

# SPRING BOGO

APRIL 2020



# TAKE A PEEK INSIDE

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## SERENITY

Apply 1 drop to palm of hand rub hands together. Inhale and swipe excess on back of neck to reduce stress.

Apply 1-2 drops on hand and rub across pillows and bedding before bed.

Diffuse 4-5 drops to promote a restful night of sleep.

## BALANCE

Apply 1-2 drops to bottoms of feet for a grounding effect on the entire body.

Apply 1-2 drops to face after washing face for a radiant glow.

Diffuse 4-5 drops to create a calming, soothing environment.



## IN THE BLEND

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### SERENITY

*Lavender*  
*Cedarwood*  
*Ho Wood*  
*Ylang Ylang*  
*Marjoram*  
*Roman Chamomile*  
*Vetiver*  
*Vanilla Bean*  
*Hawaiian*  
*Sandalwood*

### BALANCE

*Spruce Needle*  
*Ho Wood*  
*Frankincense*  
*Blue Tansy*  
*Blue Chamomile*





## CLARIFYING FACIAL MASK

Wood oils, like Frankincense and Balance, are supportive to underlying structures {the deeper layers} of the skin. Floral oils, like Rose, help to clarify the surface of the skin. This DIY mask contains both wood and floral oils and will help tighten pores and leave your skin soft and glowing!

### INGREDIENTS

- 1 tbsps Organic Coconut Oil
- 1 tbsp Raw Honey
- 2 drops Balance
- 1 drop Rose Touch
- 1 drop Frankincense Touch

### INSTRUCTIONS

Mix raw honey and coconut oil together until coconut oil is liquified. Once mixture is well blended, add essential oils. Apply mask and let sit for 15 minutes. Rinse with warm water.

\*You will have to pop off the roller bottle and use a dropper to get one drop of the rose and frankincense.

## HELPFUL HINTS

### FLORAL OILS

Lavender, Geranium, Ylang Ylang, Helichrysum, Jasmine, Magnolia, Neroli, Roman Chamomile, Yarrow, Blue Tansy

### WOOD OILS

Copaiba, Sandalwood, Patchouli, Myrrh, Spikenard, Turmeric, Vetiver

### ORIFICE REMOVER



\$4 | 60205275







## FRANKINCENSE TOUCH

Rub Frankincense on your hands, neck, or bottoms of feet to promote relaxation and for a soothing, warming effect.

Apply topically to help reduce the appearance of skin blemishes and imperfections.

Massage on the temples throughout the day to balance mood.

Rub over the heart to support feelings of calmness and balance.

## NEROLI

Apply topically to help soothe the skin.

Apply to pulse points throughout the day to uplift mood.

Apply to pulse points when feeling anxious or stressed.

BLENDS  
WELL  
WITH

FRANK

*Sandalwood*  
*Peppermint*  
*Lemon*  
*Wild Orange*  
*Copaiba*

NEROLI

*Hawaiian Sandalwood*  
*Geranium*  
*Grapefruit*  
*Patchouli*  
*Clary Calm*



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## SWEET DREAMS SPRAY

### INGREDIENTS

20 drops Adaptiv  
10 drops Lavender  
8 drops Vetiver  
6 drops Frankincense  
4 drops Roman Chamomile

### INSTRUCTIONS

Combine in a 30ml spray bottle and dilute with 1/2 vodka + 1/2 water. Mist over pillow before bed.

## CLEAR SKIN TONING MIST

### INGREDIENTS

2 ounces Aloe Vera Juice  
10-12 drops Neroli Touch

\*You will have to pop off the roller bottle and use a dropper to get the Neroli out.

### INSTRUCTIONS

Pour your fresh aloe juice into a spray bottle. Add Neroli Touch and shake well. Mist over face as needed throughout the day.







## CITRUS BLOOM

Diffuse 4-5 drops to support a calm and optimistic atmosphere.

Apply 1-2 drops to wrists and neck as a perfume that simultaneously uplifts mood.

Add 1-2 drops to your body lotion for a sweet smelling and soothing massage.

Rub 1-2 drops between your hands, cup your face, and inhale for an afternoon boost.

## PINK PEPPER

Add 1-2 drops to a veggie capsule and take internally to help calm and soothe the nervous system and support immune function.\*

Inhale or diffuse 4-5 drops to promote feelings of alertness.



## IN THE BLEND

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### CITRUS BLOOM

*Wild Orange*  
*Grapefruit*  
*Lavender*  
*Roman Chamomile*  
*Magnolia*

## BLEND WELL WITH

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### PINK PEPPER

*Citrus or floral oils*





## CITRUS BLOOM ROOM SPRAY

### INGREDIENTS

40 drops Citrus Bloom  
10 drops Cassia  
Witch Hazel  
Distilled Water

### INSTRUCTIONS

Fill an 8 oz glass spray bottle about 3/4 full with distilled water. Add 40 drops Citrus Bloom and 10 drops Cassia and top off with witch hazel. Shake and spray!

## STRAWBERRY SIPPER

### INGREDIENTS

2 Strawberries  
1-2 tablespoons Honey  
1 drop Lavender  
1 drop Pink Pepper  
Sparkling Water {Lemon flavor is excellent!}

### INSTRUCTIONS

Mash strawberries in the bottom of a glass. Add 1 drop of Lavender and 1 drop of Pink Pepper, then fill glass with crushed ice.

Make a simple syrup by mixing honey with 1/2 cup warm water, then pour over strawberries and ice. Top off with sparkling water of choice.







## SPEARMINT

Apply to toothbrush before brushing teeth for fresh breath.

Add 1-2 drops to desserts, drinks, salads, smoothies, or entrées for flavoring and to promote digestion.\*

add 1-2 drops to water and drink to reduce occasional stomach upset.\*

Diffuse 4-5 drops to enhance focus and a positive environment.

## EUCALYPTUS

Add 1 drop to moisturizer and apply to skin for revitalizing benefits.

While showering, place 1-2 drops in hands, cover nose, and inhale deeply to invigorate.

Diffuse with Juniper Berry and Douglas Fir for a refreshing, relaxing winter scent in the home.



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## LEMON

Diffuse 4-5 drops create an uplifting environment.

Add 1 drop to a glass of water to aid digestion, naturally cleanse the body, and assist with seasonal respiratory discomfort.\*

Wipe down stainless steel appliances with a soft cloth soaked in Lemon for a streak-free clean.



## SPEARMINT LIP BALM

### INGREDIENTS

1/4 cup Beeswax Pastilles {or block, grated}  
 1/4 cup Shea Butter  
 1 tbsp Coconut Oil  
 40 drops Spearmint {about 1/2 tsp}  
 Empty Lip Balm Tubes

### INSTRUCTIONS

In a double boiler or a heat-safe bowl placed on top of simmering water over medium-low heat, combine beeswax pastilles, shea butter and coconut oil.

Heat for about 10 minutes, until mixture is completely melted. Remove from heat and stir in Spearmint oil {sub Grapefruit, Lavender or make it unscented if you don't like Spearmint}!

Pour the mixture into a glass cup or measuring cup with a spout and carefully pour into empty lip balm tubes filling to the top.

Let cool for 30 minutes before putting on the cap.



## LEMON + EUCALYPTUS ALL-PURPOSE CLEANER

### INGREDIENTS

1/4 cup White Vinegar {Or 1 tbsp OnGuard Concentrate}  
 1 3/4 cups Water {Or fill with water if using OnGuard Concentrate}  
 15 drops Lemon  
 15 drops Eucalyptus

### INSTRUCTIONS

Add all ingredients to 16 ounce spray bottle. Shake thoroughly, spritz on surfaces and wipe clean.





## ROSE TOUCH

Apply to pulse points to uplift mood throughout the day.

Use on areas of concern twice daily to reduce the appearance of skin imperfections.

Apply to neck and wrists for a romantic personal fragrance.

Apply to the palms of your hands, cup your hands over your nose, and inhale, deeply for an uplifting sensation.

## BEAUTIFUL TOUCH

Use as a personal aroma during your day for a motivating boost.

Roll on pulse points to feel empowered and inspired.

Apply when experiencing anxious feelings.



## LAVENDER

Diffuse 4-5 drops at bedtime to calm your mind and create a peaceful environment.

Take 1-2 drops internally to reduce anxious feelings.\*

Apply 1 drop to soothe minor skin irritations.

# LAVENDER EARL GREY SHORTBREAD COOKIES



## INGREDIENTS

1 3/4 cups All-Purpose Flour  
1/3 cup Granulated Sugar  
1/2 tsp. Earl Grey Loose Leaf Tea  
1/4 tsp. Fine Sea Salt

1 tsp. Vanilla Extract  
3/4 cups {1½ sticks} Unsalted Butter  
1 drop Lavender

## INSTRUCTIONS

Pulse flour, sugar, tea, and salt together for one minute in food processor.

Add vanilla extract, 1 drop lavender oil and butter and pulse until shaggy dough is formed, about two minutes.

Transfer dough to working surface and knead until it comes together. Shape into two discs, place on parchment and transfer to refrigerator for 30 minutes.

Preheat oven to 350° F and line baking sheets with parchment paper.

Roll out dough to ¼" and cut out cookies using 1"-wide cookie cutter.

Transfer cookies to baking sheet and bake for 15 minutes, or until edges are a light golden brown.





## LAVENDER SUGAR SCRUB

### INGREDIENTS

2 cups Sugar  
1/2 cup Coconut Oil  
20 drops Lavender  
Glass Container of Choice

### INSTRUCTIONS

Soften coconut oil in the microwave for a few seconds before measuring.

Combine sugar and coconut oil in a large bowl and stir until completely mixed together. Add lavender essential oil and stir again.

Package in air-tight containers {glass mason jars or metal jars with a screw top lid work best}.





## LLV

Take daily to support all functions in the body. This complete trio assists all systems in the body.

## YELLOW MANDARIN

Diffuse alone or with your favorite floral or fir oil.

Place 3-4 drops at the bottom of your shower in the morning for a natural steam facial.

Take 1-2 drops internally after a particularly large meal for digestive support.\*

## LAUREL LEAF

Add 1 drop to your moisturizer in the evening.

Place 3-4 drops in your morning shower to promote an aroma of confidence, clarity, and courage.

Pair with Lemon essential oil; add a few drops of each to a spray bottle with water for a natural surface cleanser.

## TEA TREE

For occasional skin irritations, apply 1-2 drops onto affected area.

Add 1-2 drops to facial cleanser for added cleansing properties, or apply to skin after shaving.

Apply to fingernails and toenails after showering to purify and keep nails looking healthy.







## HEALTHY LYMPH SCRUB

### INGREDIENTS

1 cup Fine Sea Salt  
1/2 cup Jojoba Oil  
12 drops Laurel Leaf  
8 drops Yellow Mandarin

### INSTRUCTIONS

Combine ingredients and mix well. Store in an airtight glass or metal container of your choice.

Apply to dry skin, rubbing in a circular motion and short strokes towards your heart. Follow with a hot shower or bath.

Make sure to drink lots of water before and after!







## KEEPING AN EMOTIONALLY HEALTHY ENVIRONMENT

### LIFELONG VITALITY:

This is our base of health and will help us achieve a physically + mentally strong foundation. Take daily.

### FOR SADNESS + LOW ENERGY + ANXIETY:

In a layering fashion, apply Balance, Neroli Touch, and Frankincense Touch on pulse points. Roll Rose Touch over your heart. Place 1 drop Serenity in your palm, rub hands together and inhale.

Diffuser Blend: 6 drops Citrus Bloom + 3 drops Spearmint

### FOR RAGE + ANGER + IRRITABILITY:

Apply Beautiful Touch to pulse points, Balance to bottom of feet. Place 1 drop Serenity in your palm, rub hands together and inhale.

Diffuser Blend: 8 drops Lemon + 3 drops Yellow Mandarin + 4 drops Spearmint





# LIVE LINKS + PRINTABLE LABELS

{Click the pictures + titles to be taken directly to videos + printables}



## DAY 1

CLARIFYING FACIAL  
MASK  
*{no labels}*



## DAY 2

SWEET DREAMS SPRAY  
CLEAR SKIN TONING  
MIST



## DAY 3

STRAWBERRY SIPPER  
CITRUS BLOOM ROOM  
SPRAY



## DAY 4

SPEARMINT LIP BALM  
LEMON + EUCALYPTUS  
ALL-PURPOSE CLEANER



## DAY 5

LAVENDER SUGAR  
SCRUB  
EARL GREY  
SHORTBREAD COOKIES



## DAY 6

HEALTHY LYMPH  
SCRUB

