



***Clove Bud • Eucalyptus
Lavender • Peppermint
Sweet Orange • Tea Tree***

100% PURE ESSENTIAL OILS

IMPORTANT Precautions for using essential oils properly & safely:

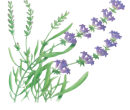
1. Never apply undiluted to skin.
2. Dilution recommendations: 1-2 essential oil drops per teaspoon of carrier substance (sweet almond oil, jojoba oil, etc.) for children, pregnant or nursing mothers and sensitive individuals. 2-3 essential oil drops per teaspoon of carrier substance for adults or individuals with stronger constitutions.



essential oil ————— DILUTION TABLE

APPLICATION	ESSENTIAL OIL DROPS	AMOUNT OF CARRIER
Massage	6	1 oz. oil
Compress	24	4 oz. water
Bath	12	¼ cup bath salt or oil <i>(dissolve in bath water)</i>
Body Mist	24	4 oz. water
Room Spray	48	4 oz. water
Room Diffusion	12	1-2 oz. water <i>(in Aura Cacia® candle lamp)</i>

Aura Cacia® searches all over the globe to find the purest and best plant sources for our essential oils. We seek out sustainable farms that qualify for Well Earth™ certification and ensure that every shipment passes a rigorous, five-point test to verify product purity.



Lavender essential oil is distilled from the herb of the same name when it is in full flower. The essence smells of soft blossoms, sweet hay and warm summer air.

Aromatherapy: Lavender provides calming and relaxing aromatherapy benefits. Inhaling the aroma of lavender will help dispel anxiety, and comfort the mind, body, and spirit. Used in a bath or massage application, lavender will only enhance the experience. Lavender vapors help to gently open the breathing while purifying the air.

Personal Care: Lavender oil will gently cleanse & purify the skin if added to unscented body wash, bubble bath or facial wash. Create a balancing toner by adding lavender to a mixture of freshly brewed tea and vinegar. Add lavender to a carrier oil such as sweet almond, jojoba or grapeseed and use as a moisturizing after-shower body oil, soothing bath oil or tension-easing massage oil. Create an exfoliating body scrub by adding granulated sugar to the massage oil. A simple mixture of pure water and lavender oil in a mist application will soothe summer-exposed skin.

Home Care: Add lavender to the laundry rinse cycle, to the dryer sheet and to a mist bottle for ironing. Add to baking soda, sprinkle on carpets, upholstery and drapes then vacuum away odor. Scent a small tissue with lavender and place in vacuum cleaner bag or filter compartment. Create lavender sachets and place in linen and clothes closets to freshen and protect put-away apparel.



Peppermint essential oil is distilled from fresh, peppermint leaves and flower buds. The aroma is fresh, menthol, penetrating, sweet and bracing.

Aromatherapy: Diffuse peppermint or mix with water in a spray mister and use as an air purifier and deodorizer. Get relief from the heat by sprinkling a cold compress with a little peppermint. And clear the head by simply wafting the open bottle of peppermint under the nose. The vapors of peppermint essential oil are reviving, a more natural version of harsh, chemical smelling salts.

Personal Care: The cooling, penetrating, purifying and deodorizing properties of peppermint essential oil lend themselves to foot care. Combine peppermint, Epsom salt and hot water in a foot soak. Create a spa-like foot scrub with peppermint, sugar and coconut oil. Combine peppermint oil, corn starch and/or talcum powder together to create a soothing foot powder. Make a cooling skin toner/purifier that's especially nice for sore, tired feet by combining peppermint and water in a spray mister.

Home Care: Make shoe & sock drawer sachets by applying peppermint essential oil to peppermint tea bags. Peppermint is also said to repel mice, cockroaches and ants. Apply peppermint oil directly to cotton balls and place in areas of the home where these pests persist.



Eucalyptus essential oil is the distilled, medicinal essence of fresh eucalyptus leaves. The aroma is fresh, camphor, forest-like and penetrating.

Aromatherapy: Eucalyptus oil has a strong medicinal-like aroma that is known for its purifying and clearing aromatherapy benefits. The vapors of eucalyptus essential oil are reviving and help to open the breathing and clear the head. The aroma purifies physical and spiritual space.

Personal Care: Eucalyptus oil has made its way into many over-the-counter pharmaceutical-oriented body care applications. Create a natural version of a chest rub or liniment by adding eucalyptus to a carrier oil such as sweet almond, jojoba, grapeseed or coconut oil.

Home Care: Add a few drops of eucalyptus essential oil to a pan of steaming water to purify stale room air. Sprinkle around the patio to discourage biting insects.



Tea tree essential oil is distilled from the fresh green leaves and twigs of the Australian melaleuca shrub. A different plant from the tea you drink, tea tree has a spicy, fresh therapeutic aroma that reminds some of nutmeg.

Aromatherapy: Tea tree is highly regarded in aromatherapy for its cleansing, purifying and protecting properties. The bracing, spicy-medicinal aroma enlivens the senses and awakens the spirit.

Personal Care: Combine 24 drops with 4 oz. water to create a naturally cleansing application. Boost the cleansing potential of your favorite shampoo, hand or body wash by adding 1-2 drops of tea tree per application.

Home Care: Combine 24 drops with 3 oz. water and 1 oz liquid soap for an easy spray surface cleanser.



Sweet Orange essential oil is expressed from the fresh rind of the same fruit that yields orange juice. Like other citrus oils such as grapefruit and tangerine, sweet orange is manually extracted from the plant instead of the typical steam distillation.

Aromatherapy: Sweet orange is adaptable, being refreshing on the one hand and familiar and comforting on the other. The overall benefit is balancing, inspiring alertness and creativity while soothing anxiety and agitation.

Personal Care: Combine a few drops with each application of unscented liquid soap, shampoo, bubble bath or hand wash to create a pleasantly fresh and gently clarifying cleanse.

Home Care: Add a few drops to the mop bucket to enhance the cleansing power and fresh natural aroma of home cleaning products. Diffuse to create a fresh, fruity deodorized atmosphere in any room.



Clove Bud essential oil is distilled from the dried, unopened flower buds of a tropical tree...it is the same spice used to season baked goods.

Aromatherapy: Clove bud contains the constituent eugenol, the numbing, soothing properties of which have a long history of use in oral care. The spicy, familiar aroma of clove calls to mind baked goods and evokes feelings of comfort and security associated with home.

Home Care: Add several drops to a pan of simmering water. Toss in a few fresh orange slices to create a comforting diffusion.

Home Care: Add a few drops to drains or garbage disposal to purify and deodorize.

Aura Cacia®



pure essential oils

Essential Oils, Bath, Body, Home

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