



The Starter Kit



frankincense

aromatic influence to help focus energy, minimize distractions and improve concentration; perfect for meditation and improved communication; antibacterial, anti-fungal and for digestion



lemon

combine with vinegar and water for all purpose cleaner or add lemon to olive oil for furniture cleaner; antibacterial, antiviral, degreasing, freshening; removes gum, wood stains, grease spots



tea tree

combine with water, vinegar and hydrogen peroxide along with wild orange for degreasing or with peppermint to repel insects; antibacterial, antiviral, lice and mold prevention



peppermint

add to laundry detergent to boost cleaning along with a drop of eucalyptus for dust mites or add to dryer balls for quicker dry time; antibacterial, freshening, spider and ant repellent

lavender

combine with peppermint and tea tree and place in your closet or show cupboard to help keep clothes fresh and add to water in a spray bottle as a linen spray; anti-fungal, antiseptic

MY NOTES:



The Starter Kit



oregano

combine with lemon and white vinegar in glass bottle to clean and disinfect; combine with carrier oil for fungal infections and with water for foot soak; antiviral, antibacterial, anti-mold

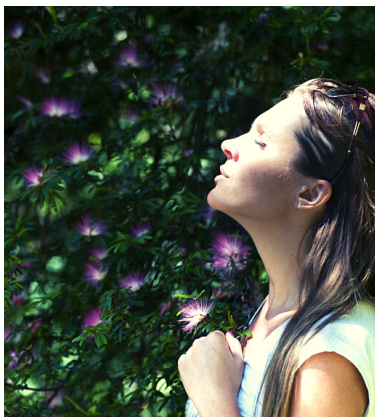


onguard

combine with vodka and water for disinfecting room spray and with carrier oil for immunity boost; antiseptic, anti-fungal, antibacterial, anti-mold, anti-viral, antimicrobial, antiparasitic

deep blue

apply topically for muscular relief and headache relief especially from tension and exercise; apply to hands for carpal tunnel relief (& do yoga); analgesic, anti-inflammatory



breathe

apply topically or in your diffuser for decongestion, seasonal allergies and as a sleeping aid; combine with fractionated coconut oil for sensitive skin and littles ones; anti-fungal

digestzen

apply topically, take orally or diffuse for indigestion and as a prophylactic after heavy meals or for constipation; digestive aid, anti-inflammatory



MY NOTES: