



**Anti-bacterial** - get away you horrible germs...out I say. Get out!

**Diffuse (approx 3-5 drops of each oil depending on the size of your diffuser):**

**Blends are an easy way to go:**

First Response

Medieval Mix

Equal amounts of:

Eucalyptus

Lemongrass and

Sweet Orange oil

Equal amounts of:

First Response and

Eucalyptus oil

Equal amounts of:

Tea Tree and

Lemongrass oil

Equal amounts of :

Clove

Cinnamon Leaf and

Lavender oil

**Spray Bottle** - use the same recipes in a spray bottle filled with water. For added cleaning add ¼ cup vinegar and a teaspoon of himalayan salt. It is recommended that you double the amount of oils in your sprays.

**Deep Cleaning Scrub/Paste** - use the same recipes above, but add baking soda. Apply to surface, wait 15 minutes, scrub and wipe up.

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**I'm freaking out** - well lately that seems to be par for the course. We vacillate between eeeek!  
To 'all hope is lost'. How about some easy recipes to chill out...

**Diffuse (approx 3-5 drops of each oil depending on the size of your diffuser):**

**Blends are an easy way to go:**

Chill Pill

Gray Matter Batter

Panic Button

Equal amounts of:

Lavender and

Bergamot oil

Equal amounts of:

Sweet orange

Rosemary and

Lavender

Equal amounts of:

Lavender

Eucalyptus and

Sweet orange oil

Equal amounts of:

Bergamot

Geranium

Equal amounts of:

Lavender

Bergamot

Geranium

Sweet Orange

Equal amounts of:

Sweet Orange and

Bergamot oil

**Spray Bottle** - use the same recipes in a spray bottle filled with water. You can then use this to spray around your area/desk/bed/room. It is recommended that you double the amount of oils in your sprays.

**Roller Ball** - Double your diffuser recipe (approx 15-20 drops) and put in a 10ml roller ball glass tube. Fill with your choice of carrier oil (fractionated coconut oil, sweet almond oil, jojoba oil, etc). These blends are great to smell directly from the bottle, put on touch points (wrists, back of neck, temples, soles of feet and behind ears), and can be used to apply to essential oil jewelry (lava beads, diffuser necklaces).

**Please note:** Wintergreen, d-limonene (citrus), pine, cinnamon, pennyroyal, eucalyptus and tea tree are all highly dangerous to your pet. Diffusing these oils in the same room as your pet is not recommended.