

OLEO LIFE

Aromatherapy & Skincare



Easy ways to use
essential oils at home

DIY

Natural Rug Deodoriser

1 What you'll need:



2 Add your favourite essential oil



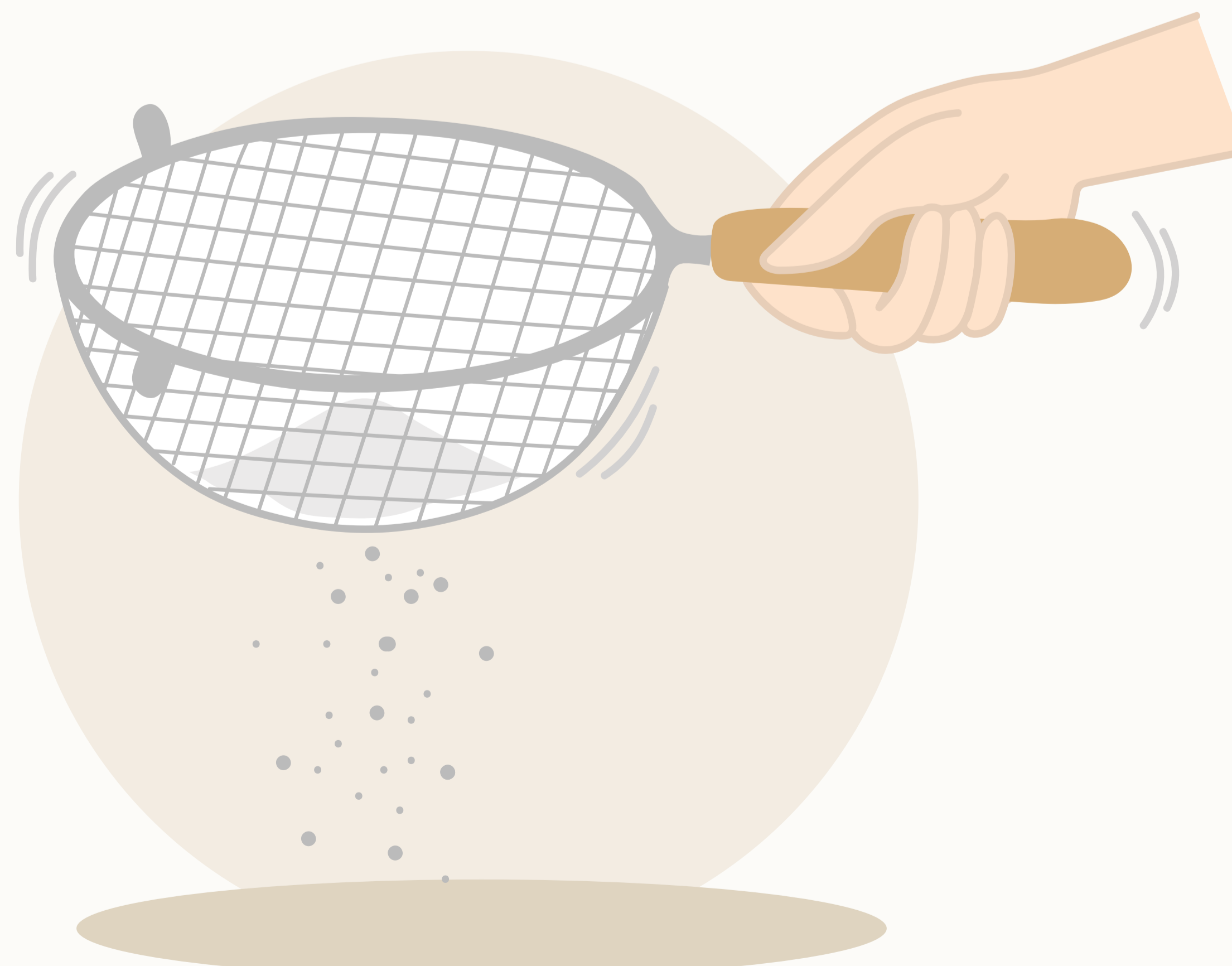
3 Wait 30 mins, then vacuum



4 Add 10-15 drops to the baking soda and mix



5 Sprinkle over rug/carpet



Scan to watch
Instagram reel



DIY

Aromatherapy Bedtime Ritual

1 What you'll need:



2 Add your favourite essential oil



5 Let go your day and relax



3 Fill your with water + favourite relaxing essential oil



4 If you need help to relax, watch this video



Scan to watch
YouTube video



DIY

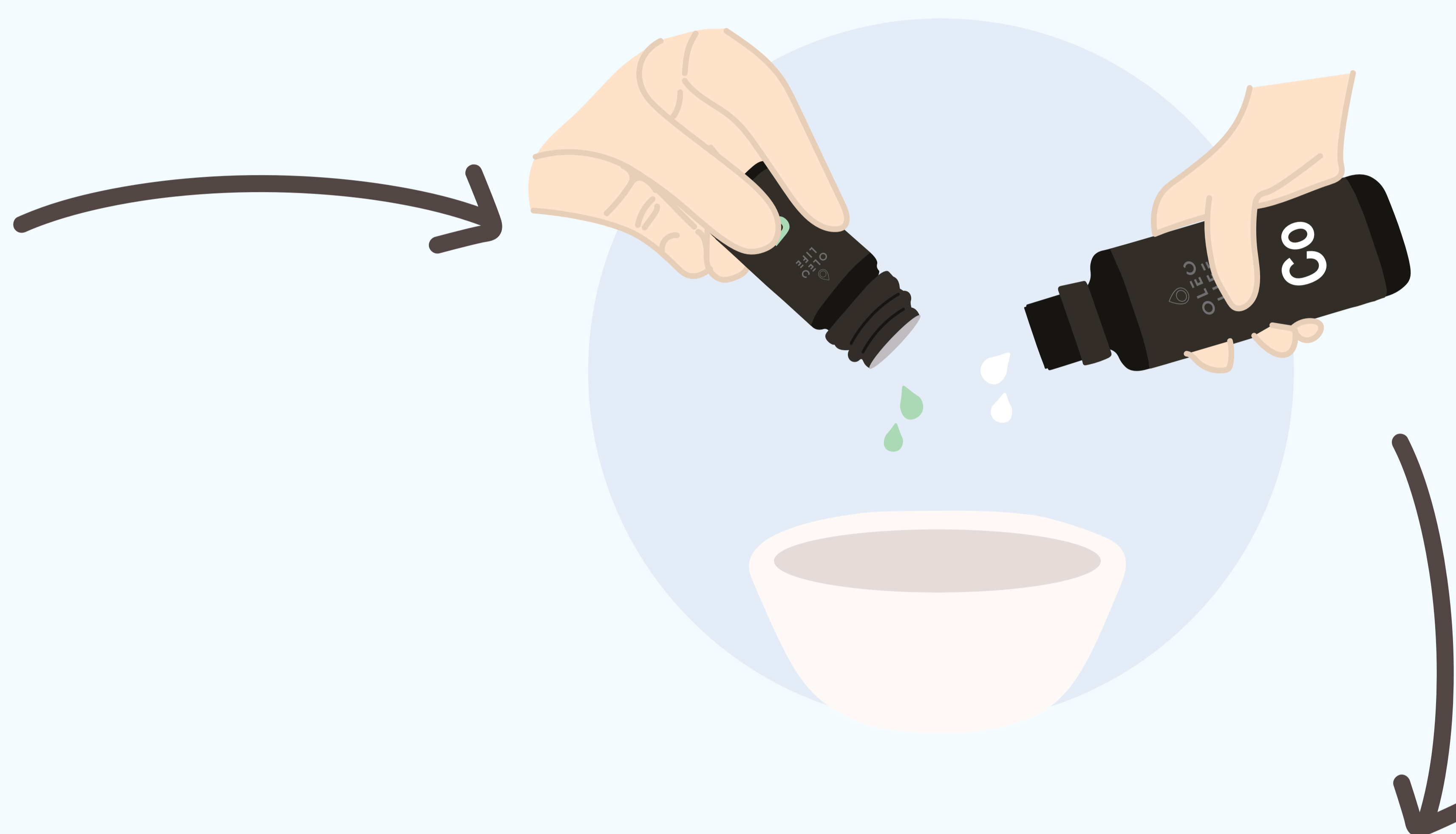
Rosemary Essential Oil Hair Mask

1 What you'll need:



Rosemary
Essential Oil Carrier Oil

2 In a small bowl, combine coconut oil and essential oils, blend well together



Rinse the mask off hair, then shampoo and conditioner hair as you normally would.

3 Dampen hair with water, you can do this with a spray bottle filled with water



4 Place a towel over the shoulder to protect clothes, then coat mixture onto hair using hands or a brush. Let the mask sit on hair for 30 minutes, you may wish to cover hair with a shower cap.

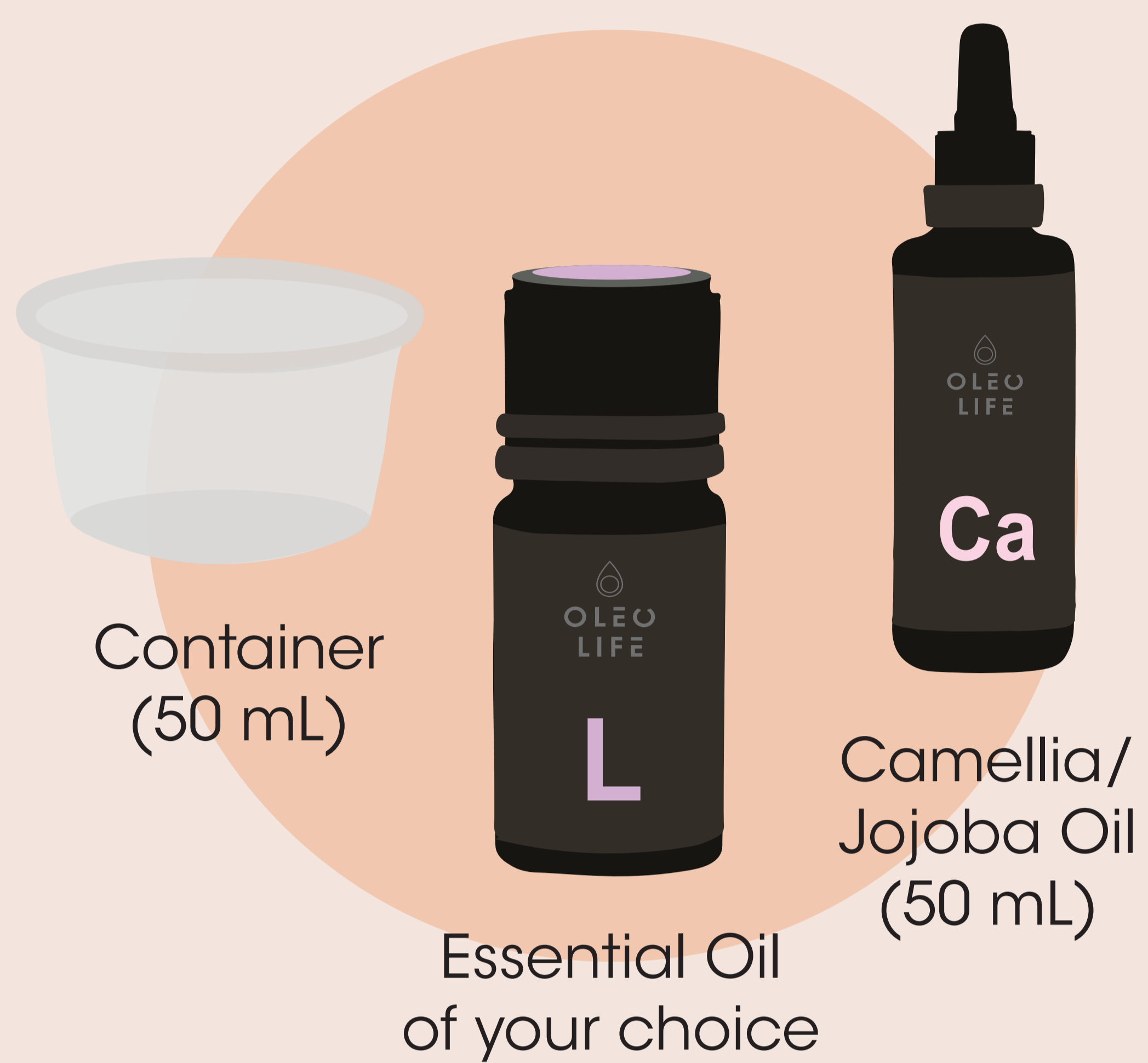
DIY

Massage Oil Blend



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1 What you'll need:



2 Add 25 drops of your preferred Essential oils, you can use one or blend as many as you want.



5 Treat yourself or your partner with a relaxing massage



3 Gently swirl to mix everything together.



4 Pour a few drops into your wrist to check if the aroma is fine-tuned and adjust if it's needed.



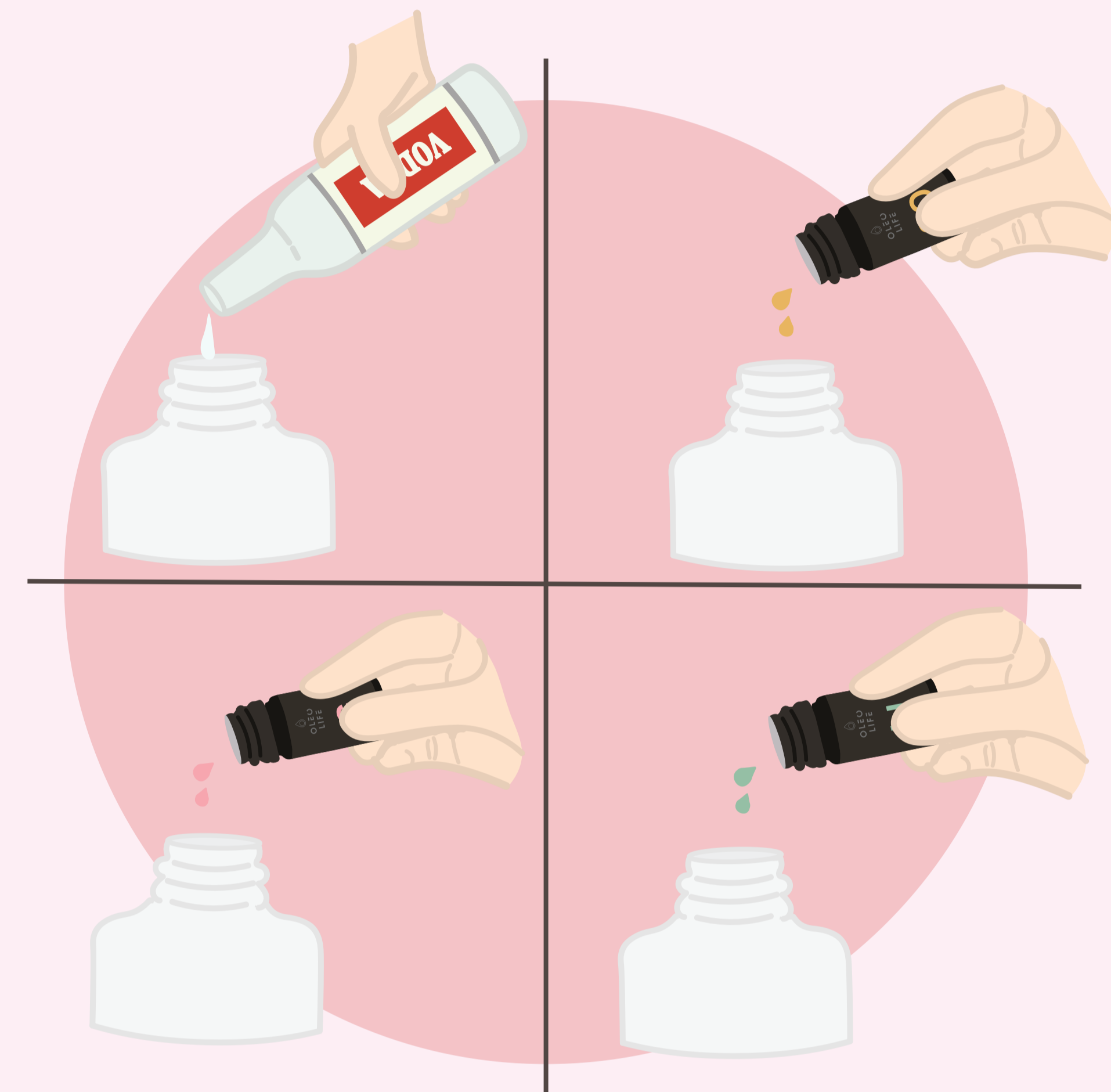
DIY

Bedroom Room Blend Spray

1 What you'll need:



2 Pour the alcohol into a small spray bottle. Add 15 drops orange, 10 grapefruit, 10 Lime



4 Shake again and spritz whenever you need a little pick-me-up.



3 Let the oils sit for 5 minutes or so, and then shake well and add the water.



ABOUT OLEU LIFE



Aromatherapy & Skincare

OLEU LIFE started off when the founders, Mayte Salonia and Rafael Figueroa, recognised the struggles of living fast-paced lives. The stress, low energy, and disconnection that came from not understanding the importance of caring for yourself, by taking the time to do it consciously and naturally.

Throughout the exploration of natural botanicals and essential oils a sensorial aromatherapy experience was created, allowing connection and self-care through daily rituals that could be easily carried out.

We also believe that for wellbeing to be all-encompassing, we must also contribute to our communal and social wellbeing, as well as the environment. Through our products, our mission is to also promote socially and environmentally impactful actions through using ethical products and living mindful and balanced lives.

Our products were created for everyday use, under any occasion or circumstance. Through our collections, our vision is to make natural, slow, and simple lives possible for everyone. Why? Well, simply because we, and hence the environment, is deserving of happiness, peace, and fulfillment.

If you want to hear more about us, [click here](#) to check out our website

