



Cozy Bath Blend

Ingredients:

- ½ tablespoon (7.5 mL) sweet almond oil
- 10 drops bergamot essential oil
- 6 drops lavender essential oil
- 2 drops cinnamon leaf essential oil
- 4 tablespoons (60 mL) sea salt
- 4 oz. (118 mL) wide mouth amber glass jar

Directions:

1. In a small bowl, blend sweet almond, bergamot, lavender and cinnamon leaf oils.
2. Place sea salt in jar.
3. Add the blended oils to the sea salt. Mix together.
4. To use, add to bath water as the tub fills.

Aura Cacia.



pure essential oils

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Merry Mint Spray

Ingredients:

- 2 fl. oz. (60 mL) water
- ½ teaspoon (2.5 mL) vanilla extract
- 6 drops sweet orange essential oil
- 4 drops peppermint essential oil
- 2 oz. (60 mL) amber glass mist bottle

Directions:

1. Combine essential oils and vanilla extract in mist bottle. Fill with water.
2. To use, shake contents and mist the air throughout your home.



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