



## ESSENTIAL OILS RECIPES

### THIEVE'S OIL

- 200 drops of clove oil
- 175 drops of lemon oil
- 100 drops of cinnamon oil
- 75 drops of eucalyptus oil
- 50 drops of rosemary oil

Makes 1 oz.

Healthy Alternative has 1/2 oz. bottles available in the stores so you can cut this recipe in half

Aura Cacia conversion:

1/8-ounce= about 72 drops

1/2-ounce= about 288 drops

2-ounce bottle= about 1,152 drops

4-ounce bottle= about 2,304 drops

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### WOMEN'S BLEND

- 10 drops of vitex oil
- 6 drops of clary sage oil
- 6 drops of lavender oil
- 10 drops of peppermint oil
- 6 drops of thyme oil
- 3 drops of bergamot oil

Grapeseed oil for carrier

Roller Bottle

Directions:

Drop all essential oils listed into a roller bottle.

Pour carrier oil into bottle, leaving enough room to thoroughly shake to blend

Snap roll ball securely onto the 1oz bottle

Shake before each use

For extra strength: add 4 more drops of vitex and 7 drops of wintergreen