

RELAXING SOLUTION



CALMING HERBAL Skin Nourishing Treatment

You don't need preservatives and synthetic fragrances to create nourishing skin care. Create your own natural alternative.

Ingredients:

4 ounces Aura Cacia® jojoba oil or
Aura Cacia® Unscented Massage Cream

14 drops Aura Cacia® lavender essential oil

6 drops Aura Cacia® coriander seed essential oil

4 drops Aura Cacia® patchouli essential oil

Directions: Combine jojoba (or massage cream) and essential oils. Smooth over damp skin after shower.

PLANT PART USED

seeds

SOURCE

Russia, Ukraine, Egypt

AROMA PROFILE

spicy, sweet-woody

AROMATHERAPY BENEFITS

relaxing, clarifying



Coriander Seed Coriandrum sativum

Coriander oil has a delightful fragrance: spicy, aromatic, pleasantly sweet, not unlike bergamot orange. It blends well with clary sage, bergamot, cinnamon bark, jasmine and frankincense for use in spicy, masculine perfumes or light, floral colognes. Similar to bergamot, but with a woody nuance, coriander's scent adds a sweet freshness to soaps and perfumes. Combine this calming, focusing oil with lavender to inspire restful sleep.

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



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