

Aura Cacia®



*pure essential oils*

## HERBAL BODY POWDER

### INGREDIENTS:

- 3 tablespoons cornstarch
- 6 drops patchouli essential oil
- 5 drops lavender essential oil
- 5 drops sweet orange essential oil

### DIRECTIONS:

Mix oils and cornstarch in a small container. Use the back of a spoon to break up any clumps. Store powder in an upcycled herb or spice bottle. Sprinkle a small amount into the palm of your hand and pat onto skin.

### BENEFITS:

Balancing



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## PATCHOULI & ROSE BODY SPRAY

### INGREDIENTS:

- 4 ounces purified water
- 3 drops rose otto or rose absolute essential oil
- 19 drops bergamot BF essential oil
- 19 drops patchouli essential oil
- 19 drops lemon essential oil
- Small spray bottle or atomizer

### DIRECTIONS:

Place ingredients into a spray bottle. Shake vigorously and lightly mist over skin.

### BENEFITS:

Relaxing

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## MEN'S BODY WASH

### INGREDIENTS:

- 4 ounces unscented liquid soap (castile-type)
- 20 drops bergamot BF essential oil
- 16 drops bay essential oil
- 8 drops vetiver essential oil
- 4 drops neroli essential oil

### DIRECTIONS:

Mix ingredients in a small container. Use a sponge or shower scrunchy to work up the fragrant lather. Follow up with an all-over application of grapeseed or jojoba oil to still-wet skin.

### BENEFITS:

Energizing, Uplifting

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## ROSEMARY HAIR OIL & SCALP MASSAGE

Rosemary essential oil has long been used as a stimulating hair and scalp tonic. This oil is a great treatment to apply before shampooing.

### INGREDIENTS:

- 4 ounces jojoba oil
- 15 drops rosemary essential oil
- 15 drops nutmeg essential oil
- 15 drops sweet orange essential oil

### DIRECTIONS:

Mix ingredients into the palm of your hand and massage vigorously into scalp and hair just before shampooing.

### BENEFITS:

Balancing

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