



## DISCOVER THE POWER OF AURA CACIA® PURE ESSENTIAL OILS.



### Lavender

relaxing

**Make a Relaxing Room Spray:**  
24 drops lavender essential oil  
2 fl oz water  
Combine in a mist bottle, shake  
and mist air before bed.

### Peppermint

cooling

**Make a Refreshing Travel Mist:**  
24 drops peppermint essential oil  
2 fl oz water  
Combine in a mist bottle, shake  
and mist to refresh your drive.

\*If irritation occurs, discontinue use.

### Eucalyptus

clearing

**Make a Clarifying Salve\*:**  
24 drops eucalyptus essential oil  
2 oz coconut oil  
Massage into chest, muscles  
and joints.

### Grapefruit

revitalizing

**Make an Uplifting Diffusion:**  
18 drops grapefruit essential oil  
8 fl oz water  
Adjust amounts and operate  
based on your diffuser's  
instructions.

### Tea Tree

purifying

**Make a Purifying Cuticle Oil\*:**  
24 drops tea tree essential oil  
2 fl oz grapeseed oil  
Massage into cuticles and nails.

### Cedarwood

grounding

**Make a Stabilizing Body Oil\*:**  
6 drops Atlas cedarwood  
essential oil  
1 Tbsp jojoba oil  
Combine thoroughly and dab  
on pulse points.

MANUFACTURER'S COUPON

EXPIRES 12/31/2020

30220



\$1.00 OFF

ANY Aura Cacia® Essential Oil (.5 fl oz or larger)

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## QUICK TIPS

**Lavender:** Add a few drops to a cotton ball and tuck in your pillow.

**Eucalyptus:** Add a few drops to a hot shower.

**Peppermint:** Add a few drops to your workout shoes.\*

**Tea Tree:** Add 12 drops per fl oz unscented liquid hand soap.\*

**Grapefruit:** Place a few drops in sink drains.

**Cedarwood:** Add 12 drops to 2 Tbsp coarse salt in a dish for a desk diffusion.

\*If irritation occurs, discontinue use.

## DILUTION

Dilute 12 drops essential oil per 1 oz (2 Tbsp) carrier (water, carrier oil, lotion), or diffuse according to your diffuser's instructions.

Find more simple ways to use essential oils at [auracacia.com](http://auracacia.com).