

Aura Cacia®



pure aromatherapy

Comforting Home Aroma

4 cups water

1 orange (sliced)

¼ cup whole cloves

1 ½ teaspoons

Aura Cacia® sweet
orange essential oil

½ teaspoon Aura Cacia®
clove bud essential oil

Place the orange slices & cloves in a pan of simmering water. Add the sweet orange & clove bud essential oils to create a comforting homespun atmosphere. *Tip: add more water as needed due to evaporation.*

Also try: Sprinkle a bowl of pine cones with balsam fir needle essential oil to generate the true aroma of a living fir tree. For yet another aroma, try apple slices with cinnamon (cassia) essential oil.

PLANT PART USED

peels

SOURCE

United States

AROMA PROFILE

fresh, sweet

AROMATHERAPY BENEFITS

uplifting, refreshing, cheering



Sweet Orange

Citrus Sinensis

The appeal of the familiar and lively scent of the orange makes this one of the world's most popular oils. Sweet orange adds an uplifting quality to blends and combines especially well with lavender, rose absolute and spice oils like clove bud. It is also used, well-diluted, in preparations for dull or oily skin. Its ability to freshen the air and lift the mood makes sweet orange popular with aromatherapists for room diffusion.

For more information and recipes for every season visit www.auracacia.com



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