

OUTDOOR SOLUTION



COOLING & SOOTHING
Summertime Skin Mist

Summer sun and wind combine to stress the skin. This simple essential oil and water-based mist will cool, hydrate and soothe.

Ingredients:

- 4 ounces distilled water
- 16 drops Aura Cacia® lavender essential oil
- 4 drops Aura Cacia® peppermint essential oil
- 4 drops Aura Cacia® spearmint essential oil

Directions: Pour into a spray mister bottle. Essential oils and water will separate, so shake the bottle vigorously before misting lightly over skin.



PLANT PART USED
flowers and leaves

SOURCE
Ukraine

AROMA PROFILE
sweet, floral, clean,
balsamic-woody

AROMATHERAPY BENEFITS
balancing, calming, soothing

Lavender
Lavandula angustifolia

Lavender is one of the best essential oils for creating aromatherapy blends. It goes well with potent floral oils—like rose absolute—as well as powerfully herbaceous ones like rosemary. Lavender is a gentle oil that can be applied to the skin and is applicable to a wide range of mental and physical conditions. Easy to use in blends and moderately priced, lavender is especially useful for the beginning aromatherapist.



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