

Aura Cacia®



*pure essential oils*



## HOME & HEARTH SPICY AUTUMN CINNAMON DIFFUSION

### INGREDIENTS:

- 7 drops cinnamon leaf essential oil
- 5 drops sweet orange essential oil
- 2 ounces distilled water
- Candle lamp diffuser

### DIRECTIONS:

- Pour water into bowl of candle lamp. Add essential oils to water.
- Light candle. Breathe.

### BENEFITS:

- Balancing

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## PURIFYING CINNAMON AND TEA TREE ROOM SPRAY

### INGREDIENTS:

- 4 ounces distilled water
- 8 drops cinnamon leaf essential oil
- 8 drops tea tree essential oil
- 8 drops lemon essential oil
- Small spray bottle or atomizer

### DIRECTIONS:

Place ingredients in a spray bottle. Shake vigorously before misting room. Avoid spraying on furniture surfaces or skin contact.

### BENEFITS:

Purifying

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## SWEET BASIL DIFFUSION

Sweet Basil is great to diffuse at your desk when that inevitable post-lunch lethargy starts to sap your productivity. Enhances concentration and alertness.

### INGREDIENTS:

2-3 drops sweet basil essential oil

### DIRECTIONS:

Place 2-3 drops on a sticky note and position it near the exhaust fan of your computer.

### BENEFITS:

Energizing

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## BERGAMOT ROOM SPRAY

Bergamot is loved by all who smell it and the scent can inspire fantastic group think sessions and creative brainstorming.

### INGREDIENTS:

5-6 drops bergamot essential oils

1 ounce distilled water

Small spray bottle or atomizer

### DIRECTIONS:

Place ingredients in spray bottle. Shake vigorously before misting into the atmosphere before your next meeting.

### BENEFITS:

Energizing



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## PEPPERMINT RUB

Peppermint is regarded as a cephalic...associated with the head, brain and nervous system.

### INGREDIENTS:

1 drop of peppermint essential oil

### DIRECTIONS:

Use your fingertips to massage a single drop into the temples to clear the mind and dispel tension.

### BENEFITS:

Energizing

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