

Aura Cacia.



*pure essential oils*



## BRIGHTER DAYS SWEET ORANGE DIFFUSION

This recipe creates a wholesome, positively charged atmosphere through its floral and refreshing aroma.

### INGREDIENTS:

- 1 ounce water
- 3 drops sweet orange essential oil
- 3 drops bergamot essential oil
- 1 drop peppermint essential oil

### DIRECTIONS:

Place ingredients in the bowl of a candle lamp diffuser. Light candle.

### BENEFITS:

Energizing, Balancing

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## PURIFYING SWEET ORANGE TUB & TILE SCRUB

Utilize the cleaning and disinfecting benefits of essential oils and enjoy a pure aromatherapy experience.

### INGREDIENTS:

- 2 tablespoons baking soda
- 2 teaspoons sea salt (table grind)
- 15 drops Sweet Orange essential oil
- 3 drops Peppermint essential oil
- 3 drops Tea Tree essential oil

### DIRECTIONS:

- Mix dry ingredients and sprinkle mix with essential oils.
- Sprinkle on tub & tile surfaces and gently scrub then rinse.

### BENEFITS:

- Purifying

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## ENERGIZING SHOWER GEL

A vigorous, aromatic shower featuring energizing essential oils is a great way to wake up to the work day. This recipe is especially effective in the midst of a strenuous work week, to combat yesterday's fatigue and prepare for today's challenges.

### INGREDIENTS:

1 Palm full of any commonly available, unscented liquid oil-based, (Castile-type) soap.

Add 5 drops of invigorating Aura Cacia essential oils such as Peppermint, Rosemary, Tangerine or Grapefruit.

### DIRECTIONS:

Use a sponge or shower scrunchy to work up the fragrant lather.

Follow shower with an all-over application of Jojoba Oil to still-wet skin, (the best, most natural moisturizer you'll ever use!)

### BENEFITS:

Energizing

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## PURIFYING & DEODORIZING YOGA MAT SPRAY

A natural spray of purifying and deodorizing Aura Cacia essential oils will help you care for your mat while it also provides an aroma that centers your attention on your practice.

### INGREDIENTS:

To each ounce (approximately ¼ cup) of water, add 18 drops of centering, purifying Aura Cacia oils such as: Sandalwood, Tea Tree, Sweet Orange and Eucalyptus.

### DIRECTIONS:

Place water and oils in a spray bottle. Shake well, spritz mat and wipe clean.

### BENEFITS:

Purifying, Centering

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## WARMING MUSCLE SOOTHER AFTER-EXERCISE MASSAGE OIL

A post-workout reward of warm muscle manipulation will inspire you to maintain your exercise routine because it not only gives you something to look forward to after your hard work, but helps eliminate any soreness or ill-effects from overdoing it.

### INGREDIENTS:

To each ounce (approximately ¼ cup) of Aura Cacia Skin Care Oil, add 18 drops of warming, soothing essential oils such as: Nutmeg, Cardamom and Eucalyptus.

### DIRECTIONS:

Mix and use as a massage oil after workout.

For a shorter, friction-generating massage choose from light, more easily absorbed oils like: Grapeseed or Jojoba. For a longer massage with extended glide and slipperiness choose from heavier oils such as Sweet Almond or Apricot Kernel.

### BENEFITS:

Relaxing

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