

Aura Cacia®



pure essential oils



FACE MASSAGE

Give your face a healthy glow with a regular massage of nourishing skin-care oil and essential oils suitable for your skin type.

INGREDIENTS:

- 2-3 drops Aura Cacia essential oil
- 1 teaspoon Aura Cacia skin care oil
- 1 drop vitamin E

WHICH OILS?

- For oily skin, try 2 drops bergamot with 1 drop clary sage.
- For dry skin, use 2 drops sandalwood and 1 drop geranium.
- And for an extra rich night oil, use 6 drops carrot seed, 3 drops rose absolute and 1 drop avocado oil.

DIRECTIONS:

- Add the essential oil to the skin care oil. Add vitamin E. Apply oil with your fingertips, using small circular motions, starting at the chin and working up to the forehead.

BENEFITS:

- Purifying

For more recipes visit www.auracacia.com

Aura Cacia®



pure essential oils



REVIVE AND REFRESH

INGREDIENTS:

3 drops Aura Cacia sweet orange essential oil

1 drop Aura Cacia clove essential oil

1 drop Aura Cacia wintergreen essential oil

DIRECTIONS:

Blend in a small glass or drop onto a square of cotton and inhale deeply.

Add to your favorite candle burner or diffuser.

To make a cold-weather foot warmer, add 1 tablespoon of slightly melted Aura Cacia Cocoa Butter and apply to the feet just before putting on your socks.

BENEFITS:

Energizing; Reviving

For more recipes visit www.auracacia.com

Aura Cacia®



pure essential oils



BREATHE DEEP

INGREDIENTS:

3 drops Aura Cacia eucalyptus essential oil

5 drops Aura Cacia cardamom essential oil

DIRECTIONS:

Blend in a small glass or add to a steaming bowl of hot water and inhale deeply. To make a chest rub, add 1 teaspoon of Aura Cacia Lavender Massage Cream.

BENEFITS:

Energizing; Reviving

For more recipes visit www.auracacia.com

Aura Cacia®



pure essential oils



WINTERTIME WARM-UP

INGREDIENTS:

- 1 drop Aura Cacia balsam fir needle essential oil
- 2 drops Aura Cacia juniper berry essential oil
- 2 drops Aura Cacia bay essential oil

DIRECTIONS:

- Blend in a small glass or drop on to a square of cotton and inhale deeply.
- Add to your favorite diffuser or candle burner.
- To add to the bath, blend first with 1 tablespoon of Jojoba Oil, then add to running bath water.

BENEFITS:

- Energizing; Invigorating

For more recipes visit www.auracacia.com