

Katchie Ananda

liberate your body | stretch your mind | nourish your soul

Using essential oils at home

Kitchen/Bathroom cleaner

In a spray bottle combine water with a squirt of liquid soap and add:

- 30 drops of lemon
- 30 drops of wild orange
- 20 drops of lavender

For nasty grime use the lemon straight up and let it sit for 30 Minutes - it will come right off

Skin care

Buy at any health food store a jar of Jason Vitamin E cream (choose either 5000 or 25'000 Units) and add:

- 25 drops of Ylang Ylang
- 20 drops of Lavender
- 15 drops of Frankincense
- 15 drops of Geranium
- Add some of the Rose oil (which is already mixed, so just add to taste)

Mix well with a chop stick

For internal health and well being

On your tongue in the mornings:

- 1 drop of frankincense
- 1 drop of copaiba

Let it get absorbed for one minute, then swallow

Sleep Aid

For those of you who wake up in the middle of the night and can't go back to sleep
In a roller bottle combine:

- 15 drops of lavender
- 15 drops of roman chamomile

Fill with a carrier oil such as fractionated coconut oil put on bottom of feet when you wake up

For the little cuts and scrapes

In a roller bottle combine:

- 15 drops of melaleuca
- 15 drops of lavender

Fill with a carrier oil such as fractionated coconut oil and apply directly to the cut or bruise

Coconut Oil pulling for oral health

One table spoon of coconut oil add:

- One drop of on guard or clove

Swish for 10 Minutes before spitting it out, follow with brushing your teeth

Eye serum for bags under the eyes and the smoothing of wrinkles

In a dark colored glass bottle combine:

- 1 ounce of argan carrier oil
- 30 drops of geranium
- 30 drops of Jasmine

Bloating or digestive discomfort

In a 10 ml roll on bottle combine:

- 15 drops of DigestZen
- 15 drops of Peppermint
- 7 drops of lemon

Fill with FCO or other carrier oil and apply to your belly

Headaches

When it is a migraine combine in a 10 ml roll on bottle

- 15 drops of peppermint with FCO
- Apply to the back of the neck every 30 Minutes until it passes

When it is a regular headache try Lavender - in a 10 ml bottle combine:

- 15 drops of lavender with FCO

Apply to temples and sides of neck

Deodorant

Some people prefer it neat (undiluted) I prefer it with FCO or jojoba oil

In a 10 ml roll on bottle:

- 15 drops of Eucalyptus
- 15 drops of lavender
- 15 drops of Geranium
- 15 drops Peppermint

Fill up with FCO or other carrier oil

Have fun mixing and saving monthly. If you would like to know how to set up an LRP so you too can acquire all the oils you will need to do your recipes, let me know and we can schedule a call.