150 ways to use essential oils

Edens Garden®
FROM OUR GARDEN TO YOURS

We are proud to offer the highest quality essential oils available; which are extracted from many different species of plants from around the world. These oils are obtained from various parts of the plant including the roots, wood, flowers, fruit and leaves. Edens Garden takes great pride in providing pure, true to source, essential oils and carrier oils. There are many wonderful ways to use essential oils. The possibilities are endless... be creative and enjoy!

- The Edens Garden Team

The E.D.E.N.S. pledge is the cornerstone of our company because we value transparency and honesty. Sourced from around the globe, our oils are all rigorously batch tested before they are poured into E.G. bottles. We are committed to you, the customer, so you can rest-assured that all of our products are pure, safe and effective.

ABOUT OUR CARRIER OILS

EDENS GARDEN CARRIER OIL (EGCO) OFFERINGS:

Apricot Kernel, Argan, Avocado, Camellia Seed, Fractionated Coconut, Cucumber Seed, Evening Primrose, Fenugreek, Grapeseed, Guava Seed, Hazlenut, Hemp Seed, Jojoba, Macadamia, Meadowfoam, Neem, Pomegranate Seed, Prickly Pear Seed, Rosehip, Safflower, Sunflower, Sesame, Sweet Almond, Tamanu and Wheat Germ.

All carrier oils are packaged in amber glass bottles with a pump. For more detailed information, visit:

WWW.EDENSGARDEN.COM

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BEAUTY

1. Nail Strengthener
Combine 3 drops Frankincense, 3 drops Myrrh and 1 oz Argan oil. Store in an amber glass bottle. Massage the mixture into nail cuticles, twice a week.

2. Dandruff blend
Combine 3 drops Rosemary, 3 drops Manuka and 1 oz Evening Primrose. Massage thoroughly into scalp for 1-2 minutes. Shampoo hair as usual and rinse well, repeat if necessary.

3. Perfume
Combine 18-30 drops Lavender, Patchouli, Sandalwood, Geranium or Allure with 1 oz of high proof vodka. Let it sit for up to 3 weeks. Check on the aroma periodically as it will change over time. Apply to your neck, wrists and behind your knees and ears.

4. Hair serum for split ends
In a 30 ml glass bottle combine 7 drops Rose Geranium, 7 drops Sandalwood and 5 tsp Argan. Shake well and apply a small amount to ends between shampoos. The non-greasy essential oils are absorbed into the hair shaft, making it suitable for all hair types.

5. Oily hair remedy
Combine 3 drops each Tea Tree, Lime, Rosemary and Ylang Ylang with 1/4 cup baking soda in a cup. Fill with 1 cup water, stirring the solution. Tilt head back and pour over hair, from the hairline down. Wash hair as normal. Use 2-3 times per week. Use within the week.

6. Stimulating Rosemary Mint shampoo
Add 3 drops each Peppermint and Rosemary per ounce of shampoo. For example, to an 8 oz bottle add 24 drops each Peppermint and Rosemary. Shake well and use as normal. Peppermint provides a cooling sensation, while Rosemary increases circulation.

7. Lavender & Tea Tree dandruff shampoo
Add 4 drops Lavender and 2 drops Tea Tree per ounce of shampoo. For example, to an 8 oz bottle add 32 drops Lavender and 16 drops Tea Tree. Shake well and apply to hair, massaging the scalp. Allow the shampoo to rest on scalp for 1 minute before rinsing off. Lavender and Tea Tree are known for their ability to address skin conditions.

8. Nourishing shampoo
Combine 6 drops Cypress, 6 drops Helichrysum with 8 oz unscented shampoo and mix thoroughly. Apply to hair, work up lather and rinse. Add shine and an irresistible aroma to your hair with this delightful shampoo.

CAUTIONS FOR USE OF ESSENTIAL OILS

1. Do not use essential oils internally.
2. Store essential oils away from sunlight - ideally, in a cool, dark place.
3. Do not use, or store, essential oils near open flames.
5. Do not use essential oils in the eyes or eyelids.
6. Pregnant women should consult their healthcare professional before using essential oils. Essential oils should not be used in the first trimester of pregnancy or with difficult and unstable pregnancies.
7. Discontinue use of essential oils if skin irritation or skin sensitivity occurs.
8. If you have any questions or concerns, consult a qualified healthcare professional or certified aromatherapist before using essential oils.
9. This brochure is provided for educational purposes only. It is not intended to diagnose, treat, cure or prevent disease. The reader/user assumes all risk, liability and responsibility for the use of essential oils as outlined in this brochure.
10. The uses mentioned in this brochure are meant for use with Edens Garden brand oils and synergy blends only. Cautions for other essential oil companies may differ.
9. Wrinkle blend
Combine 3 drops Frankincense, 3 drops Geranium, 4 drops Lavender, 2 drops Sandalwood and 2 oz of an EGCO. Alternatively, combine 12 drops Age Defy with 1/2 oz of Rosehip and 1.5 oz of Jojoba. Apply a dime-sized amount of blend to wrinkles to reduce the appearance of fine lines. (Avoiding the eyes).

10. Stretch marks
Add 2 drops Frankincense, Geranium or Lavender to a 10 ml roller bottle. Fill to the shoulder of the bottle with Rosehip. Roll over stretch marks 3-4 times per week.

11. Face moisturizer
Combine 3 drops Elemi, Frankincense or Lavender with 1/2 oz of an EGCO. Apply 1/2 tsp to the face as an evening moisturizer before bed.

12. Skin toner
Add 4 drops each of Lavender, Palmarosa and Rosewood to a 2 oz spray bottle. Fill to the shoulder of the bottle with witch hazel and .5 ml Polysorbate 20. After cleansing, apply the blend to the skin with a cotton ball. Shake well before each use. Use within the week.

13. Lotion for mature skin
Add the following essential oils to a 4 oz squeeze bottle: 16 drops Geranium, 20 drops Frankincense and 12 drops Ylang Ylang. Fill to the shoulder of the bottle with un-scented base lotion and mix well.

14. Clogged pores
Add 2 drops Ylang Ylang (Complete) to a 1 oz bottle. Fill to the shoulder of the bottle with witch hazel and .25 ml Polysorbate 20. Shake well and add a small amount to a cotton ball. Wipe over the skin. Use within the week.

15. Acne
Combine 4 drops Bergamot, 2 drops Basil, 3 drops Frankincense (Frereana), 3 drops Lavender (Greek) and 2 oz witch hazel in a small bottle with .5 ml Polysorbate 20. Shake well and apply 2-3 drops to a cotton swab and apply directly to the acne. For larger areas, add 2 tsp of the mixture to a dampened face cloth and dab on the acne. Use within the week.

16. Natural facial scrub
Combine 4 drops each Grapefruit, Lavender and Patchouli, 2 oz plain yogurt and 2 oz cornmeal. Spoon out the mixture and cover the face with it (avoiding the eyes). Leave on for 15 minutes and then wash off.

17. Mature skin spritz
Add the following to a 1 oz spray bottle: 2 drops each of Cistus, Opopanax and Neroli. Fill to the shoulder of the bottle with Hemp Seed and shake well. Spritz over freshly cleansed skin.

18. Mature skin cream
Combine 2 drops each of Neroli, Palmarosa and Spikenard with 1 oz base lotion. Apply to the face as part of daily skincare routine.

19. Dry/ cracked feet
Combine 7 drops Grapefruit, 7 drops Lavender, 6 drops Peppermint and 4 drops Ylang Ylang with 2 oz Jojoba. Apply to feet after bathing and allow to soak in.

20. Restorative moisturizer
Combine 4 drops Carrot Seed, 8 drops Neroli and 2 oz base lotion in a small jar and stir. Apply to freshly cleansed skin morning and night.

21. Bedtime skincare
Combine 3 drops Davana, 3 drops Lime, 6 drops Neroli and 2 oz Hemp Seed in a small jar and stir well. Apply to face, neck and hands.

22. Almond & Rosewood exfoliation scrub
In a small bowl, combine 2 drops Rosewood, 2 tsp Sweet Almond, 4 tsp very finely ground almonds and 1 tsp apple cider vinegar. Form into a paste and massage gently over face and throat. Rinse well with lukewarm water and pat dry.

23. Soothing salt scrub
Combine 8 drops Frankincense, 4 drops Grapefruit, 2 oz Himalayan salt and 1 oz Jojoba in bowl and stir well. Use a small handful while in the shower or bath to scrub away dead skin and soothe muscle aches. The lingering layer of Jojoba will provide long lasting moisture. For a silkier texture, try adding a tsp of Coconut oil.

24. Face steam
Add 2 drops Chamomile (Roman) to a bowl of steaming water. Place bowl on a table where you can sit comfortably in a chair. Place your face over the bowl and drape a towel over your head. Enjoy the soothing aroma and moisturizing steam until the water cools and the vapors stop.

25. Aging, fine lines
Combine 4 drops Coffee oil, 2 drops Neroli and 1 oz of EGCO. Apply a dime-sized amount of the blend to wrinkles to reduce the appearance of fine lines. (Avoiding the eyes).
26. Poo-fume (like Poo-Pourri spray)
Combine 40 drops Shine, Bliss or Citrus Cream and 1 tsp witch hazel in a 3 oz spray bottle and shake well. Top off bottle with water and 2 tsp of grain alcohol. Spray 3-5 times into toilet bowl prior to use. Get creative with the oils you use! A Cinnamon blend would be great for holiday hosting.

27. Stomp shoe odors
Combine 10 drops Cedarwood, 15 drops Kunzea, 15 Grapefruit and 1 tsp witch hazel in a 3 oz spray bottle and shake well. Top off bottle with water and 2 tsp grain alcohol. Spritz 1-2 sprays into smelly shoes, sneakers or boots. Let dry before you wear.

28. Incense sticks
Take a large dinner plate and place an unscented incense stick in the center. Pour 20 drops of Frankincense or Tranquility over the stick. Roll stick around until all oil is absorbed. Set incense stick in a mug to dry, at least 10-15 hours.

29. Scented stationery
Place 1-3 drops Cinnamon Leaf on a cotton ball and place inside a plastic bag along with stationery. Seal the bag and leave it overnight to give the letters time to infuse the aroma. Try it with this year’s holiday card!

30. Floral & spice body oil
Combine 2 drops Bergamot, 5 drops Cardamom, 2 drops Vetiver, 3 drops Ylang Ylang and 1 oz EGCO in a bottle. Shake and apply on damp skin after shower.

31. Floral perfume balm
In a double boiler, melt 1 oz beeswax. Once melted, stir in 3 oz Jojoba and remove from heat. Add 4 drops Jasmine absolute, 5 drops Palmarosa and 15 drops Rose absolute. Pour into four 1 oz tins, add lids, and allow an hour to fully cool and harden before use. Soften with fingertip and apply balm to wrists and neck pulse points for a gentle, natural perfume.

32. Soothe a sunburn
Combine 1 oz epsom salts with 1 oz Tamanu carrier oil and 6 drops of Lavender (any) essential oil. Add mixture to a lukewarm bath and soak for as long as is comfortable.

33. Neroli & Sandalwood sugar scrub
Combine 8 drops each of Neroli, Sandalwood, Sweet Orange, Vanilla, 4 oz EGCO and 1/2 cup cane sugar. Stir well and apply to skin in a circular motion and wash off with warm water. Store in an airtight container for up to 6 months.

34. Summertime citronella candles
Add a few sprigs of mint leaves, rosemary or other herbs you have handy to a mason jar then fill the jar halfway with water. Add 10 drops Repel or Catnip. Next, place a few fresh lemon and lime slices to the jar and fill the rest with water. Finally, add a floating votive candle and tie a piece of twine around each jar. Place 1 or 2 candles at each table of your next outdoor party!

35. Aromatic bookmark
Apply 5 drops Tranquility, Be Still or Spring Garden on a cotton ball and place inside a plastic bag along with a bookmark. Seal the bag and leave it overnight to give the bookmark time to infuse the aroma. Also, leather holds aroma longer than paper and makes a great gift for the avid readers in your life.

36. Stale air reviver
In a 4 oz glass spray bottle, combine 20 drops each of Cypress, Grapefruit, Lavender, Lemon and 2 oz of 190 proof grain alcohol. Top off with water and shake well to combine. Spray where needed.

37. Coconut & honey face wash
Combine 24 drops Lavender, 4 oz Fractionated Coconut oil and 2 tbsp honey in a bowl. Stir well and pour into an empty container. Apply a tsp of the mixture with warm water and wash off as normal. Avoid getting product wet to prevent contamination.

38. Soothing Sandalwood soak
Add 4 drops Sandalwood and 1 drop Ylang Ylang to 1 tbsp of an EGCO. Add to 1 oz of Epsom salts and mix well. Add to your bath’s running water as your tub fills, agitating to dissolve the salts and disperse the oils into the water. Enjoy the calming vapors while relaxing and allowing your mind to drift.

39. Calming massage oil
Combine 1 drop each Bergamot, Lavender, Mandarin, Geranium, Chamomile (German), Ylang Ylang and 1/2 oz of Hemp Seed. Mix well, massage onto the body.
40. Anxiety
Add 4 drops Bergamot and 2 drops Vetiver to 1/2 oz Jojoba in a roll-on bottle. Apply the mixture to wrists and temples 2-3 times when feeling anxious or panicked.

41. Feeling a little down?
Dilute 4 drops Good Morning, Joy, or Spring Garden in 1/2 oz of an EGCO. Place a few drops of the mixture in the palm of your hands, rub hands together and cup hands over mouth and nose. Take 6 slow deep breaths and think of a moment in the last week you really enjoyed.

42. Create a better work atmosphere
Calming oils such as Lavender or uplifting oils such as Grapefruit are great essential oils to inhale in the office using a personal pocket inhaler. Also try Stress Relief, Worry Less, Anxiety Ease or Relaxation.

43. To uplift
Use Rose Geranium to uplift the spirits. Dilute Rose Geranium in a suitable EGCO and add to the bath, aromatherapy diffuser or EG’s Pocket Inhaler. Quantities will vary depending upon the method used and individual circumstances.

44. Nervous indigestion problems
Combine 5 drops Caraway, 3 drops Grapefruit, 4 drops Peppermint and 1 oz of an EGCO. Massage over the stomach in a clockwise direction. Alternatively, try 12 drops of Digest Ease mixed with 1 oz of an EGCO.

45. Calming
Add 15 drops Worry Less to a EG’s Pocket Inhaler and use as needed.

46. Confidence booster
To a 10 ml roller bottle add 4 drops Grapefruit or Fearless. Top off with an EGCO. Apply to pulse points and inhale 2-3 times as needed before an interview, exam or meeting.

47. Relaxation
Add 5-10 drops of Lavender and Amyris to an aromatherapy diffuser. Diffuse in the evening before going to bed. Also, try Good Night or Sleep Ease.

48. Energize
Combine 4 drops Basil, 3 drops Ginger, 5 drops Grapefruit with 1 oz of an EGCO. Apply a few drops of the blend to the palms of the hands and inhale deeply 2-3 times. Alternatively, add the Good Morning synergy blend to EG’s Ceramic Bloom Diffuser.

49. Grief & shock
Add 15 drops Neroli, Rose, Peppermint or Mandarin to an inhaler. Inhale a couple deep breaths of the aroma when dealing with grief or unexpected news.

50. General fatigue
Add a few drops of Clementine and Peppermint or Awake & Aware to your favorite diffuser.

51. Vanilla Jasmine mist
If you are feeling low, this beautiful mist can lift your spirits. Add 18 drops Jasmine absolute and 6 drops Vanilla to 4 oz water in a spray bottle with 2 tsp grain alcohol. Shake well and use the mist to spritz yourself after showering and to freshen indoor spaces.

GIFTS

52. Bridal shower gift
Give Aphrodisiac, Hope and XOXO to the bride and groom! You can also give with an aromatherapy diffuser such as the Scent Ball Plug-In Wall Diffuser. Alternatively, you can use these to make a romantic massage oil by blending with an appropriate EGCO. Perfect for the bride and groom to use during their honeymoon.

53. Bridal shower love potion gift
Combine 5 drops Rose Geranium, 8 drops Ylang Ylang and 9 drops Sandalwood with 2 oz of an EGCO in a small jar. Try putting in a fun bottle with creative label.

54. Baby shower gift
The Edens Garden Ceramic Ultrasonic Diffuser makes a great gift for mom and baby. Give with Lavender and tell mom to diffuse to increase relaxation.

55. Father’s Day gift
Lift dad’s mood to and from work! Give the gift of Stress Relief or Relaxation with the Edens Garden Electric Car Diffuser.

56. Birthday Gift
A birthday is a great time to give the basics in essential oils! Try Edens Garden popular Top 6 Essential Oil Set or Top 6 Synergy Blends Set.

57. Birthday bath salts
Combine 10 drops of your favorite essential oil or synergy blend, 2 tsp of an EGCO, 1 oz Epsom salt and 1 oz baking soda. Try Spring Garden, Joy or Sunshine Spice. Use 1-3 tbsp of the blended salts per bath. Package in a watertight, cute container or mason jar.
58. Easy-peasy hand sanitizer spray
Combine 12 drops Peppermint, 22 drops Tea Tree, 14 drops Sweet Orange, 3.5 oz witch hazel, and 2 tsp of grain alcohol in a small 4 oz squirt bottle. Shake well and squirt into hands and rub until it has evaporated.

59. Blisters
Combine 7 drops Sandalwood and 7 drops Tea Tree with 1/2 oz Grapeseed. Apply to the affected area up to 3 times a day, until healed.

60. Sore or tired feet
Combine 5 drops Vetiver, Patchouli or Peppermint, 1 tsp EGCO and 1 oz Epsom salt. Add 1 tbsp of the mixture to a basin of hot water for a foot bath. Also try with Circu-Touch or Anxiety Ease.

61. Memory sharpener blend
In a 5 ml glass bottle, combine 30 drops Basil, 30 drops Rosemary, 18 drops Lemon and 18 drops Black Pepper. Add 15 drops to EG’s Pocket Inhaler or 5-10 drops to your diffuser.

62. Teeth grinding
Combine 6 drops Lavender or Circu-Touch to 1/2 oz of an EGCO. Massage into the soft spot just below your earlobe each night before bed. Alternatively, diffuse 5-10 drops in your diffuser just before bedtime.

63. Jaw tension
Combine 6 drops Massage Therapy with 1/2 oz of an EGCO. Massage into the soft spot just below your earlobe to release tension in the jaw area.

64. Sick day
Add 5-10 drops of Fighting Five or Guardian to EG’s pocket inhaler. Inhale throughout the day to help support the immune system.

65. Menstrual cramps
Combine 6 drops Clary Sage, Lavender, Rose or Sweet Marjoram with 1/2 oz Evening Primrose. Massage over lower abdomen in a clockwise direction. After application, place a warm, moist hand towel over the abdomen for 10-15 minutes.

66. Ladies monthly moodiness
Add 12 drops PMS Ease or Gal Pal to 1 oz Argan oil. Massage gently over the abdomen area.

67. Settling the stomach
Combine 3 drops Grapefruit, 5 drops Ginger and 4 drops Sweet Orange with 1 oz of an EGCO. Massage the mixture in a clockwise direction over the abdomen.

68. Headaches
Add 15 drops Peppermint to EG’s Pocket Inhaler, taking deep breaths as needed. Alternatively, combine 2-3 drops Peppermint and 1 tsp of an EGCO and massage into the location of pain.

69. Aching joints/tired muscles
Combine 14 drops Eucalyptus, Basil or Lavender with 1/2 oz of an EGCO. Massage over the affected muscles/joints.

70. Neck pain
Combine 4 drops Helichrysum, Lavender, Elemi or Litsea with 1/2 oz of an EGCO. Massage mixture into the neck.

71. Circulation problems
Combine 5 drops Cypress or Spruce with 1 tsp of Coconut oil. Mix into 1 oz Epsom salts. Add 1-2 tbsp of the mixture to warm bath water.

72. Improve circulation
Combine 4 drops Black Pepper, 6 drops Plai, 8 drops Sweet Marjoram and 1 oz Apricot Kernel. Massage over the legs and arms up to twice a day.

73. Cuts, scrapes & scratches
Add 2 drops each Tea Tree and Lavender to a 10 ml roller bottle. Fill to the shoulder of the bottle with an EGCO. Clean and roll over affected area.

74. Cooling & protecting the body
Combine 15 drops Eucalyptus, Purify or Immunity with 2 oz of an EGCO. Add a few drops of the mixture to warm bath water to cool the body in summer and protect in winter.

75. Bring a fever down
Add 12 drops Peppermint to a 1 oz spray bottle. Fill to the shoulder of the bottle with Sunflower oil. Shake well and mist over back of neck and torso, as needed. NOTE: For use on children, use 6 drops Lemon instead of 12 drops Peppermint.

76. Steam inhalation for the lungs, nasal passages & sinuses
Add 2 drops Deep Breath to a bowl of steaming water. Place your face over the steam, using a towel draped over your head and bowl, holding the steam in. Inhale deeply several minutes. Alternatively, combine 2 drops Deep Breath and 1 tsp EGCO and massage over the chest and throat.

77. Muscles & joints
Combine 4 drops Celery Seed, 6 drops Clary Sage, 8 drops Copaiba and 1 oz of Cucumber Seed. Massage over affected muscles and joints twice a day.
78. Restful sleep
Place a cotton ball with 1-2 drops of Chamomile (Roman) and Lavender next to your pillow.

79. Restful sleep #2
Diffuse Sleep Ease or Good Night with Edens Garden Thera Lux Nebulizer Diffuser.

80. Restful sleep #3
Add 5-6 drops Cedarwood, Lavender, Sandalwood, Valerian or Vetiver to a 1 oz spray bottle. Add 2 tsp of grain alcohol, and fill to the shoulder of the bottle with water. Mist your pillow lightly before going to sleep. Shake well before each use. Test the product on pillow cases before using this product profusely.

81. Sleep well bath
Combine 2 drops Chamomile (Roman), 1 drop each of Lavender, Sandalwood and Sweet Marjoram, 1 tsp Wheat Germ EGCO and 1 tbsp Epsom salt and stir well. Add to tub and agitate to EGCO thoroughly disperse, then soak for 30 minutes.

82. Arthritis or stiff joints
Combine 7 drops each of Cypress and Copaiba with 1/2 oz of Tamanu EGCO. Massage the mixture into the affected area.

83. Insect bites
Combine 5 drops each Tea Tree and Lavender (Spike) to a 10 ml roller bottle. Fill to the shoulder of the bottle with an EGCO and apply as needed.

84. Aches & pains
Combine 10 drops Copaiba, 3 drops Eucalyptus and 3 drops Peppermint with 1 oz of Sunflower EGCO. Massage the mixture over the affected area twice a day.

85. Ease breathing
Combine 4 drops Cajeput, 6 drops Kunzea and 2 drops Lemon with 1 oz of an EGCO. Alternatively, try 12 drops Breathe Easier with an EGCO. Massage over the chest area before going to bed to ease breathing.

86. Give your feet a break
Combine 6 drops Manuka with 1 oz epsom salt and 1 oz Avocado oil. Add mixture to your bath, and allow your feet to soak as soreness melts away. Afterwards, dry feet and massage them with a body oil like Yuzu Cannabliss or Vanilla Sandalwood.

87. Yoga mat cleanser
Combine 3 drops Lavender, 6 drops Sweet Orange and 3 drops Tea Tree with 2 oz distilled water in a spray bottle and 2 tsp of grain alcohol. Shake and mist over your yoga mat. Wipe clean with a towel before and after each use. Alternatively, try using Mediation or Aroma Fresh.

88. Curb the appetite
Inhale the aroma of Grapefruit from a personal inhaler or directly from the bottle to help curb the appetite and lessen the impulse to overeat.

89. Overindulgence in food or drink
Blend 2 drops Lavender and 2 drops Grapefruit and diffuse in the Edens Garden Ultrasonic Diffuser.

90. Coffee “replacement” (ie as a natural stimulant)
Diffuse 5-10 drops Coffee oil, Stay Alert or Purify. Alternatively, add 15 drops to an inhaler and use as needed.

91. Refreshing kitchen surface cleaner
Add 2-5 drops Lemon directly to a damp sponge. Use it to wipe countertops and cutting boards to help combat bacteria and germs.

92. Simple kitchen sink scrub
Combine 5 drops Bergamot, 5 drops Lime, 1/2 cup baking soda, 1/4 cup hydrogen peroxide in a small bowl and stir. Apply the mixture to the inside of the sink and scrub. Rinse with warm water.

93. Laundry detergent
Add 30 drops Citrus Cream to 3 cups borax, 3 cups washing soda, 3 cups baking soda and 2 grated bars of soap in a bowl. Mix well and use 1-2 tablespoons per load.

94. Trash can deodorizer
Add 1-3 drops Aroma Fresh or Sunshine Spice onto a cotton ball and place it on the bottom of the trash can to help eliminate odors and germs.

95. Toilet rolls
Place 3-6 drops Good Morning or Relaxation on the inside of the cardboard tube of a roll of toilet paper. The oil will fragrance the bathroom with every turn.

96. Grout scrub
Combine 10 drops each of Lemongrass, Pine, Tea Tree, 1 cup baking soda, 3 tbsp liquid dish soap and 1 tbsp white vinegar. Mix well, then place a small handful of the scrub on an abrasive sponge and clean grout.

97. Simple carpet deodorizer
Combine 12 drops Lavender with 1 oz baking soda. Mix well and sprinkle the mixture over carpets. Let sit for 15-20 minutes, then vacuum. Alternatively, try Aroma Fresh, Spring Garden or Uplift.
98. Cozy aromatic fireplace
Add 5 drops Douglas Fir, Frankincense or Sage to a medium-sized, dry log. Leave for at least 15 minutes and make sure the essential oil has soaked in before adding the log to a lit fire.

99. Remove cigarette smell
Combine 4 drops Rosemary, 4 drops Tea Tree, 4 drops Kunzea and 8 drops Lemon with 1 oz water and 2 tsp grain alcohol in a spray bottle. Spray liberally around the affected area. Shake well before each use.

100. Outdoor furniture scrub spray
Combine 20 drops each of Juniper Berry, Lemon, Pine, 1 oz grain alcohol and 1 oz white vinegar in an 8 oz spray bottle. Top off with water. Shake well and spray patio furniture liberally, clean and scrub with a heavy rag.

101. Fridge refresher
Combine 5-10 drops Lime, Grapefruit, Bergamot or Lemongrass to a small bowl of water. Wipe down the fridge or freezer with the water.

102. Ant & pest away
Add 2-4 drops Peppermint on a cotton ball and place in locations where you have had problems with ants or mice. The strong aroma helps disrupt scent trails.

103. Shoo fly don't bother me
Place 2 cups dried flowers or potpourri in a decorative bowl. Sprinkle 10-15 drops Citronella over the dried flowers. Place in an area where you want to ward off flying insects.

104. Sponge refresher
Sprinkle a few drops Lemon, Lavender or Blood Orange on your sponge. Place in the top rack of your dishwasher to disinfect and leave a fresh aroma.

105. General purpose & disinfecting cleaner
Add 20 drops each of Eucalyptus, Lemon and Douglas Fir, along with 1 oz grain alcohol and 1 oz white vinegar to a 8 oz spray bottle. Fill to the shoulder of the bottle with water. Shake well before each use. Can be used on glass surfaces, windows, kitchen counters, bathroom surfaces and inside your refrigerator.

106. Bathroom refresher
Add 1-5 drops Grapefruit, Lavender or Shine to a cotton ball and place behind toilet.

107. Windex replacement
Combine 12 drops Cleaning blend, 1 oz white vinegar, 1 oz grain alcohol and top off with water in an 8 oz spray bottle. Shake well to combine. Use to clean mirrors and windows.

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LITTLE ONES

All blends in this section are based on 1% dilution. If using these blends with young children, reduce the blend to 0.5%. All EGCOs are suitable for use with children. In addition, it is important to consult with a certified aromatherapist for specific circumstances. These tips are for informational purposes only.

108. Monster spray
Have a little one who's afraid of monsters at bedtime? Fill a spray bottle with 2 oz of water and 2 tsp of grain alcohol, then have your child assist you with adding 3 drops each of Lavender and Wild Orange to the water. Shake well and place the bottle on your child's bedside table or where they can reach, if scared in the night. Your little one can also decorate the bottle with fun labels.

109. Blisters
Combine 2 drops each of Chamomile (Roman), Lavender, Tea Tree and 1 oz of Cucumber Seed. Apply to blistered area up to twice a day, as needed.

110. Bruises
Combine 3 drops Helichrysum (Italicum), and 3 drops Lavender (Greek) with 1 tbsp Neem and 1 tbsp Safflower oil. Apply to the affected area, 1-2 times daily or as needed.

111. Sunburn (First degree with no blisters)
Combine 3 drops Chamomile (Roman) and 3 drops Lavender with 1 oz of Jojoba oil. Apply gently over the affected area.

112. Sprain
Combine 1 drop Chamomile (Roman), 3 drops Helichrysum (Italicum), 2 drops Lavender and 1 oz of an EGCO. Apply over the affected area.

113. Poison ivy
Combine 4 drops Manuka and 2 drops Lavender with 1 oz aloe vera gel. Clean the skin and apply to the affected area.

114. Bugs be gone
Combine 3 drops Geranium, 3 drops Lemon Eucalyptus with 1 oz of an EGCO. Apply to exposed skin as needed.

115. Hyperactivity in children
Use Focus, Focus, Focus, Tranquility or Calm 'Em Down in the Edens Garden Ceramic Bloom Diffuser.
116. Bee sting or insect bite
Combine 3 drops Lavender or Tea Tree with 2 tsp of Tamanu. Apply to the bee sting or insect bite.

117. Earache
Combine 2 drops Chamomile (German), 4 drops Lavender and 1 oz of an EGCO. Massage a small amount of the mixture to the back of the affected ear.

118. Bath time
Combine 6 drops Rose Geranium or Sound Asleep with 1 oz of Sunflower EGCO. Add 1 tbsp of the mixture to a bath for relaxation before bed.

119. Coughs & colds
Combine 3 drops Blood Orange, 2 drops Cilantro, 1 drop Douglas Fir and 1 oz of an EGCO. Massage over the chest area before bed.

120. Tummy tamer
Combine 3 drops Dill Weed, 3 drops Grapefruit with 1 oz Sweet Almond. Massage gently over the abdomen in a clockwise direction.

121. Cloth diaper laundry booster
Combine 4 drops Lavender and 4 drops Tea Tree with 1/4 cup washing soda. Add to your wash cycle for an extra boost.

122. Diaper pail spray
Combine 15 drops each of Lemon and Pine in a 4 oz spray bottle and top off with water. Spray liberally onto the diaper pail. Shake well before each use. Do not use on skin or on changing pad.

123. Stuffy Nose
Diffuse 5-10 drops Fir Balsam, Cypress, Breathe In, Breathe Out, or Spruce. Alternatively, add 1 drop to 1 teaspoon of an EGCO and massage over the chest and throat.

124. Macho man balm
In a double boiler, melt 1 oz beeswax. Once melted stir in 3 oz Jojoba then remove from heat. Add 5 drops Cypress, 6 drops Juniper Berry and 15 drops Patchouli. Pour into four 1 oz tins, add lids, and allow an hour to fully cool and harden before use. Soften with fingertip and apply balm to wrists and neck for a natural cologne.

125. Lack of sleep recovery blend
Combine 2 drops Tangerine, 1 drop Rosemary and 1 tsp Coconut oil. Apply to skin after a long night out.

126. Manly body oil
Add 5 drops Blue Cypress, 6 drops Juniper Berry and 15 drops Patchouli to 3 oz Jojoba in a bottle. Stir well and apply to damp skin after shower.

127. Woodsy beard oil
Add 1 drops Bergamot, 3 drops Cedarwood (Atlas), 4 drops Douglas Fir, 2 drops Vetiver and 3 drops Silver Fir to a 2 oz bottle. Fill to the shoulder of the bottle with Prickly Pear Seed EGCO. Shake well before use. Massage 5-7 drops to the beard area and smooth over the hair as needed.

128. Call of the wild shower gel
Combine 12 drops Eucalyptus, 8 drops Ginger, 40 drops Peppermint, 12 drops Magnolia and 8 oz unscented shower gel. Mix thoroughly and apply a small amount to a shower pouf or washcloth.

129. Date night blend
Combine 2 drops Cedarwood, 8 drops Sweet Orange, 2 drops Ylang Ylang and 4 tsp of Sweet Almond. Apply to wrists or collarbone before you take your special someone out.

130. Mustache wax
In a double boiler, heat 20 ml grated beeswax and allow to melt. Once melted stir in 5 ml Coconut oil and 5 ml Jojoba then remove from heat. Add 3 drops Clary Sage, 3 drops Elemi and 6 drops Sandalwood (Australian). Pour the mixture into a small jar and allow to cool. Use when you are going for a particular style that requires molding into place or when your whiskers just can’t be tamed.

131. Rosemary mint shave cream
In a small saucepan over low heat add 1/3 cup shea butter. Once shea butter is almost melted add 1/3 cup Coconut oil and stir until melted. Remove from heat and transfer to bowl. Combine 16 drops Peppermint, 32 drops Rosemary with 1/4 cup Jojoba and stir. Place the bowl in the refrigerator and chill until solid. Remove from refrigerator and whip using a hand beater or stand mixer until light and fluffy. Spoon into jar, apply lid and keep in a cool dry place.

132. Men’s aftershave splash
Combine 6 drops Frankincense & Myrrh and 1 oz Jojoba. Apply after shaving for a fresh, masculine aroma.

133. Woodsman hair wax
Fill a saucepan with 1.5” of water, bring to boil. In a separate glass jar, combine 1.5 tsp beeswax, 1 tsp shea butter and 1.5 tbsp Coconut oil. Place jar in saucepan. Stir well then remove from heat and let rest for 2-4 minutes before adding 10 drops Peppermint and 10 drops Douglas Fir. Pour into a tin or jar. After 2 hours it is ready to use.
134. Clarity of mind
Inhale 3 deep breaths of Meditation before bed time and focus on your day to clear the mind and calm the emotions.

135. Center & relax
Before yoga practice, try inhaling Be Still, Worry Less or Tranquility. These blends contain grounding and relaxing oils and help you focus.

136. Experience ancient aromas
Frankincense and Myrrh were 2 of the 3 gifts presented to baby Jesus by the three wise men (the third gift was gold). Add 4 drops Frankincense & Myrrh blend and 1 drop of Sweet Orange to an aromatherapy diffuser.

137. The Great King David’s Prayer
The great King David used Hyssop when he prayed the prayer in Psalm 51:10 “Create in me a clean heart oh God and renew a right spirit within me...” Apply 1 drop Hyssop with 3 tsp of an EGCO to temples and neck and pray the Psalm.

138. Queen Esther’s Bridal Blend
Queen Esther (Esther 2:12) was massaged with Myrrh for 6 months to prepare for her marriage to King Xerxes. Combine 12 drops Myrrh with 1 oz EGCO and use in a massage.

139. Meditation
Spikenard was poured over Jesus’ feet. Inhale ancient and spiritual Spikenard while meditating on the life of Jesus.

140. Garment & clothing refresher
In Psalm 45:7-8, Cassia and Myrrh are mentioned to be used to scent garments. Combine 24 drops Cassia, 24 drops Myrrh, 1/2 cup distilled white vinegar, 1/2 cup water, 1 tbsp grain alcohol and shake well. Spray on garments as needed.

141. Germ fighter
Combine 12 drops Fighting Five or Guardian with 4 oz water and 1 tbsp grain alcohol in a spray bottle. Mist in front of the air-conditioning unit, on the bed covers, sheets, pillowcases or even on public toilets when in hotels to help combat germs. Shake well before each use.

142. Keep the car smelling nice
Try Edens Garden Electric Car Diffuser. Add 2-4 drops Fearless, Joy, Magnolia, Spring Garden or Uplift to the pad provided and insert the pad into the diffuser.

143. Circulatory leg rub for long trips
Add 9 drops of Muscle Relief or Guardian to 1 tbsp of an EGCO and massage onto legs or achy areas to keep circulation moving and help prevent blood clots.

144. Car fresher spray
Combine 14 drops Lemon, 10 drops Pine, 2 oz water and 1 tsp grain alcohol in a spray bottle. Spritz around your car as an alternative to a commercial air fresher. Shake well before each use.

145. Afraid of flying?
Combine 2 drops Chamomile (Roman), 2 drops Lavender (Greek) and 1/2 oz of an EGCO. Take with you on planes to help calm yourself (make sure that you comply with the 3-1-1 TSA regulations for traveling with liquids). Place a small amount of the mixture on your wrist and inhale.

146. Motion sickness
Combine 4 drops Peppermint with 1/2 oz of an EGCO. Massage the mixture over the abdomen area in a clockwise direction. Alternatively, add 15 drops to EG’s Pocket Inhaler.

147. Travel buddy blend
To a 10 ml roller bottle, add 1 drop each Lavender, Grapefruit, Peppermint and Ginger. Fill to the shoulder of the bottle with an EGCO. Roll on wrists, temples and collarbones. Also, apply during air travel to allay the symptoms of jet lag.

148. Quiet the queasiness
When traveling by car, apply 2 drops Lavender and 2 drops Peppermint to cotton balls and place on back and front window ledges. These will help prevent nausea and also act as a calmate.

149. Calming commuter’s spray
Combine 1 drop Clary Sage, 1 drop Geranium, 3 drops Lavender, 1 drop Peppermint, 1 tsp grain alcohol and 2 oz water in a spray bottle. Shake well and spritz car interior prior to commute or during traffic jams. Perfect for home or office use!

150. Insomnia & trouble sleeping
Combine 10 drops Chamomile (Roman), 5 drops Clary Sage and 5 drops Bergamot and use with a personal inhaler.