

OUTDOOR SOLUTION

PROTECTING OUTDOOR LOTION



Create your own all-natural, synthetic-free lotion. The result smells divine and leaves a protective, skin-nourishing shield on your skin.

Ingredients:

- 1 cup sweet almond oil or apricot kernel oil
- 3/4 ounce beeswax
- 1 cup lukewarm water-based liquid such as green tea, hydrosol, rainwater or aloe juice
- 12 drops Aura Cacia® lemon eucalyptus essential oil
- 12 drops Aura Cacia® lavender essential oil
- 12 drops Aura Cacia® grapefruit essential oil
- 12 drops Aura Cacia® geranium essential oil

Directions: Add beeswax to oil in a Pyrex cup or bowl. Place in a hot water bath. Heat until melted. Place the water in a blender. Allow the oil/wax mixture to cool. When the temperatures of the oil and water are comparable, turn on the blender and add the oil in a thin stream. Blend until a cream develops. Blend in the essential oils and store in a jar in the refrigerator.

PLANT PART USED

leaves

SOURCE

Brazil

AROMA PROFILE

rosy-citronella, floral, fresh

AROMATHERAPY BENEFITS

refreshing, cooling, invigorating



Lemon Eucalyptus *Eucalyptus citriodora*

When combined with water, lemon eucalyptus has a fresh, uplifting aroma that is a nice addition to room sprays as well as outdoor sprays. When diluted properly, lemon eucalyptus can also enhance skin-care applications, especially for oily or blemished skin. The potent scent of this oil can add freshness and radiance to blends containing lavender, clary sage and geranium. Lemon eucalyptus also works well with citrus oils, including bergamot, lemon and sweet orange.

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



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