

# AURA CACIA® ESSENTIAL OIL SOLUTIONS RECIPE PAD

## ENERGIZING SOLUTION



**TANGERINE & PEPPERMINT**  
Mineral Bath

Infuse your bath routine with a bit of aromatherapeutic energy from citrus and mint essential oils.

**Ingredients:**

- 3 tablespoons sea salt
- 2 tablespoons sodium bicarbonate or baking soda
- 1 tablespoon sodium borate (Borax)
- 7 drops Aura Cacia® tangerine essential oil
- 7 drops Aura Cacia® peppermint essential oil
- 4 drops Aura Cacia® lavender or Aura Cacia® roman chamomile Precious Essentials™ oil

**Directions:** Mix dry ingredients. Sprinkle with essential oils. Mix. Dissolve into warm bath water as the tub fills.

**PLANT PART USED**  
peels

**SOURCE**  
United States

**AROMA PROFILE**  
fresh, light, bittersweet

**AROMATHERAPY BENEFITS**  
uplifting, refreshing, cheering



**Tangerine**  
*Citrus reticulata*

Children seem to especially enjoy citrus scents, and the fresh, fruity aroma of tangerine is no exception—it's a delightful addition to uplifting aromatherapy blends for children. Tangerine is enjoyable as a bedtime bath oil when combined with soothing oils like lavender and chamomile. Tangerine also blends well with cinnamon leaf, clove bud, bergamot and other citrus oils. Its cheery, fun scent is an ally when introducing aromatherapy to a family.

For more information and recipes for every season visit [www.auracacia.com](http://www.auracacia.com)



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