# Essential Oil Mixer Manual

from
natalie carson

Welcome! When I first jumped into the world of essential oils, I was totally overwhelmed. Let's face it, when starting anything new, we can feel like a fish out of water. To help you learn more about these amazing gifts from the earth, I have put together this mixer manual help give ideas, tips and suggestions on blends and mixes that have worked for both me and my family.

Single essential oils have many chemical constituents that can help support our body in many ways. Some have over 40 trillion molecules that go to work when they get absorbed into our blood stream. When blended, the essential oils offer even more assistance and support to every cell in our body.

In this manual, you will find diffuser blends that can help lift mood, clean the air and help with sleep. I have also included some roller ball blends that we can't live without that help with anxious feelings and can help boost immune system. You will also find a couple spray bottle blends that help with owies, sunburn relief and more.

Remember that whatever you put on your skin goes directly into your blood stream and can affect your body systems. When in doubt, choose natural solutions and limit your toxic exposure. Natural remedies and food from nature will keep you healthier and in turn, you will remain happy for many more years to come. Cheers!

Natalie

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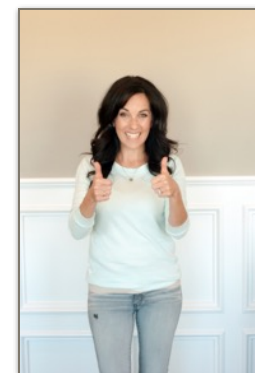
Relax & Focus
IN A BOTTLE

In roller bottle add:

30 drops Vetiver

30 drops Calming Blend

30 drops Grounding Blend

30 drops Fractionated Coconut Oil

Roll on bottoms of feet, on wrists or back of neck daily to calm, ground, focus and help with anxious feelings.

Calming Blend: Lavender, Marjoram, Roman Chamomile, and Ylang Ylang, Hawaiian Sandalwood and Vanilla Bean
Grounding Blend: Spruce needle/leaf, Ho wood, Frankincense, Blue Tansy Flower and Blue Chamomile Flower essential oils.
Vetiver is a root oil known for it's calming and grounding properties.

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Goodnight Sweetheart
Diffuser Blend

3 Drops Serenity

2 Drops Wild Orange

1 Drop Vetiver

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SPICED LATTE
Diffuser Blend

3 DROPS CARDAMOM
2 DROPS CASSIA
2 DROPS CLOVE
1 DROP GINGER

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IMMUNE BOOST
Diffuser Blend

4 Drops Onguard
1 Drop Lemon
3 Drops Breathe

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Sunburn Relief
Diy Spray

10 drops of each
Lavender, Peppermint, Melaleuca & Frankincense
in 15ml GLASS Spray bottle
Fill the rest with Fractionated Coconut Oil.
OPTIONAL: ADD ALOE VERA

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California Dreamin

Diffuser Blend

2 Drops Frankincense
2 Drops Cedar wood
1 Drop Rosemary
2 Drops Wild Orange

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Good Day Sunshine
Diffuser Blend

2 drops Wild Orange
2 drops Frankincense
2 drops Cinnamon

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Seasonal Threat Friends!

Add 2 drops of each to a glass or mug. Add a splash of water. Swish and Swallow!

F·R·I·E·N·D·S

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Hangover Detox

Hot Mug

1 drop Lemon
1 drop Peppermint
1 drop Ginger
2 TBS Raw Honey
Comine all with 8 oz warm water.
Stir and Sip!

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Swig It

Add 2-3 drops of
Grapefruit or Lemon
to 10 oz of water and drink throughout day.

Diffuser Blend

2 drops Grapefruit
2 drops Lemon
2 drops Wild Orange
1 drop Peppermint
1 drop Ginger

Relax Blend

30 drops Serenity
30 drops Balance
Fill the rest with Fractionated Coconut Oil
in 10ml roller bottle. Roll on wrists or back of neck
when feeling anxious or stressed.

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Singer's
Throat Spray

8 Drops OnGuard

8 Drops Lemon

4 Drops Peppermint

1 Drop Myrrh

1 Drop Oregano

1 Drop Clove

1 Drop Sandalwood

Distilled Water

Add to 1 oz glass spray bottle and use before
and after singing to promote throat health.

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WATER
Boost

1 Drop Lemon
1 Drop Wild Orange
in 24 oz glass water bottle.
Shake and drink daily to boost
immunity and detox.

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Owie Spray

In 2oz glass spray bottle:

10 drops Melaleuca

10 drops Frankincense

10 drops Lavender

Fill the rest with

Fractionated Coconut Oil

Spray on owies to
make it all better!
Optional: Add a kiss

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Hotel & Travel
Diffuser Blend

2 drops OnGuard
2 drops Purify
2 drops Lemon

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IMMUNITea

In warm/hot water add
One Drop of Each

OnGuard

Oregano

Lemon

Melaleuca

Stir and sip to support healthy
immune function and
soothe throat.

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