

Aura Cacia.



pure aromatherapy

Spicy Aromatherapy Tree Ornaments

- 1 cup ground cloves
- 1 cup cinnamon powder
- 2 cups applesauce
- 2 teaspoons craft glue
- toothpicks
- ribbon
- 10 drops Aura Cacia® clove bud essential oil
- 10 drops Aura Cacia® cinnamon leaf essential oil
- ¼ teaspoon vanilla extract (or Aura Cacia® Vanilla Precious Essential™ oil)

Measure clove and cinnamon powder. Add essential oils and vanilla and mix well. Mix in applesauce and glue to form a dough. (If too wet, add more spices. If too dry, add more applesauce.) Roll out dough and use cookie cutters to cut out shapes. Make a hole for the ribbon. Bake in an oven set to 125° until they are dry. Let cool. Add ribbon and hang the ornaments. *Tip: The aroma of the finished ornament can be renewed with a few drops of essential oil.*

For decoration only - not human consumption.

PLANT PART USED

flower buds

SOURCE

Indonesia, Sri Lanka

AROMA PROFILE

spicy, fresh, sweet

AROMATHERAPY BENEFITS

warming, sense-enlivening



Clove Bud

Syzygium aromaticum

Clove bud is an activating oil with a sweet, spicy aroma that's familiar and comforting. Commonly used in mouthwashes and for gargling, it's also a desensitizing agent used in oral-care products. Clove bud adds warmth to blends containing lavender, bergamot, and clary sage. It's also an excellent oil for diffusion (especially in combination with sweet orange) when you're seeking to create a cheerful, positive atmosphere.

For more information and recipes for every season visit www.auracacia.com



M524929