



Personal Care

Shopping List:

Spice Jar, Foaming Soap Pump

Small Glass Mason Jar,

4 oz. Glass Spray Bottle, Baking Soda,

Aspirin (generic), Coffee Beans,

Therapeutic Grade Essential Oil,

Pure Organic Coconut Oil.

Foaming Soap Pumps

(Needed: Foaming Pump {recycled if possible}, Water, liquid Castile Soap)

Fill your foaming pump ½ full with water. Add liquid castile soap to ¾ full. Add 20 drops of essential oil of your choice if unscented castile soap is used. Shake well and enjoy as a foaming hand wash, face wash, and/or all over body wash!

All Over Body Spray (Needed: 4 oz. Glass Spray Bottle, Organic Vodka or Distilled Water, Favorite Therapeutic Grade Essential Oil)

Fill 4 oz. glass spray bottle nearly full with Organic Vodka **or** Distilled Water. Add your favorite **therapeutic grade** essential oil in 10 drop increments up to 40 until desired scent is achieved.. Replace spray top and shake, pounding against the palm of your hand for about 1 minute.

Age Defying Facial Scrub

(Needed: Spice jar, Aspirin, Coffee beans, &/or Therapeutic Grade Lavender essential oil)

In a coffee grinder add approximately ¼ cup of plain aspirin and approximately 1 TBSP of coffee beans. Grind to a fine gritty powder. Fill spice jar with ground mixture. You may substitute the coffee with **lavender** essential oil. Mix about 10 drops to the ground aspirin and fill spice jar. Both mixtures work great as a refreshing and age defying scrub. Place a quarter size amount into your palm and add enough warm water to make a paste. Gently scrub face and rinse thoroughly with cool water. Finish with your favorite moisturizer.

All Over Body Moisturizer

(Needed: Lotion tub {washed and recycled if possible} Pure, Organic Coconut Oil, Therapeutic Grade Essential Oil.

In a small sauce pan add 1 cup of pure organic coconut oil. Melt over low heat (2). Add about 20 drops of your favorite essential oil. *I suggest lavender, peppermint, rose, lemon, orange or eucalyptus.* If 20 drops is not strong enough, add more essential oil in 5 drop increments. Stir thoroughly. Pour mixture into prepared lotion tub or small mason jar. Allow to cool. Moisturize entire body after bathing. **Alternative Method:** Whip the coconut oil and essential oil together in a food processor, and fill prepared container.



*Create your own
all natural
cleaning aids .
No toxic agents or
harmful chemicals!*



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Household:

Shopping List:

**Full Size Cleaning Spray Bottle,
Mason Jar with Daisy Top,
Small 4 oz. Glass Spray Bottle,
Liquid Castile Soap,
Citra Solve© concentrate,
Baking Soda, Essential Oil,
White Vinegar**

(Recycle when possible!)

All Purpose Cleaner

(Needed: Full size Cleaning Spray Bottle {recycled if possible}, Water, Citra Solv concentrated cleaner, Liquid Castille Soap (optional).

Fill a full size cleaning spray bottle to ¾ full with water. Add 2 oz. Castile Soap and 1 oz. Citra Solve. Shake vigorously. Use this all-purpose spray for all your household cleaning tasks including: sinks, tubs, toilets, countertops, etc. Spray on and wipe with a soft damp cloth. Mixing water and Citra Solv concentrate also works well as an all purpose cleaner for countertops and floors.

Freshening Scrub/Carpet Shake

(Needed: Mason Jar {recycled if possible}, Daisy Top, Baking Soda, and favorite Essential oil – *Lemon, Orange, Lavender, Eucalyptus*)

Fill Mason jar ½ full with Baking Soda. Add approximately 20 drops of your favorite essential oil. Stir with a flat knife. Fill the remaining half of the Mason jar with baking soda and add approximately another 20 drops of the same essential oil. **Uses:** as a scrub in sinks and tubs. Excellent at removing hard water scale, shake on and lightly scrub with a damp cloth and rinse. Freshen carpets by shaking on and allowing to set in for at least 15 minutes, then vacuum. Also works great as a small room freshener when used with a slotted daisy top. Simply set out to soak up odors.

Laundry Refresher

(Needed: 1 Gallon of White Vinegar,

Add approximately 20 drops (more if desired) of favorite essential oil to 1 gallon of vinegar and shake vigorously. Add about 1 cup to wash load and/or to softener dispenser. Vinegar helps brighten whites and eliminate laundry odors. Essential oil adds a clean, fresh scent to clothing.

Hard Floor Cleaner

(Needed: Full size cleaning spray bottle, Vinegar, Favorite Essential Oil (my favorite is Eucalyptus))

Fill full size spray bottle ¾ full with water, and add vinegar to nearly full. Finish with approximately 20 drops of essential oil. Replace spray top and shake vigorously. Use as a cleaning spray for counter tops, finished hard wood, tile, linoleum and other hard floor surfaces. Simply spray on and use a microfiber damp mop to clean. If vinegar is undesirable, simply use water with essential oil. Enjoy the refreshing scent!

Room/Linen Spray (Needed: Small Glass Spray bottle – 4 Oz., Water, Essential Oil)

Fill a 4 oz. glass spray bottle nearly full with water and add 20-30 drops of your favorite essential oil. If using a citrus essential oil, double the amount. Shake vigorously and pound the bottom of the bottle against the palm of your hand for about 1 minute.

A Couple of Tips:

Use care when handling **essential oils, as they are very concentrated and may burn skin. They are all natural, but very powerful!*

**Hydrogen Peroxide: Use as a substitute for bleach, full strength when desired.*

