frankincense and 12 drops Ylang Ylang. Fill to the shoulder of the bottle with unscented lotion and mix well.

## 14. CLOGGED PORES

Add 6 drops Ylang Ylang (Complete), Manuka or Sweet Orange to a 1 oz bottle. Fill to the shoulder of the bottle with witch hazel. Shake well and add a small amount to a cotton ball. Wipe over the skin.

## 15. ACNE

Combine 4 drops Bergamot, 2 drops Basil, 3 drops Frankincense (Frereana), 3 drops Lavender (Greek) and 2 oz witch hazel in a small bottle. Shake well and apply 2-3 drops to a cotton swab and apply directly to the acne. For larger areas, add 2 tsp of the mixture to a dampened face cloth and dab on the acne.

## 16. NATURAL FACIAL SCRUB

Combine 4 drops each Grapefruit, Lavender and Patchouli, 2 oz plain yogurt and 2 oz cornmeal. Spoon out the mixture and cover the face with it (avoiding the eyes). Leave on for 15 minutes and then wash off.

## 17. MATURE SKIN SPRITZ

Add the following to a 1 oz spray bottle: 2 drops each Cistus, Opopanax and Neroli. Fill to the shoulder of the bottle with water and shake well. Spritz over freshly cleansed skin.

## 18. MATURE SKIN CREAM

Combine 2 drops each Neroli, Palmarosa and Spikenard with 1 oz unscented face lotion. Apply to the face as part of daily skincare routine.

## 19. DRY/ CRACKED FEET

Combine 7 drops Grapefruit, 7 drops Lavender, 6 drops Peppermint and 4 drops Ylang Ylang with 2 oz Jojoba. Apply to feet after bathing and allow to soak in.

## 20. RESTORATIVE MOISTURIZER

Combine 4 drops Carrot Seed, 8 drops Neroli and 2 oz unscented face lotion in a small jar and stir. Apply to freshly cleansed skin morning and night.

## 21. BEDTIME SKINCARE

Combine 3 drops Davana, 3 drops Lime, 6 drops Neroli and 2 oz Hemp Seed in a small jar and stir well. Apply to face, neck and hands.

## 22. ALMOND & ROSEWOOD EXFOLIATION SCRUB

In a small bowl, combine 2 drops Rosewood, 2 tsp Sweet Almond, 4 tsp very finely ground almonds and 1 tsp apple cider vinegar. Form into a paste and massage gently over face and throat. Rinse well with lukewarm water and pat dry.

## 23. SOOTHING SALT SCRUB

Combine 8 drops Frankincense, 4 drops Grapefruit, 2 oz Himalayan salt and 1 oz Jojoba in bowl and stir well. Use a small handful while in the shower or bath to scrub away dead skin and soothe muscle aches. The lingering layer of Jojoba will provide long lasting moisture. For a silkier texture, try adding a tsp of Coconut oil.

## 24. DRY SKIN SAUNA TREATMENT

Add 2 drops Chamomile (Roman) to a bowl of steaming water. Place bowl on a table where you can sit comfortably in a chair. Place your face over the bowl and drape a towel over your head. Enjoy the soothing aroma and moisturizing steam until the water cools and the vapors stop.

## 25. AGING, FINE LINES

Combine 4 drops Coffee oil, 2 drops Neroli and 1 oz of Argan. Apply a dime-sized amount of blend to wrinkles to reduce the appearance of fine lines. (Avoiding the eyes)

## DIY - DO IT YOURSELF

## 26. POO-FUME (LIKE POO-POURRI SPRAY)

Combine 40 drops Shine, Bliss or Citrus Cream and 1 tsp witch hazel in a 3 oz spray bottle and shake well. Top off bottle with water. Spray 3-5 times into toilet bowl prior to use. Get creative with the oils you use! A Cinnamon blend would be great for holiday hosting.

## 27. STOMP SHOE ODORS

Combine 10 drops Cedarwood, 15 drops Kunzea, 15 Grapefruit and 1 tsp witch hazel in a 3 oz spray bottle and shake well. Top off bottle with water. Spritz 1-2 sprays into smelly shoes, sneakers or boots. Let dry before you wear.

## 28. INCENSE STICKS

Take a large dinner plate and place unscented incense stick in the center. Pour 20 drops of Frankincense or Tranquility over the stick. Roll stick around until all oil is absorbed. Set incense stick in a mug to dry, at least 10-15 hours.

## 29. SCENTED STATIONERY

Place 1-3 drops Cinnamon Leaf on a cotton ball and place inside a plastic bag along with your stationery. Seal the bag and leave it overnight to give the letters time to infuse the aroma. Try it with this year's holiday card!

## 30. FLORAL & SPICE BODY OIL

Combine 2 drops Bergamot, 5 drops Cardamom, 2 drops Vetiver, 3 drops Ylang Ylang and 1 oz EGCO in a bottle. Shake and apply on damp skin after shower.

## 31. FLORAL PERFUME BALM

In a double boiler, melt 1 oz beeswax. Once melted, stir in 3 oz Jojoba then remove from heat. Add 4 drops Jasmine absolute, 5 drops Palmarosa and 15 drops Rose absolute. Pour into four 1 oz tins, add lids, and allow an hour to fully cool and harden before use. Soften with fingertip and apply balm to wrists and neck pulse points for a gentle, natural perfume.

## 32. SOOTHE A SUNBURN

Add 3 tsp Avocado oil and 2 tbsp aloe vera gel to a 2 oz squeeze bottle. Shake well then add 8 drops Helichrysum, 8 drops Lavender, 4 drops Chamomile (Roman) and 4 drops Yarrow. Shake and apply generously to the affected areas.

## 33. NEROLI & SANDALWOOD SUGAR SCRUB

Combine 8 drops each of Neroli, Sandalwood, Sweet Orange, Vanilla, 4 oz EGCO and 1/2 cup cane sugar. Stir well and apply to skin in a circular motion and wash off with warm water. Store in an airtight container for up to 6 months.

## 34. SUMMERTIME CITRONELLA CANDLES

Add a few sprigs of mint leaves, rosemary or other herbs you have handy to a mason jar then fill the jar halfway with water. Add 10 drops Repel or Catnip. Next, place a few fresh lemon and lime slices to the jar and fill the rest with water. Finally, add a floating votive candle and tie a piece of twine around each jar. Place 1 or 2 candles at each table of your next outdoor party!

## 35. AROMATIC BOOKMARK

Apply 5 drops Tranquility, Be Still or Spring Garden on a cotton ball and place inside a plastic bag along with your bookmark. Seal the bag and leave it overnight to give the bookmark time to infuse the aroma. Also, leather holds aroma longer than paper and makes a great gift for the avid readers in your life.

## 36. STALE AIR REVIVER

In a 4 oz glass spray bottle, combine 20 drops each of Cypress, Grapefruit, Lavender, Lemon and 2 oz high proof vodka. Top off with water and shake well to combine. Spray where needed.

## 37. COCONUT & HONEY FACE WASH

Combine 30 drops Lavender, 4 oz Fractionated Coconut oil and 2 tbsp honey in a bowl. Stir well and pour into an empty container. Apply a tsp of the mixture with warm water and wash off as normal.

## EMOTIONS

## 38. SOOTHING SANDALWOOD SOAK

Add 4 drops Sandalwood and 1 drop Ylang Ylang to 1 tbsp of an EGCO. Add to 1 oz of Epsom salts and mix well. Add to your bath's running water as your tub fills, agitating to dissolve the salts and disperse the oils into the water. Enjoy the calming vapors while relaxing and allowing your mind to drift.

## 39. CALMING MASSAGE OIL

Combine 1 drop each Bergamot, Lavender, Mandarin, Geranium, Chamomile (German), Ylang Ylang and 1/2 oz of Hemp Seed. Mix well, massage onto the body.

## 40. ANXIETY

Add 4 drops Bergamot and 2 drops Vetiver to 1/2 oz Jojoba in a roll-on bottle. Apply the mixture to wrists and temples 2-3 times when feeling anxious or suffering a panic attack.

## 41. FEELING A LITTLE DOWN?

Dilute 4 drops Good Morning, Joy, or Spring Garden in 1/2 oz of an EGCO. Place a few drops of the mixture in the palm of your hands, rub hands together and cup hands over mouth and nose. Take 6 slow deep breaths and think of a moment in the last week you really enjoyed.

## 42. CREATE A BETTER WORK ATMOSPHERE

Calming oils such as Lavender or uplifting oils, such as Grapefruit are both great essential oils to diffuse in the office. Also try Stress Relief, Worry Less, Anxiety Ease or Relaxation.

## 43. TO UPLIFT

Use Rose Geranium to uplift the spirits. Dilute Rose Geranium in a suitable EGCO and add to the bath, aromatherapy diffuser or EG's Pocket Inhaler. Quantities will vary depending upon the method used and individual circumstances. Alternatively, use Uplift in EG's Thera Lux Diffuser.

#### 44. NERVOUS INDIGESTION PROBLEMS

Combine 5 drops Caraway, 3 drops Grapefruit, 4 drops Peppermint and 1 oz of an EGCO. Massage over the stomach in a clockwise direction. Alternatively, try 12 drops of Digest Ease mixed with 1 oz of an EGCO.

#### 45. CALMING

Add 15 drops Worry Less to a EG's Pocket Inhaler and use as needed.

#### 46. CONFIDENCE BOOSTER

To a 10 ml roller bottle add 4 drops Grapefruit or Fearless. Top off with an EGCO. Apply to pulse points and inhale 2-3 times as needed before an interview, exam or meeting.

#### 47. RELAXATION

Add 5-10 drops of Lavender and Amyris to an aromatherapy diffuser. Diffuse in the evening before going to bed. Also, try Good Night or Sleep Ease.

#### 48. ENERGIZE

Combine 4 drops Basil, 3 drops Ginger, 5 drops Grapefruit with 1 oz of an EGCO. Apply a few drops of the blend to the palms of the hands and inhale deeply 2-3 times. Alternatively, add the Good Morning synergy blend to EG's Ceramic Bloom Diffuser.

#### 49. GRIEF & SHOCK

Add 15 drops Neroli, Rose, Peppermint or Mandarin to an inhaler. Inhale a couple deep breaths of the aroma when dealing with grief or unexpected news.

#### 50. GENERAL FATIGUE

Add a few drops of Clementine and Peppermint or Awake & Aware to your favorite diffuser.

#### 51. VANILLA JASMINE MIST

If you are feeling low, this beautiful mist can lift your spirits. Add 18 drops Jasmine absolute and 6 drops Vanilla to 4 oz water in a spray bottle. Shake well and use the mist to spritz yourself after showering and to freshen indoor spaces.

## GIFTS

#### 52. BRIDAL SHOWER GIFT

Give Aphrodisiac, Hope and XOXO to the bride and groom! You can also give with an aromatherapy diffuser such as the Scent Ball Plug-In Wall Diffuser. Alternatively, you can use these to make a romantic massage oil by blending with an appropriate EGCO. Perfect for the bride and groom to use during their honeymoon.

#### 53. BRIDAL SHOWER LOVE POTION GIFT

Combine 5 drops Rose Geranium, 8 drops Ylang Ylang and 9 drops Sandalwood with 2 oz of an EGCO in a small jar. Try putting in a fun bottle with creative label.

#### 54. BABY SHOWER GIFT

Edens Garden Thera Lux Diffuser makes a great gift for mom and baby. Give with Lavender and tell mom to diffuse to calm both mom and baby. Diffuse for a maximum of 15 minutes.

#### 55. FATHER'S DAY GIFT

Lift dad's mood to and from work! Give the gift of Stress Relief or Relaxation with the Edens Garden Electric Car Diffuser.

#### 56. BIRTHDAY GIFT

A birthday is a great time to give the basics in essential oils! Try Edens Garden popular Top 6 Essential Oil Set or Top 6 Synergy Blends Set.

#### 57. BIRTHDAY BATH SALTS

Combine 10 drops of your favorite essential oil or synergy blend, 2 tsp of an EGCO, 1 oz Epsom salt and 1 oz baking soda. Try Spring Garden, Joy or Sunshine Spice. Use 1-3 tbsp of the blended salts per bath. Package in a watertight, cute container or mason jar.

## HEALTH

#### 58. EASY-PEASY HAND SANITIZER

Combine 12 drops Peppermint, 22 drops Tea Tree, 14 drops Sweet Orange and 4 oz aloe vera gel in a small squeeze bottle. Stir well and apply liberally to hands and rub until the gel has evaporated.

#### 59. COLD SORES & BLISTERS

Combine 7 drops Sandalwood and 7 drops Tea Tree with 1/2 oz Grapeseed. Apply to the affected area up to 3 times a day, until healed.

#### 60. SORE OR TIRED FEET

Combine 5 drops Vetiver, Patchouli or Peppermint, 1 tsp EGCO and 1 oz Epsom salt. Add 1 tbsp of the mixture to a basin of hot water for a foot bath. Also try with Circu-Touch or Anxiety Ease.

#### 61. MEMORY SHARPENER BLEND

In a 5 ml glass bottle, combine 30 drops Basil, 30 drops Rosemary, 18 drops Lemon and 18 drops Black Pepper. Add 15 drops to EG's Pocket Inhaler or 5-10 drops to your diffuser.

#### 62. TEETH GRINDING

Combine 6 drops Lavender or Circu-Touch to 1/2 oz of an EGCO. Massage into the soft spot just below your earlobe each night before bed. Alternatively, diffuse 5-10 drops in your diffuser just before bedtime.

#### 63. JAW TENSION

Combine 6 drops Massage Therapy with 1/2 oz of an EGCO. Massage into the soft spot just below your earlobe to release tension in the jaw area.

#### 64. COLD & FLU

Combine 5-10 drops of Fighting Five or Guardian with 1/2 oz of an EGCO. Apply to the bottom of the feet to help boost the immune system.

#### 65. MENSTRUAL CRAMPS

Combine 6 drops Clary Sage, Lavender or Sweet Marjoram with 1/2 oz Evening Primrose. Massage over lower abdomen in a clockwise direction. After application, place a warm, moist hand towel over the abdomen for 10-15 minutes.

#### 66. LADIES MONTHLY MOODINESS

Add 12 drops PMS Ease or Gal Pal to 1 oz Argan oil. Massage gently over the abdomen area.

#### 67. SETTLING THE STOMACH

Combine 3 drops Grapefruit, 5 drops Ginger and 4 drops Sweet Orange with 1 oz of an EGCO. Massage the mixture in a clockwise direction over the abdomen.

#### 68. HEADACHES

Add 15 drops Peppermint to EG's Pocket Inhaler, taking deep breaths as needed. Alternatively, combine 2-3 drops Peppermint and 1 tsp of an EGCO and massage into the location of pain.

#### 69. ACHING JOINTS/TIRED MUSCLES

Combine 14 drops Eucalyptus, Basil or Lavender with 1/2 oz of an EGCO. Massage over the affected muscles/ joints.

#### 70. NECK PAIN

Combine 4 drops Helichrysum, Lavender, Elemi or Litsea with 1/2 oz of an EGCO. Massage mixture into the neck.

#### 71. CIRCULATION PROBLEMS

Combine 5 drops Cypress or Spruce with 1 tsp of Coconut. Mix into 1 oz Epsom salts. Add 1-2 tbsp of the mixture to warm bath water.

#### 72. IMPROVE CIRCULATION

Combine 4 drops Black Pepper, 6 drops Plai, 8 drops Sweet Marjoram and 1 oz Apricot Kernel. Massage over the legs and arms up to twice a day.

#### 73. CUTS, SCRAPES & SCRATCHES

Add 2 drops each Tea Tree and Lavender to a 10 ml roller bottle. Fill to the shoulder of the bottle with an EGCO. Clean and roll over affected area.

#### 74. COOLING & PROTECTING THE BODY

Combine 15 drops Eucalyptus, Purify or Immunity with 2 oz of an EGCO. Add a few drops of the mixture to warm bath water to cool the body in summer and protect in winter.

#### 75. BRING A FEVER DOWN

Add 12 drops Peppermint to a 1 oz spray bottle. Fill to the shoulder of the bottle with water. Shake well and mist over back of neck and torso, as needed. NOTE: For use on children, use 6 drops Lemon instead of 12 drops Peppermint.

#### 76. STEAM INHALATION FOR THE LUNGS, NASAL PASSAGES & SINUSES

Add 2 drops Deep Breath to a bowl of steaming water. Place your face over the steam, using a towel draped over your head and bowl, holding the steam in. Inhale deeply several minutes. Alternatively, combine 2 drops Deep Breath and 1 tsp EGCO and massage over the chest and throat.

#### 77. MUSCLES & JOINTS

Combine 4 drops Celery Seed, 6 drops Clary Sage, 8 drops Copaiba and 1 oz of Cucumber Seed. Massage over affected muscles and joints twice a day.

#### 78. RESTFUL SLEEP

Place a cotton ball with 1-2 drops of Chamomile (Roman) and Lavender next to your pillow.

#### 79. RESTFUL SLEEP #2

Diffuse Sleep Ease or Good Night with Edens Garden Thera Lux Nebulizer Diffuser.

#### 80. RESTFUL SLEEP #3

Add 5-6 drops Cedarwood, Lavender, Sandalwood, Valerian or Vetiver to a 1 oz spray bottle. Fill to the shoulder of the bottle with water. Mist your pillow lightly before going to sleep. Shake well before each use.

#### 81. SLEEP WELL BATH

Combine 2 drops Chamomile (Roman), 1 drop each of Lavender, Sandalwood and Sweet Marjoram, 1 tsp Wheat Germ EGCO and 1 tsp Epsom salt and stir well. Add to tub and agitate to EGCO thoroughly disperse, then soak for 30 minutes.

## 82. ARTHRITIS OR STIFF JOINTS

Combine 7 drops each of Cypress and Copaiba with 1/2 oz of Tamanu EGCO. Massage the mixture into the affected area.

## 83. INSECT BITES

Combine 5 drops each Tea Tree and Lavender (Spike) to a 10 ml roller bottle. Fill to the shoulder of the bottle with an EGCO and apply as needed.

## 84. ACHEs & PAINS

Combine 10 drops Copaiba, 3 drops Eucalyptus and 3 drops Peppermint with 1 oz of Sunflower EGCO. Massage the mixture over the affected area twice a day.

## 85. EASE BREATHING

Combine 4 drops Cajeput, 6 drops Kunzea and 2 drops Lemon with 1 oz of an EGCO. Alternatively, try 12 drops Breathe Easier with an EGCO. Massage over the chest area before going to bed to ease breathing.

## 86. TOENAIL FUNGUS

Combine 12 drops Manuka with 1 oz aloe vera gel. Wash and dry affected toenail thoroughly. Use a cotton swab to spread across the affected toenail area. Repeat twice daily. Wash hands after each treatment.

## 87. YOGA MAT CLEANSER

Combine 3 drops Lavender, 6 drops Sweet Orange and 3 drops Tea Tree with 2 oz water in a spray bottle. Shake and mist over your yoga mat. Wipe clean with a towel before and after each use. Alternatively, try using Meditation or Aroma Fresh.

## 88. CURB THE APPETITE

Inhale the aroma of Grapefruit from a personal inhaler or directly from the bottle to help curb the appetite and lessen the impulse to overeat.

## 89. OVERINDULGENCE IN FOOD OR DRINK

Combine equal parts of Lavender or Grapefruit in a 10 ml amber glass bottle and use in Edens Garden Thera Lux Diffuser.

## 90. COFFEE "REPLACEMENT"

(ie as a natural stimulant) Diffuse 5-10 drops Coffee oil, Stay Alert or Purify. Alternatively, add 15 drops to an inhaler and use as needed.



## HOME

## 91. REFRESHING KITCHEN SURFACE CLEANER

Add 2-5 drops Lemon directly to a damp sponge. Use it to wipe countertops and cutting boards to help combat bacteria and germs.

## 92. SIMPLE KITCHEN SINK SCRUB

Combine 5 drops Bergamot, 5 drops Lime, 1/2 cup baking soda, 1/4 cup hydrogen peroxide in a small bowl and stir. Apply the mixture to the inside of the sink and scrub. Rinse with warm water.

## 93. LAUNDRY DETERGENT

Add 30 drops Citrus Cream to 3 cups borax, 3 cups washing soda, 3 cups baking soda and 2 grated bars of soap in a bowl. Mix well and use 1-2 tablespoons per load.

## 94. TRASH CAN DEODORIZER

Add 1-3 drops Aroma Fresh or Sunshine Spice onto a cotton ball and place it on the bottom of the trash can to help eliminate odors and germs.

## 95. TOILET ROLLS

Place 3-6 drops Good Morning or Relaxation on the inside of the cardboard tube of a roll of toilet paper. The aroma will fragrance the bathroom with every turn.

## 96. GROUT SCRUB

Combine 10 drops each of Lemongrass, Pine, Tea Tree, 1 cup baking soda, 3 tbsp liquid dish soap and 1 tbsp white vinegar. Mix well, then place a small handful of the scrub on an abrasive sponge and clean grout.

## 97. SIMPLE CARPET DEODORIZER

Combine 12 drops Lavender with 1 oz baking soda. Mix well and sprinkle the mixture over carpets. Let sit for 15-20 minutes, then vacuum. Alternatively, try Aroma Fresh, Spring Garden or Uplift.

## 98. COZY AROMATIC FIREPLACE

Add 5 drops Douglas Fir, Frankincense or Sage to a medium-sized, dry log. Leave for at least 15 minutes and make sure the essential oil has soaked in before adding the log to a lit fire.

## 99. REMOVE CIGARETTE SMELL

Combine 4 drops Rosemary, 4 drops Tea Tree, 4 drops Kunzea and 8 drops Lemon with 1 oz water in a spray bottle. Spray liberally around the affected area. Shake well before each use.

## 100. OUTDOOR FURNITURE SCRUB SPRAY

Combine 20 drops each of Juniper Berry, Lemon, Pine and 2 tbsp white vinegar in an 8 oz spray bottle. Top off with water. Shake well and spray patio furniture liberally, clean and scrub with a heavy rag.

## 101. FRIDGE REFRESHER

Combine 5-10 drops Lime, Grapefruit, Bergamot or Lemongrass to a small bowl of water. Wipe down the fridge or freezer with the water.

## 102. ANT & PEST AWAY

Add 2-4 drops Peppermint on a cotton ball and place in locations where you have had problems with ants or mice. The strong aroma helps disrupt scent trails and discourage them from coming back.

## 103. SHOO FLY DON'T BOTHER ME

Place 2 cups dried flowers or potpourri in a decorative bowl. Sprinkle 10-15 drops Citronella over the dried flowers. Place in an area where you want to ward off flying insects.

## 104. SPONGE REFRESHER

Sprinkle a few drops Lemon, Lavender or Blood Orange on your sponge. Place in the top rack of your dishwasher to disinfect and leave a fresh aroma.

## 105. GENERAL PURPOSE & DISINFECTING CLEANER

Add 20 drops each Eucalyptus, Lemon and Douglas Fir, along with 1 oz white vinegar to a 2 oz spray bottle. Fill to the shoulder of the bottle with water. Shake well before each use. Can be used on glass surfaces, windows, kitchen counters, bathroom surfaces and inside your refrigerator.

## 106. BATHROOM REFRESHER

Add 1-5 drops Grapefruit, Lavender or Shine to a cotton ball and place behind toilet.

## 107. WINDEX REPLACEMENT

Combine 12 drops Cleaning blend, 1 oz white vinegar and 1 oz water in a spray bottle. Shake well to combine. Use to clean mirrors and windows.

## LITTLE ONES

All blends in this section are based on 1% dilution. If using these blends with young children, reduce the blend to 0.5%. All EGCOs are suitable for use with children. In addition, it is important to consult with a certified aromatherapist for specific circumstances. These tips are for informational purposes only.

## 108. MONSTER SPRAY

Have a little one who's afraid of monsters at bedtime? Fill a spray bottle with 1 oz of water and have your child assist you with adding 3 drops each of Lavender and Wild Orange to the water. Shake well and place the bottle on your child's bedside table or where they can reach, if scared in the night. Your little one can also decorate the bottle with fun labels.

## 109. BLISTERS

Combine 2 drops each of Chamomile (Roman), Lavender, Tea Tree and 1 oz of Cucumber Seed. Apply to blistered area up to twice a day, as needed.

## 110. BRUISES

Combine 3 drops Helichrysum and 3 drops Lavender (Greek) with 1 oz of Neem. Apply to the affected area, 1-2 times daily or as needed.

## 111. SUNBURN (FIRST DEGREE WITH NO BLISTERS)

Combine 3 drops Chamomile (Roman) and 3 drops Lavender with 1 oz of aloe vera gel. Apply gently over the affected area.

## 112. SPRAIN

Combine 1 drop Chamomile (Roman), 3 drops Helichrysum, 2 drops Lavender and 1 oz of an EGCO. Apply over the affected area.

## 113. POISON IVY

Combine 4 drops Manuka and 2 drops Lavender with 1 oz aloe vera gel. Clean the skin and apply to the affected area.

## 114. GO AWAY BUGS

Combine 3 drops Geranium, 3 drops Lemon Eucalyptus with 1 oz of an EGCO. Apply to exposed skin as needed.

## 115. HYPERACTIVITY IN CHILDREN

Use Focus, Focus, Focus, Tranquility or Calm 'Em Down in the Edens Garden Ceramic Bloom Diffuser.

## 116. BEE STING OR INSECT BITE

Combine 3 drops Lavender or Tea Tree with 2 tsp of Tamanu. Apply to the bee sting or insect bite.



### 117. EARACHE

Combine 2 drops Chamomile (German), 4 drops Lavender and 1 oz of an EGCO. Massage a small amount of the mixture to the back of the affected ear.

### 118. BATH TIME

Combine 6 drops Rose Geranium or Sound Asleep with 1 oz of Sunflower EGCO. Add 1 tbsp of the mixture to a bath for relaxation before bed.

### 119. COUGHS & COLDS

Combine 3 drops Blood Orange, 2 drops Cilantro, 1 drop Douglas Fir and 1 oz of an EGCO. Massage over the chest area before bed.

### 120. TUMMY TAMER

Combine 3 drops Dill Weed, 3 drops Grapefruit with 1 oz Sweet Almond. Massage gently over the abdomen in a clockwise direction.

### 121. CLOTH DIAPER LAUNDRY BOOSTER

Combine 4 drops Lavender and 4 drops Tea Tree with 1/4 cup washing soda. Add to your wash cycle for an extra boost.

### 122. DIAPER PAIL SPRAY

Combine 15 drops each of Lemon and Pine in a 4 oz spray bottle and top off with water. Spray liberally onto the diaper pail. Shake well before each use. Do not use on skin or on changing pad.

### 123. STUFFY NOSE

Diffuse 5-10 drops Fir Balsam, Cypress, Breathe In, Breathe Out, or Spruce. Alternatively, add 1 drop to 1 teaspoon of an EGCO and massage over the chest and throat.

## MEN

### 124. MACHO MAN BALM

In a double boiler, melt 1 oz beeswax. Once melted stir in 3 oz Jojoba then remove from heat. Add 5 drops Cypress, 6 drops Juniper Berry and 15 drops Patchouli. Pour into four 1 oz tins, add lids, and allow an hour to fully cool and harden before use. Soften with fingertip and apply balm to wrists and neck for a natural cologne.

### 125. LACK OF SLEEP RECOVERY BLEND

Combine 2 drops Tangerine, 1 drop Rosemary and 1 tsp Coconut oil. Apply to skin after a long night out.

### 126. MANLY BODY OIL

Add 5 drops Blue Cypress, 6 drops Juniper Berry and 15 drops Patchouli to 3 oz Jojoba in a bottle. Stir well and apply to damp skin after shower.

### 127. WOOSY BEARD OIL

Add 2 drops Bergamot, 6 drops Cedarwood (Atlas), 8 drops Douglas Fir, 3 drops Vetiver and 5 drops Silver Fir to a 2 oz bottle. Fill to the shoulder of the bottle with Prickly Pear Seed EGCO. Shake well before use. Massage 5-7 drops to the beard area and smooth over the hair as needed.

### 128. CALL OF THE WILD SHOWER GEL

Combine 12 drops Eucalyptus, 8 drops Ginger, 40 drops Peppermint, 12 drops Magnolia and 8 oz unscented shower gel. Mix thoroughly and apply a small amount to a shower pouf or washcloth.

### 129. DATE NIGHT BLEND

Combine 2 drops Cedarwood, 8 drops Sweet Orange, 2 drops Ylang Ylang and 4 tsp of Sweet Almond. Apply to wrists or collarbone before you take your special someone out.

### 130. MUSTACHE WAX

In a double broiler, heat 20 ml grated beeswax and allow to melt. Once melted, stir in 5 ml Coconut oil and 5 ml Jojoba then remove from heat. Add 3 drops Clary Sage, 3 drops Elemi and 6 drops Sandalwood. Pour the mixture into a small jar and allow to cool. Use when you are going for a particular style that requires molding into place or when your whiskers just can't be tamed.

### 131. ROSEMARY MINT SHAVE CREAM

In a small saucepan over low heat add 1/3 cup shea butter. Once shea butter is almost melted add 1/3 cup Coconut oil and stir until melted. Remove from heat and transfer to bowl. Combine 16 drops Peppermint, 32 drops Rosemary with 1/4 cup Jojoba and stir. Place the bowl in the refrigerator and chill until solid. Remove from refrigerator and whip using a hand beater or stand mixer until light and fluffy. Spoon into jar, apply lid and keep in a cool dry place.

### 132. MEN'S AFTERSHAVE SPLASH

Combine 6 drops Frankincense & Myrrh and 1 oz Jojoba. Apply after shaving for a fresh, masculine aroma.

### 133. WOODSMAN HAIR WAX

Fill a saucepan with 1.5" of water, bring to boil. In a separate glass jar, combine 1.5 tsp beeswax, 1 tsp shea butter and 1.5 tsp Coconut oil. Place jar in saucepan. Stir well then remove from heat and let rest for 2-4 minutes before adding 10 drops Peppermint and 10 drops Douglas Fir. Pour into a tin or jar. After 2 hours it is ready to use.

## SPIRITUAL

### 134. CLARITY OF MIND

Inhale 3 deep breaths of Meditation before bed time and focus on your day, to clear the mind and calm the emotions.

### 135. CENTER & RELAX

Before yoga practice, try inhaling Be Still, Worry Less or Tranquility. These blends contain grounding and relaxing oils and help you focus.

### 136. EXPERIENCE ANCIENT AROMAS

Frankincense and Myrrh were 2 of the 3 gifts presented to baby Jesus by the 3 wise men (the third gift was gold). Add 4 drops Frankincense & Myrrh blend and 1 drop of Sweet Orange to an aromatherapy diffuser.

### 137. THE GREAT KING DAVID'S PRAYER

The great King David used Hyssop when he prayed the prayer in Psalm 51:10 "Create in me a clean heart oh God and renew a right spirit within me..." Apply 1 drop Hyssop with 3 tsp of an EGCO to temples and neck and pray the Psalm.

### 138. QUEEN ESTHER'S BRIDAL BLEND

Queen Esther (*Esther 2:12*) was massaged with Myrrh for 6 months to prepare for her marriage to King Xerxes. Combine 12 drops Myrrh with 1 oz EGCO and use in a massage.

### 139. MEDITATION

Spikenard was poured over Jesus' feet. Inhale ancient and spiritual Spikenard while meditating on the life of Jesus.

### 140. GARMENT & CLOTHING REFRESHER

In Psalm 45:7-8, Cassia and Myrrh are mentioned to be used to scent garments. Combine 24 drops Cassia, 24 drops Myrrh, 1/2 cup distilled white vinegar, 1/2 cup water and shake well. Spray on garments as needed.

## TRAVELING

### 141. GERM FIGHTER

Combine 24 drops Fighting Five or Guardian with 2 oz water in a spray bottle. Mist in front of the air-conditioning unit, on the bed covers, sheets, pillowcases or even on public toilets when in a hotel to help combat germs. Shake well before each use.

### 142. KEEP THE CAR SMELLING NICE

Try Edens Garden Electric Car Diffuser. Add 2-4 drops Fearless, Joy, Magnolia, Spring Garden or Uplift to the pad provided and insert the pad into the diffuser.

### 143. CIRCULATORY LEG RUB FOR LONG TRIPS

Add 9 drops of Muscle Relief or Guardian to 1 tbsp of an EGCO and massage onto legs or achy areas to keep circulation moving and help prevent blood clots.

### 144. CAR FRESHENER SPRAY

Combine 14 drops Lemon, 10 drops Pine and 2 oz water in a spray bottle. Spritz around your car as an alternative to a commercial air freshener. Shake well before each use.

### 145. AFRAID OF FLYING?

Combine 2 drops Chamomile (Roman), 2 drops Lavender (Greek) and 1/2 oz of an EGCO. Take with you on planes to help calm yourself (make sure that you comply with the 3-1-1 TSA regulations for traveling with liquids). Place a small amount of the mixture on your wrist and inhale.

### 146. MOTION SICKNESS

Combine 4 drops Peppermint with 1/2 oz of an EGCO. Massage the mixture over the abdomen area in a clockwise direction. Alternatively, add 15 drops to EG's Pocket Inhaler.

### 147. TRAVEL BUDDY BLEND

To a 10 ml roller bottle, add 1 drop each Lavender, Grapefruit, Peppermint and Ginger. Fill to the shoulder of the bottle with an EGCO. Roll on wrists, temples and collarbones. Also, apply during air travel to allay the symptoms of jet lag.

### 148. QUIET THE QUEASINESS

When traveling by car, apply 2 drops Lavender and 2 drops Peppermint to cotton balls and place on back and front window ledges. These will help prevent nausea and also act as a calmativ.

### 149. CALMING COMMUTER'S SPRAY

Combine 1 drop Clary Sage, 1 drop Geranium, 3 drops Lavender, 1 drop Peppermint and 1 oz water in a spray bottle. Shake well and spritz car interior prior to commute or during traffic jams. Fantastic for home and office use.

### 150. INSOMNIA & TROUBLE SLEEPING

Combine 10 drops Chamomile (Roman), 5 drops Clary Sage and 5 drops Bergamot and use with a personal inhaler.