

Aura Cacia®



pure essential oils

SWEET BLISS, FENNEL & TANGERINE DIFFUSION

INGREDIENTS:

- 1 ounce water
- 4 drops fennel essential oil
- 3 drops tangerine essential oil

DIRECTIONS:

- Place ingredients in the bowl of an Aura Cacia Candle lamp diffuser.
- Light candle.

BENEFITS:

- Uplifting, Balancing



For more recipes visit www.auracacia.com

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ROSE & FENNEL PROTECTING MIST

Folk traditions use fennel to purge negative energy and ward off evil influences.

INGREDIENTS:

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

DIRECTIONS:

Place ingredients in a spray bottle. Shake vigorously and lightly mist throughout room.

BENEFITS:

Balancing, Uplifting

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A FLOAT ON THE OCEAN AROMATHERAPY BATH EXPERIENCE

This recipe evokes the therapeutic effect of bobbing in ocean waves right in your own tub. If you have traveled to the beach, this is a wonderful bath treatment to nourish and soothe the skin after a day spent in sun and surf.

INGREDIENTS:

- ½ cup sea salt
- ½ cup baking soda
- ¼ cup jojoba or grapeseed oil
- 2-3 bags of green tea
- 20 drops lavender essential oil
- 10 drops grapefruit essential oil
- 10 drops sweet orange essential oil

DIRECTIONS:

Mix salt, baking soda, jojoba or grapeseed and essential oils, pour in bath. Float tea bags in bath and soak away your worries.

BENEFITS:

Relaxing

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TOES IN THE SAND FOOT SCRUB

A sandy beach and a soak in the ocean naturally combine to smooth and renew feet and toes. This scrub made with sugar granules and jojoba oil replicates the effect of wet sand. If you are traveling to a Spring Break getaway, this is a fine treatment to get your feet looking their best before you don the flip flops for your beach debut.

INGREDIENTS:

- ½ cup sugar granules
- 1 tablespoon sweet almond oil
- 15 drops tangerine essential oil
- 5 drops peppermint essential oil

DIRECTIONS:

- Combine sugar, sweet almond and essential oils. Mix thoroughly and massage into feet, concentrating on toes, heels and soles. Rinse the sugar away with warm water and massage remaining oil into feet until absorbed.
- Do the foot scrub after a long soak in the bath to enhance exfoliation.

BENEFITS:

- Purifying

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COCONUT & JASMINE BODY BUTTER

Here's a great after-sun body treatment to give your skin a healthy, nourishing glow. Apply just before a night on the town – you'll look your best and the aroma is divine.

INGREDIENTS:

- 1 cup coconut oil
- 1 tablespoon jojoba oil
- 35 drops mandarin orange essential oil
- 5 drops jasmine absolute oil

DIRECTIONS:

- Using a table fork, cream together coconut, jojoba and essential oils.
- Apply as a massage in gentle circular motions over entire body.
- Wonderful as an after shower moisturizer.

BENEFITS:

- Purifying

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CITRUS & ORANGE BLOSSOM AROMATHERAPY DIFFUSION

Invoke the heady aroma of an evening breeze wafting through a flowering grove of citrus trees with this delightful diffusion.

INGREDIENTS:

- 4 drops lemon essential oil
- 5 drops bergamot orange essential oil
- 1 drop neroli essential oil
- ¼ cup water
- 1 aromatherapy candle lamp

DIRECTIONS:

Place water in bowl of lamp, add essential oils, light candle and allow to diffuse for 15-20 minutes.

BENEFITS:

Relaxing



For more recipes visit www.auracacia.com