

Aura Cacia®



*pure essential oils*



## ROSE ABSOLUTE SENSUAL PERFUME OIL

### INGREDIENTS:

- 1 tablespoon grapeseed oil
- 1 tablespoon jojoba oil
- 10 drops rose absolute oil
- 7 drops sandalwood essential oil

### DIRECTIONS:

Mix oils and store in a small glass vial. Massage a drop or two onto pulse points.

### BENEFITS:

Passion

For more recipes visit [www.auracacia.com](http://www.auracacia.com)

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## ROSE ABSOLUTE EMOTIONAL RESCUE REMEDY SPRITZ

### INGREDIENTS:

- 4 ounces bottled or distilled water
- 12 drops rose absolute oil
- 3 drops geranium essential oil
- 3 drops clary sage essential oil
- Small spray bottle or atomizer

### DIRECTIONS:

Place ingredients in a spray bottle. Shake vigorously and lightly mist over skin.

### BENEFITS:

Relaxing

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## RED ROSES AND JASMINE BATH SOAK

Sink into a bath tub filled with this luxurious mix that will ease away tension and provide a gentle emotional uplift.

### INGREDIENTS:

- 1 generous heap of freshly torn rose petals
- ½ cup Epsom salt
- 1 tablespoon sodium bicarbonate
- 3-4 tablets (crushed) or 1 tablespoon of citric acid crystals
- 12 drops mandarin orange essential oil
- 3 drops jasmine absolute oil
- 3 drops rose otto or rose absolute oil

### DIRECTIONS:

Mix oils with salts and dissolve into bath. Strew the bath with rose petals. Light candles, pour yourself a glass of wine and sink into bliss. Tip: Dissolve in some of Aura Cacia's Cinnamon Ylang Ylang Foam Bath for luxurious bubbles for even more delightful aromatherapy benefits.

### BENEFITS:

Relaxing

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## SKIN NOURISHING BODY SCRUB

The exfoliating sugar granules are a gentle way to slough off dead skin while the Jojoba Oil nourishes dry skin and leaves a healthy, glowing sheen.

### INGREDIENTS:

- 1 cup raw, unrefined sugar granules
- ¼ cup ground plain rolled oats  
(use a mortar and pestle or pulse in a coffee grinder)
- 9 drops grapefruit essential oil
- 6 drops ginger essential oil
- 3 drops rose otto or rose absolute oil

### DIRECTIONS:

Mix ingredients in a bowl. Gently buff over skin in circular motions. Rinse off in shower. The sugar and oats will dissolve away leaving the nourishing Jojoba glow behind.

### BENEFITS:

Purifying

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## LOVERS MASSAGE

Create a sensory experience by combining aromatherapy with an erotic massage. Create the following blend to entice desire and inspire romance.

### INGREDIENTS:

- 1 tablespoon grapeseed oil
- 1 tablespoon sweet almond or apricot kernel oil
- 10 drops rose absolute oil
- 7 drops sandalwood oil

### DIRECTIONS:

Find a warm, cozy place free from interruptions and take turns massaging each other.

### BENEFITS:

Passion

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