

AURA CACIA® ESSENTIAL OIL SOLUTIONS RECIPE PAD

WINTERTIME SOLUTION



TEA TREE & LAVENDER

Protecting Hand Soap

Purifying tea tree combined with soothing lavender create an all natural way to boost the protecting power of good old soap and water.

Ingredients:

½ cup unscented liquid soap

12 drops Aura Cacia® tea tree essential oil

12 drops Aura Cacia® lavender essential oil

Directions: Mix oil and soap and place in a bottle with a pump for hand washing.

PLANT PART USED

leaves and branch tips

SOURCE

Australia

AROMA PROFILE

strong, medicinal, camphorous

AROMATHERAPY BENEFITS

purifying, uplifting, cleansing



Tea Tree

Melaleuca alternifolia

Tea tree is a very popular oil that can be found in a variety of skin-care products for its cleansing and purifying properties. The oil can also be used by the drop directly on the skin. It has an intense, medicinal aroma, but also blends well with spicy oils like clove bud and nutmeg, and herbaceous oils like rosemary and lavender. This safe and easy-to-use oil is effective for a wide variety of conditions and should be a staple in every natural first aid kit.

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



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