



Cooling & Soothing Summertime Skin Mist

Summer sun and wind are not friendly to the skin. This simple mist will produce a cool, moist sensation on the skin. It also features a hint of soothing sweet almond oil.

Ingredients:

- 2 ounces water
- 12 drops lavender essential oil
- 6 drops peppermint essential oil
- 6 drops spearmint essential oil
- 1/4 teaspoon sweet almond oil

Directions:

1. Combine water, sweet almond oil and essential oils in an amber glass bottle.
2. To use, shake contents vigorously and lightly mist skin.
3. For additional cooling store bottle in refrigerator.

Before use, spot-test in a small area to ensure that the product does not irritate your skin.

PLANT PART USED

flowers and leaves

SOURCE

Ukraine

AROMA PROFILE

sweet, floral, clean, balsamic-woody

AROMATHERAPY BENEFITS

balancing, calming, soothing



LAVENDER

Lavandula angustifolia

Lavender is one of the best essential oils for creating aromatherapy blends. It goes well with potent floral oils—like rose absolute—as well as powerfully herbaceous ones like rosemary. Lavender is a gentle oil with a wide range of applications for body care, home care and emotional well-being. Easy to use in blends and moderately priced, lavender is especially useful for the beginning aromatherapist.

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pure essential oils

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