



ESSENTIAL OIL DIFFUSER NECKLACE FOR UNDER \$2/EACH!

There are several options for chains and cages on Amazon. You can use a felted wool ball in the cage or lava bead(s). I personally like the way the felted wool balls absorb the oil quickly vs. the lava beads, but you can use either one.

To make an essential oil diffuser necklace like in the pictures, you will need the following supplies.

[Click on any item to buy on Amazon.com](#)



Necklace Chain



Cotton "chain"



Felted Wool Balls



Black Lava Beads

Simply put the wire cages on one of the chains, and place the felted wool ball inside the wire cage. Place a few drops of your favorite essential oil on the wool ball.

You can change out the wool balls to compliment different clothing colors or to change out oil scents.

CLAY (TERRA-COTTA) PERSONAL DIFFUSER NECKLACE

These clay (personal diffuser) pendants are also a great gift for anyone who would like to gain from the aromatic benefits of essential oils.

The clay absorbs the essential oils and the oil gives the clay a nice glossed look. Plus the aromatic benefit of the oils is released in the clay.

For the clay pendants, you will need the following supplies.

I purchased most of these items on Amazon.

- Terra-cotta clay – You can find this at most craft stores, but I ordered mine on Amazon. - <http://amzn.to/1rcREHB>
- Stamps (small—no more than 1 inch in diameter).
- Shish kabob stick (or toothpick)
- String, leather cord - <http://amzn.to/1rcTjwN> or whatever you will want to put your necklace on. I used leather cord from Amazon. The cotton necklace chains (link above) also work great.
- 1-1.25 round object to cut out clay (can use caps left over from hair products, bottle caps, cookie cutter, etc.)
- Rolling pin (or pen/pencil will work. I used a roller from my kids playdoughset!)
- Scissors
- Aluminum foil
- Wax paper



Aroma Outfitters

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1. Take some Terra-cotta clay in your hand and knead until it's soft and pliable.
2. Place on wax-paper and roll out until about 1/8 of an inch thick.
3. Take your round cutter (I used a cap from a facial product) and cut the clay.
Note, you will want to turn in a circular motion as you "cut" the clay or else it may stick in the cap and it can be difficult to get it back out. Remove any excess clay.
4. Take rubber stamp of your choice and press into the clay.
5. Once you've stamped your clay, use the shish kabob stick or a toothpick to make a hole in the top of the pendant. This hole needs to be big enough for your cord/string/etc., but small enough to not break apart the top of the pendant.
6. Once you have cut, stamped and placed the holes in your pendants, place them on a cookie sheet covered in foil for baking. Use caution to not over bake them! Follow baking (or air drying) directions on the packaging for the clay.
7. Take your string or leather cord and cut to desired length if necessary.
8. Take your pendant and put both ends of your string through the hole creating a loop. Pull the ends through and put them through the loop and pull tight. This will help your pendant lay flat on your chest.
9. Your necklace is now done! Place 1-2 drops of your favorite essential oil on the clay and enjoy the aromatic benefits of essential oils!
You can embellish any way you want; add beads, etc. If you are somewhat creative, you might have all sorts of ways to improve upon this basic concept.



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Bath *salt*

1 cup Epsom salts (This 2 pound bag on Amazon is a great deal)

<http://amzn.to/1YlnRsl>

1 cup Kosher Salt

1/2 cup Baking Soda

15-20 Drops Essential Oil of Choice

You can put all of the above ingredients in a jar and add the essential oils to the top after shaking the jar to mix. If you are making several jars as gifts, multiply the recipe for as many jars as you want to make and mix in a large bowl. Scoop out roughly 2 1/2 cups into each jar and add essential oils. Add decorative fabric to the top of jar lids if desired, and now you have a great gift!

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Sugar Scrub

½ cup white (or brown) sugar

½ cup coconut oil – melted

10 drops essential oil of choice

Mix all above ingredients in an airtight jar and keep near bath or shower. Use 1 tablespoon of scrub for silky-smooth skin on those dry areas (especially elbows, heels, etc.)