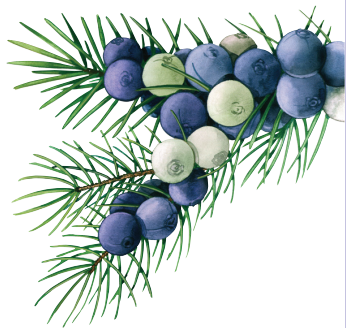


Aura Cacia®



pure essential oils



CLEAR VISION AROMATHERAPY DIFFUSION

INGREDIENTS:

- 4 drops juniper berry essential oil
- 3 drops lemon essential oil
- 2 drops spearmint essential oil
- 2 ounces distilled water
- candle lamp diffuser

DIRECTIONS:

- Add water to candle lamp. Add drops of essential oils to water.
- Light candle. Breathe.

BENEFITS:

- Uplifting

For more recipes visit www.auracacia.com

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pure essential oils



WARMING MASSAGE BALM

INGREDIENTS:

- 5 drops juniper berry essential oil
- 4 drops balsam fir needle essential oil
- 3 drops nutmeg essential oil
- 3 tablespoons shea butter
- 1 tablespoon sweet almond oil

DIRECTIONS:

Place shea butter and sweet almond oil into small pan and warm over gentle heat just until melted. Remove from heat and let cool slightly. Add essential oils. Allow to cool and set up then apply a tablespoon at a time during massage.

BENEFITS:

Warming

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COCOA BUTTER WINTERTIME BODY MOISTURIZER

Fair Trade Certified™ guarantees that the growers of Aura Cacia's cocoa butter get a fair price for their product, while you end up with some guilt-free natural body care. Aura Cacia Fair Trade Certified™ Organic Cocoa Butter is minimally refined so it retains all of the luxurious aroma and skin moisturizing nutrients of the cocoa bean.

INGREDIENTS:

- 2 cups Aura Cacia Sweet Almond Oil
- 1 container Aura Cacia Fair Trade Certified™ Organic Cocoa Butter
- 1 1/2 teaspoons Aura Cacia Vanilla Precious Essentials Oil

DIRECTIONS:

Place cocoa butter in freezer for 10 minutes or until it pops out of the container easily, then place in a sauce pan and melt over gentle heat. Add sweet almond oil and continue heating just until liquid has clarified. Remove from heat and stir in vanilla precious essential oil. Let cool into a salve-like cream. Use as an all over body moisturizer. For a creamier consistency try whipping the mixture during the cool down phase.

BENEFITS:

Purifying; Passion

For more recipes visit www.auracacia.com