

diffuser blends

Fill your diffuser to the designated line with distilled water, add essential oils & turn it on!

STARTER KIT RECIPES

SO FRESH 'N SO CLEAN

4 drops Citrus fresh
4 drops Lemon

IMMUNE SUPPORT

5 drops Thieves
2 drops Lemon

SLEEPYTIME

2 drops Lavender
4 drops Peace & Calming

FIGHT THE COLD

2 drops Frankincense
2 drops Thieves
2 drops Raven*
2 drops Lemon

EMOTIONAL RELIEF

4 drops Frankincense
4 drops Valor

PERK UP

2 drops Citrus Fresh
2 drops Lemon
2 drops Peppermint

AFTERNOON HUSTLE

5 drops Citrus Fresh
4 drops Stress Away

WERRRKOUT

4 drops Valor
2 drops Citrus Fresh
2 drops Panaway*

MIX N' MATCH BLENDS

ANTHROPOLOGIE

5 drops Northern Lights
Black Spruce
4 drops Bergamot
4 drops Patchouli
3 drops Geranium
3 drops Grapefruit

GROUNDING

5 drops Frankincense
5 drops Patchouli

COOKING QUEEN

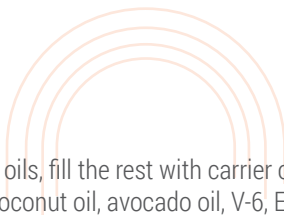
5 drops Rosemary
4 drops Citrus Fresh
4 drops Lime

MY SELF-CARE GO-TO

5 drops Stress Away
2 drops Bergamot
2 drops Orange

*RAVEN & PANAWAY: Not intended for children under the age of 6 without the advice of a health professional.

making a roller



In a 10ml roller bottle, add 30 drops total of essential oils, fill the rest with carrier oil, pop the roller top back on & roll away! My favorite carrier oils are fractionated coconut oil, avocado oil, V-6, Emu and Jojoba oil.

STARTER KIT RECIPES

IMMUNE BOOSTER

20 drops of Thieves
5 drops of Frankincense
3 drops of Raven*
3 drops Lemon
+ Carrier Oil

BRAVERY

25 drops of Valor
5 drops of Frankincense
+ Carrier Oil

ULTIMATE CALM

15 drops of Peace & Calming
10 drops of Lavender
5 drops of Frankincense
+ Carrier Oil

BRIGHT EYES (roll under eyes)

20 drops of Frankincense
10 drops of Lavender
+ Carrier Oil

GOOD MORNIN'

15 drops of Citrus Fresh
10 drops of Peppermint
5 drops of Stress Away
+ Carrier Oil

TENSION

15 drops of Panaway*
10 drops of Peppermint
10 drops Lavender
+ Carrier Oil

MIX N' MATCH RECIPES

OWIES

15 drops of Lavender
10 drops of Frankincense
5 drops of Helichrysum
+ Carrier Oil

HAPPY TUMMY

15 drops of Digize
10 drops of Peppermint
10 drops Copaiba
+ Carrier Oil

ANTHRO PERFUME

10 drops Northern Lights
Black Spruce
6 drops Bergamot
6 drops Patchouli
4 drops Geranium
4 drops Grapefruit
+ Carrier Oil

HAPPY HIPPIE

15 drops of Bergamot
15 drops of Patchouli
5 drops Lavender
+ Carrier Oil

make a wish list

Young Living makes it easy to ditch n' switch every product in your home! They have everything from cleaning products and personal care products to vitamins, pet supplies, pregnancy and hormone support and everything you'll need to support you and your family's overall health and wellness.

AROUND THE HOUSE

All-purpose cleaner
Laundry soap
Fruit and Veggie Soak
Aromabright Toothpaste
Dishwasher Soap
Thieves Wipes

NUTRITION & VITAMINS

NingXia Red
Inner Defense
Life 9 Probiotic
Super C Supplement
Super Vitamin D

PERSONAL CARE

Charcoal Bar Soap
ART Skin Care Line
Savvy Minerals Makeup
Bath Bombs
Bloom Skin Care Line
Blue Tansy Essential Oil

PREGNANCY, BABIES, KIDS

Claraderm Spray
Linen Spray
Seedlings Baby Wipes
Diaper Rash Cream
KidScents Shampoo
KidScent Essential Oils
Feather Owl Diffuser
& Sound Machine

HORMONES + THYROID

Progessence Plus
Clary Sage Essential Oil
Dragon Time Massage Oil
Thyromin Capsules
Endoflex Essential Oil

PET SUPPLIES

Dental Pet Chews
Infect Away Oil
ParaGize Oil
Cat Treats
Shampoos

WISH LIST



Toxic free home

We are the gatekeepers of our homes, meaning we decide what goes and what stays. My sweet little family and I decided to ditch products made with synthetic ingredients that have lasting negative effects on our overall health and wellness and switch them for natural products with suuuuper high standards. These are a few of our favorite diy recipes in our toxic-free home - they are cost-effective, use the oils in your starter kit and are very easy, enjoy!

STARTER KIT RECIPES

SINK SCRUB

You need

- ½ cup baking soda
- Lemon Essential Oil

To do

- Shake baking soda into sink
- Sprinkle 5-7 drops of Lemon Essential Oil in sink
- Spray down with Thieves all-purpose cleaner
- Scrub with a soft-bristled brush
- Spray down with suuuuper hot water
- Do this 3 times a week to keep your sink sparkly clean!

LAUNDRY BOOST

Ditch those old dryer sheets & switch 'em for organic, wool dryer balls. Dryer balls make your laundry fluffier without all the chemicals that dryer sheets hold. A quick hack to make your laundry smell even fresher is spraying your dryer balls with essential oils.

- You can either place a few drops directly on the dryer balls or put a small spray top the essential oil bottle.
- My favorite oils to use are lemon, citrus fresh, cypress, lavender and valor.

WELLNESS TEA

Make your own tea with simple & all-natural ingredients.

- Grab a mug and fill it with hot water. Place 1 drop of Thieves Essential Oil plus 1 drop of Lemon Essential Oil in the hot water. Add a little spoonful of honey, stir and enjoy!
- Do this 3 times a week in the fall and winter months - or whenever you feel under the weather - to help prevent sickness or continue getting over a cold.

dropper bottle

You can use dropper bottles to make skin care recipes. Here are a few of my faves! To use: cleanse face, place 3-4 drops of the serum of your choice in the palm of your hand, rub hands together, cover face with said serum; then apply makeup or moisturizer; do this twice a day.

STARTER KIT RECIPES

GLOW SERUM

20 drops Frankincense
1 tsp vitamin E oil
Fill the rest with Emu
or Jojoba oil

COMBAT ACNE & SCARRING

15 drops Lavender
5 drops Frankincense
Fill the rest with Emu
or Jojoba oil

MINIMIZE PORES

10 drops Lemon
5 drops Lavender
5 drops Frankincense
Fill the rest with Emu
or Jojoba oil

MIX N' MATCH RECIPE

DEWEY CLOUD SERUM

10 drops Sandalwood
5 drops Lavender/Frankincense
5 drops Blue Tansy
Fill the rest with Emu
or Jojoba oil

spray bottle

Make your own perfumes and sprays for your bedroom, bathroom, linens, car and everywhere in between. To make: add essential oils to the spray bottle, fill the rest with distilled water and add a splash of witch hazel.

STARTER KIT RECIPES

GOO-GONE

15 drops Lemon
2 drops Thieves

To use: exactly how you would use goo-gone!

LINEN

5 drops Citrus Fresh
5 drops Lavender

MIX N' MATCH RECIPE

LAUNDRY BOOST

5 drops Citrus Fresh/Tangerine
3 drops Cypress
4 drops Lemon

To use: spray on dryer balls 15 minutes before dryer cycle is done

LULLABY

2 drops Frankincense
2 drops Lavender
2 drops Cedarwood
2 drops Gentle Baby

To use: spray in baby's room and/or bedding

BATHROOM

15 drops Bergamot
5 drops Lavender
5 Purification

PARTY TIME

15 drops Lime
5 drops Grapefruit
5 Citrus Fresh
3 drops Peace & Calming

