

Aura Cacia®



pure essential oils



PURIFYING LEMONGRASS SCRUBBING POWDER

INGREDIENTS:

- 2 tablespoons baking soda
- 2 teaspoons sea salt (table grind)
- 1 teaspoon Borax
- 10 drops Aura Cacia lemongrass essential oil
- 4 drops Aura Cacia tea tree essential oil

DIRECTIONS:

Mix dry ingredients. Sprinkle with essential oils and just enough water to slightly dampen powder. Safe for metal pots and pans.

BENEFITS:

Purifying

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AIR PURIFYING LEMONGRASS DIFFUSION

INGREDIENTS:

2 ounces water

9 drops Aura Cacia lemongrass essential oil

3 drops Aura Cacia bergamot essential oil

DIRECTIONS:

Place ingredients in the bowl of a candle lamp diffuser.

Light candle.

BENEFITS:

Purifying

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WINTERTIME CHEER MINERAL BATH

INGREDIENTS:

- 1 cup sea salt
- 1 cup Epsom salt
- 1 cup sodium bicarbonate
- 48 drops teaspoon Aura Cacia eucalyptus essential oil
- 48 drops Aura Cacia frankincense essential oil
- 48 drops Aura Cacia tangerine essential oil

DIRECTIONS:

Combine dry ingredients, then blend in the essential oils. Divide mix up into small airtight jars or tins. Include instructions to add 1 - 2 tablespoons to bath and give extras to friends who could use a little cheering up!

BENEFITS:

Exhilarating; Uplifting

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