

Aura Cacia®



pure essential oils

Aromatherapy mists contain water and blends of essential oils. A natural alternative to synthetic air fresheners or personal fragrances, they are easily portable and non-aerosol. Great for home and can be easily stored in a car, purse or desk.

Aromatherapy Mists

PURIFYING & ENERGIZING WORKOUT MIST

Benefits: Energizing

Boost your motivation and energy during your next workout with this energizing blend.

- 4 ounces distilled water
- Spray bottle
- 8 drops Aura Cacia® lemon essential oil
- 8 drops Aura Cacia® peppermint essential oil
- 5 drops Aura Cacia® rosemary essential oil

DIRECTIONS: Combine water and essential oils in spray bottle. Shake vigorously and use as an air freshener; exercise equipment purifier or spray into workout towel.

LEMONGRASS SKIN TONIC

Benefits: Purifying

Aromatherapists value lemongrass for its ability to both calm and revitalize, to relieve tension, invigorate, and inspire. The tall tropical grass fills this tall order beautifully.

- 4 ounces distilled water
- Spray bottle
- 12 drops Aura Cacia® lavender essential oil
- 2 drop Aura Cacia® clary sage essential oil
- 2 drop Aura Cacia® chamomile essential oil
- 8 drops Aura Cacia® lemongrass essential oil

DIRECTIONS: Combine water and essential oils in spray bottle. Shake vigorously. Close your eyes, and mist your skin. Keep this in the refrigerator, and you'll have a cool, refreshing lift.

CALMING MIST SPRAY

Benefits: Relaxing

Create a calm, cool and collected atmosphere with a few pumps of this subtle, sweet, herbal/floral aroma.

- 4 ounces distilled water
- Spray bottle
- 8 drops Aura Cacia® lavender essential oil
- 8 drops Aura Cacia® geranium essential oil
- 8 drops Aura Cacia® clary sage essential oil

DIRECTIONS: Combine water and essential oils in spray bottle. Shake vigorously and mist over your body and atmosphere around you.

