



Aura Cacia®



pure aromatherapy

Create Your Own Aromatherapy Product with 100% pure essential oils from Aura Cacia

Use these smelling salts to diffuse essential oils in your office, on your nightstand, on your kitchen table, or anywhere else you'd like to enhance your environment with 100% pure aromatherapy. Choose from among the following blends, or suggest your own!

The Revitalizer

21 drops sweet orange
5 drops eucalyptus
7 drops bergamot
3 drops sweet basil

This inspiring blend, which is devoid of the medicinal overtones sometimes associated with eucalyptus oil, will awaken your senses. Consider using this before a meeting or a presentation, or anytime you're feeling lethargic.

The Anger Manager

8 drops lavender
15 drops coriander
10 drops mandarin orange
3 drops ylang ylang

This combination of floral and citrus oils will function as a system of checks and balances on your temper. Instead of counting to ten, just take a whiff of your Anger Management desktop diffuser!

The De-Stresser

27 drops coriander
3 drops geranium
3 drops patchouli
3 drops sandalwood

Keep an even keel with this blend of stabilizing coriander and other 100% pure essential oils. The unique combination of grounding (sandalwood and patchouli) and balancing oils (coriander and geranium) will help you take the edge off. Calming, but not sedative!

Mineral bath salts are an excellent vehicle for customizing your own aromatherapy experience. Try one of the blends below or use your creative genius to develop your own!



Absolute Bliss

- 22 drops lavender
- 6 drops coriander
- 6 drops bergamot BF
- 2 drop patchouli

This combination of deeply relaxing lavender and euphoric coriander and bergamot will help calm the body while it elevates your spirit. Perfect after a strenuous or emotionally charged day.

Purification

- 14 drops eucalyptus
- 8 drops tea tree
- 14 drops grapefruit

Combat body aches, chills and congestion with a soak in this preventative eucalyptus and tea tree blend. These powerful anti-microbial oils will cleanse and open breathing.

Sensual Blend

- 12 drops ylang ylang
- 12 drops sandalwood (or cedarwood)
- 12 drops mandarin orange

Exotic ylang ylang, rich sandalwood and the floral nuances of mandarin combine to awaken the sensual self.



Bath Boosters

Add 1 or 2 teaspoons of Aura Cacia skin care oils including jojoba, sweet almond and grapeseed for extra skin-nourishing benefits.

Sprinkle 1 or 2 tablespoons of finely ground rolled oats into the bath to soften the skin and relieve irritation and itchiness.

Pour in a cup of organic whole milk to provide luxurious skin-nourishing properties.

Toss in 1 or 2 bags of tea to increase the skin-toning effects of your bath.

Buy a dozen organic roses and stew some scented petals over the surface of your bath.

NEW LEAF PAPER®
ENVIRONMENTAL BENEFITS STATEMENT
of using post-consumer waste fiber vs. virgin fiber

Aura Cacia saved the following resources by using New Leaf Primavera Gloss, made with 80% recycled fiber and 60% post-consumer waste, elemental chlorine free, and manufactured with electricity that is offset with Green-e® certified renewable energy certificates.

trees	water	energy	solid waste	greenhouse gases
0	146	0	16	35
fully grown	gallons	million Btu	pounds	pounds

Calculations based on research by Environmental Defense Fund and other members of the Paper Task Force.

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