



120

Ways
to use

Essential Oils

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FROM GARDEN TO YOU

We are proud to offer the highest quality essential oils available; which are extracted from many different species of plants around the world. These oils are obtained from various parts of the plant including roots, wood, flowers, fruit and leaves. Cliara Essential Oils takes 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 CLIARA TEAM -

Cliará[™]

FOLLOW US FOR DIYS, TIPS & MORE!



ABOUT OUR CARRIER OILS

CLIARA CARRIER OIL OFFERINGS:

Sweet Almond Oil, Argan, Rosehip,
Organic Coconut, Jojoba, Neem.

All carrier oils are packaged in amber color containers. For more detailed information, visit:

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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. Keep essential oils out of reach of children.
4. Do not use essential oils in the eyes or eyelids.
5. 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.
6. Discontinue use of essential oils if skin irritation or skin sensitivity occurs.
7. If you have any questions or concerns, consult a qualified healthcare professional or certified aromatherapist before using essential oils.
8. This brochure is provided for educational purposes only. It is not intended to diagnose, treat, cure or prevent disease. The reader assumes all risk, liability and responsibility for the use of essential oils as outlined in this brochure.
9. The use mentioned in this brochure are meant for use with Cliara brand oils and synergy blends only. Cautions for other essential oil companies may differ.

BEAUTY

1. NAIL STRENGTHENER

Combine 6 drops of Frankincense and Myrrh, 6 drops Geranium and 30 ml Argan oil. Store in an amber glass bottle. Massage the mixture into your nail cuticles, twice a week.

2. DANDRUFF BLEND

Combine 8 drops Rosemary, 8 drops cedarwood, 6 drops Tea Tree and 6 drops honey added to shampoo.

3. PERFUME

Combine 18-30 drops total of Lavender, Patchouli, Sandalwood, Geranium with 30 ml of grain alcohol (vodka).

4. HAIR SERUM FOR SPLIT ENDS

In a 30 ml glass bottle combine 7 drops of Rose Geranium, 7 drops of Sandalwood and 2 tsp Argan. Shake well and apply 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, Lemon, Rosemary and Ylang Ylang and 30 ml Jojoba with ¼ cup baking soda in a cup. Fill with 1 cup water and stir. Tilt head back and pour over hair, from hairline down. Wash hair normal. Use 2-3 times per week. Use within the week.

6. STIMULATING ROSEMARY MINT SHAMPOO

Add 3 drops of Peppermint and Rosemary per ounce of shampoo base (that have additional ingredients incorporated). Stir to combine and massage onto scalp, avoiding eyes. 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 base (that have additional ingredients incorporated). Stir to combine and massage onto scalp, avoiding eyes. Allow 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 of Cypress, 6 drops of Helichrysum per 30 ml of unscented shampoo base and mix thoroughly. Apply to hair, work up lather and rinse. Add shine and irresistible aroma to your hair with this delightful shampoo.

9. WRINKLE BLEND

Combine 3 drops Frankincense, 3 drops Geranium, 4 drops Lavender, 2 drops Sandalwood and 60 ml of a Claira Carrier Oil. Apply a dime sized amount of blend to wrinkles to reduce the appearance of fine lines. (Avoiding eyes)

10. STRETCH MARKS

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

11. FACE MOISTURIZER

Combine 3 drops Frankincense with 15 ml of Claira Carrier Oil. Apply ½ tsp to the face as an evening moisturizer before bed.

12. SKIN TONER

3 sprays on the face of witch hazel after cleansing your skin. Use it within the week. Can be used daily.

13. OIL BLEND FOR MATURE SKIN

Add the following essential oils to a 120 ml squeeze bottle: 16 drops Geranium, 20 drops



Frankincense and 12 drops Ylang Ylang. Fill to the shoulder of the bottle with Cliara Carrier (Almond or Jojoba) and mix well.

14. CLOGGED PORES

Add 2 drops Ylang Ylang to a 30 ml bottle. Fill to the shoulder of the bottle with Witch Hazel. Shake well and add a small amount to a cotton ball. Wipe over skin. Use within the week.

15. ACNE

Combine 4 drops Bergamot, 2 drops Basil, 3 drops Frankincense, 3 drops Lavender and 60 ml witch hazel in a small bottle. 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 FACE SCRUB

Combine 12 drops of Bergamot, 60 ml plain yogurt and 2 tsp gram flour. Spoon out the mixture and cover the face with it (avoiding eyes). Leave for 15 minutes and then wash off.

17. DRY/CRACKED FEET

Combine 7 drops Grapefruit, 7 drops Lavender, 6 drops Peppermint and 4 drops Ylang Ylang with 60 ml of Jojoba.

18. BEDTIME SKINCARE

Combine 6 drops of Chamomile, Lavender, 6 drops of Neroli and 60 ml Jojoba in a small jar and stir well. Apply face, neck and hands.

19. SOOTHING SALT SCRUB

Combine 8 drops Frankincense, 4 drops Grapefruit, 2 tsp Himalayan salt 30 ml (or you can substitute it for regular salt) Coconut oil 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 Coconut oil will provide long lasting moisture.

20. FACE STEAM

Add 2 drops Roman Chamomile to a bowl of steaming water. Close your eyes, 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 and moisturizing steam until the water cools and the vapors stop.

21. AGING, FINE LINES

Combine 4 drops Coffee oil, 2 drops Neroli and 30 ml of Argan. Apply a dime-sized amount of blend to wrinkles to reduce the appearance of fine lines, avoiding eyes.

DIY - DO IT YOURSELF

22. POO-FUME (LIKE POO-POURRI SPRAY)

Combine 40 drops Energy or Lemon and 1 tsp witch hazel in a 90 ml spray bottle and shake well. Top off bottle with water and 2 tsp of grain alcohol (Vodka). Spray 3-5 times into toilet bowl prior to use.

23. REMOVE SHOE ODORS

Combine 40 drops Bergamot and 1 tsp witch hazel in a 90 ml spray bottle and shake well. Top off bottle with distilled water and 2 tsp grain alcohol. Spritz 1-2 sprays into smelly shoes, sneakers or boots. Let dry before you wear.

24. SCENTED STATIONERY

Place 1 drop each of Cinnamon Leaf and Clove Bud on a cotton ball and place inside a plastic bag along with your stationary. Seal the bag and leave it overnight to give the letters time to infuse the aroma. Try it with this year's holiday card!

25. FLORAL & SPICY BODY OIL

Combine 2 drops Bergamot, 5 drops Cardamom,

2 drops Vetiver, 3 drops Ylang Ylang and 30 ml Carrier Oil (Jojoba/Almond/Coconut) in a bottle. Shake and apply on damp skin after shower.

26. SOOTHE A SUNBURN

Combine 2 tsp epsom salt with 30 ml Jojoba carrier oil and 6 drops of Lavender essential oil 3 drops Tea Tree. Add mixture to a lukewarm bath and soak as long as is comfortable.

27. LEMON SUGAR SCRUB

Combine 32 drops Lemon, 120 ml Carrier Oil and ½ cup brown sugar. Stir well and apply to skin in a circular motion and wash off with warm water. Avoid getting wet to prevent contamination. Store in an airtight container for up to 6 months.

28. CITRONELLA CANDLES

Add few sprigs of mint leaves, rosemary or other herbs you have handy to a mason jar then fill the jar halfway with water. 5 drops Lemon, 5 Eucalyptus and 5 drops of Citronella. 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 the jar. Place 1 or 2 candles at each table of your next outdoor party!

29. AROMATIC BOOKMARK

Apply 5 drops Grapefruit, Frankincense and Lavender on a cotton ball and place inside a plastic bag along with your 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.

30. STALE AIR REVIVER

In a 4 Oz spray bottle, combine 20 drops each of Cypress, Lemon and 60 ml of proof grain alcohol (Vodka). Top off with water and shake well to combine. Spray where needed.

31. SOAPLESS COCONUT FACE WASH

Combine 24 drops Lavender, 120 ml Coconut Oil, and 2 tbsp honey in a bowl. Stir well and pour into an empty bottle. Apply to your face and neck, and let sit for a minute before removing from the warm water. Avoid getting product wet to prevent contamination.

EMOTIONS

32. SOOTHING SANDALWOOD SOAK

Add 4 drops Sandalwood and 1 drop Ylang Ylang to 1 tbsp of a carrier oil. Add to 2 tsp 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.

33. CALMING MASSAGE OIL

Combine 1 drop each Lavender, Sweet Orange, Geranium, Roman Chamomile, Ylang Ylang and 15 ml of Almond Oil. Mix well, massage onto the body.

34. STRESS

4 drops Bergamot, 4 drops Geranium, 2 drops Ylang Ylang in a diffuser.

35. FEELING A LITTLE DOWN?

Dilute 4 drops Lemon, 4 drops Orange, or 2 drops Vetiver in 15 ml of a carrier oil (Almond). 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.

36. CREATE A BETTER WORK ATMOSPHERE

Calming oils such as Lavender or uplifting oils, such as Grapefruit, Lemongrass, Ylang Ylang are

great essential oils to inhale in the office using a personal pocket inhaler, aroma diffuser or diffuser bracelet.

37. TO UPLIFT

Use Bergamot, Lime or Sweet Orange to lift the spirits. Add either oil to an aromatherapy diffuser.

38. NERVOUS INDIGESTION PROBLEMS

Combine 5 drops Peppermint with 20 ml Sweet Almond. Massage over the stomach in a clockwise direction.

39. CALMING

Add 15 drops Lavender to a Cliara Aroma Diffuser and use as needed.

40. CONFIDENCE BOOSTER

To a 10 ml roller bottle add 2 drops Grapefruit or 2 drops Basil. Top off with a Cliara Carrier Oil. Apply to pulse points and inhale 2-3 times as needed before an interview, exam or meeting.

41. RELAXATION

Add 5-10 drops of Ylang Ylang and Lavender to an aromatherapy diffuser. Diffuse in the evening before going to bed.

42. ENERGISE

Combine 4 drops Basil, 3 drops Helichrysum, 5 drops Cinnamon Leaf with 30 ml of a Cliara Carrier Oil. Apply a few drops of the blend to the palms of the hands and inhale deeply 2-3 times. Alternatively, try 2 drops Peppermint, 2 drops Rosemary and 2 drops Sweet Orange added to a Cliara Aroma Diffuser.

43. GREIF & SHOCK

Add 15 drops Neroli, Rose, Peppermint or Sweet Orange to an inhaler. Inhale a couple deep breaths of the aroma when dealing with grief or unexpected news.

44. GENERAL FATIGUE

Add a few drops of Bergamot and Peppermint your favorite diffuser.

GIFTS

45. BRIDAL SHOWER GIFT

Give Ylang Ylang, Clary Sage, Rose to the bride and groom! Don't forget to include an aromatherapy diffuser such as the to complete your gift. Alternatively, make a romantic massage oil by adding these blends to a luxurious Cliara Carrier Oil. Perfect for the newlyweds to use during their honeymoon.

46. BRIDAL SHOWER LOVE POTION GIFT

Combine 10 drops of Ylang Ylang and 10 drops of Sweet Orange with 60 ml of an Cliara Carrier Oil in a small jar. Try putting in a fun bottle with a creative label.

47. BABY SHOWER GIFT

The Cliara Aroma Diffuser makes a great gift for mothers-to-be. Give with Lavender and tell mom to diffuse to increase relaxation.

48. FATHER'S DAY GIFT

Lift dad's mood to and from work! Give the gift of De-Stress, Cedarwood, Sandalwood with the Cliara USB Car Diffuser.

HEALTH

49. EASY-PEASY HAND SANITIZER SPRAY

Combine 4 drops Lemon, 22 drops Tea Tree, 6 drops of Lavender, 14 drops Sweet Orange, 100 ml witch hazel, and 2 tsp of grain alcohol (Vodka) in a 120 ml squirt bottle. Shake well and squirt into hands and rub until it has evaporated.

50. BLISTERS

Combine 7 drops Sandalwood and 7 drops Tea Tree with 15 ml Coconut. Apply to the affected area up to 3 times a day, until healed.

51. SORE OR TIRED FEET

Combine 4 drops Vetiver, Patchouli or Peppermint, 30 ml Claira Carrier Oil and 2 tsp Epsom salt. Add 1 tbsp of the mixture to a basin of hot water for a foot bath.

52. MEMORY SHARPENER BLEND

In a 5 ml glass bottle, combine 30 drops Basil, 30 drops Rosemary, 18 drops Lemon and 10 drops Black Pepper. Add 5-10 drops to your diffuser.

53. TEETH GRINDING

Combine 6 drops Lavender, 2 drops Cypress, 2 drops Peppermint, 2 drops Basil, 2 drop Grapefruit to 15 ml of Almond Oil. Massage into the soft spot just below your earlobe each night before bed. Alternatively, diffuse 5-10 drops in your diffuser just before bedtime.

54. JAW TENSION

Combine 6 drops Lemon with 15 ml of an Almond oil. Massage into the soft spot just below your earlobe to release tension in the jaw area.

55. SICK DAY

Add 1 drops each from Clove Bud, Eucalyptus, Lavender, Peppermint, Lemon to a personal pocket inhaler. Inhale throughout the day to help support the immune system.

56. MENSTRUAL CRAMPS

Combine 6 drops Clary Sage, Lavender, Rose and Peppermint with 15 ml Almond oil. Massage over lower abdomen in a clockwise direction. After application, place a warm, moist hand towel over the abdomen for 10-15 minutes.

57. LADIES MONTHLY MOODINESS

Add 10 drops Lavender, 10 drops Clary Sage, 20 drops Ylang Ylang to 20 ml Almond oil. Massage gently over the abdomen area, lower back and the shoulders.

58. 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 Cliara Carrier Oil and massage into the location of pain.

59. ACHING JOINTS/TIRED MUSCLES

Combine 14 drops Eucalyptus, Basil with 30 ml of an Almond Oil. Massage over the affected muscles/joints.

60. NECK PAIN

Combine 4 drops Helichrysum, Lavender, Frankincense with 15 ml of an Cliara Carrier Oil. Massage mixture into the neck

61. CIRCULATION PROBLEMS (COLD FEET & HANDS)

Combine 5 drops Cypress with 30 ml of Coconut oil. Mix into 2 tsp Epsom salt. Add the mixture to warm bath water.



62. IMPROVE CIRCULATION

Combine 4 drops Black Pepper, 6 drops Ginger, 8 drops Rosemary and 30 ml Almond oil. Massage over the legs and arms up to twice a day.

63. 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 Cliara Carrier Oil. Clean and roll over affected area.

64. COOLING & PROTECTING THE BODY

Combine 15 drops Eucalyptus, Cardamom, Peppermint, Lemon with 15 ml of an Cliara Carrier Oil. Add a few drops of the mixture to warm bath water to cool the body in summer and protect in winter.

65. BRING A FEVER DOWN

Add 12 drops Peppermint to a 30 ml spray bottle. Fill to the shoulder of the bottle with Almond Oil (or Coconut oil). Shake well and mist over back of neck and torso, as needed.

66. STEAM INHALATION FOR THE LUNGS, NASAL PASSAGES & SINUSES

Add 2 drops Eucalyptus, Frankincense to a bowl of steaming water. Close your eyes, place your face over the steam and drape a towel of your head and the bowl. Inhale deeply for several minutes.

67. RESTFUL SLEEP

Place a cotton ball with 1-2 drops of Chamomile (Roman) and Lavender next to your pillow. Alternatively, use Sleep Better roll-on.

68. RESTFUL SLEEP #2

Diffuse Chamomile Lavender for 30 minutes before bedtime.

69. ARTHRITIS OR STIFF JOINTS

Combine 7 drops each of Cypress and Eucalyptus with 30 ml of Almond oil. Massage the mixture into the affected area.

70. INSECT BITES

Use Mosquito Guard roll-on. Alternatively 5 drops of Tea Tree and Lavender blended 20 ml of Almond.

71. EASE BREATHING

4 drops Eucalyptus, 6 Tea Tree, 2 drops Lemon with 20 ml Almond. Massage over the chest area before going to bed to ease breathing.

72. GIVE YOUR FEET A BREAK

Combine 6 drops Peppermint and 2 tsp epsom salt. Add mixture to a foot bath, and allow your feet to soak as soreness melts away. Afterwards, dry feet and massage them with a combination of 6 drops Bergamot Mint, 5 drops Lavender with 15 ml of Almond Oil.

73. YOGA MAT CLEANSER

Combine 6 drops Lavender, 12 drops Sweet Orange and 6 drops Tea Tree with 60 ml 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.

74. 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.

75. OVERINDULGENCE IN FOOD OR DRINK

Diffuse 5 drops of Lavender and 5 drops of Grapefruit.

HOME

76. REFRESHING KITCHEN SURFACE CLEANER

Add to a spray bottle: 10 drops Cinnamon Bark, 10 drops Lemon, 10 drops Tea Tree, 10 drops Geranium, 30 ml distilled water and 30 ml grain alcohol. Spray onto countertops and let sit for 20 minutes, then wipe down counters.

77. SIMPLE KITCHEN SINK SCRUB

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

78. LINEN REFRESHER

Combine 15 drops Frankincense, 15 drops Lavender with 2 tsp of grain alcohol in a 60 ml glass spray bottle. Top off with distilled water and shake well. Spray onto an inconspicuous corner of linen before using profusely.

79. TRASH CAN DEODORIZER

Add 1-3 drops Eucalyptus onto a cotton ball and place it on the bottom of the trash can to help eliminate odors and germs.

80. TOILET ROLLS

Place 2 drops Rose Geranium on the inside of the cardboard tube of a roll of toilet paper.

81. SIMPLE CARPET DEODORIZER

Combine 12 drops Lavender with 30 ml baking soda. Mix well and sprinkle the mixture over carpets. Let sit for 15-20 minutes, then vacuum.

82. REMOVE CIGARETTE SMELL

Combine 4 drops Rosemary, 4 drops Tea Tree, 4 drops Tea Tree and 8 drops Lemon with 30 ml water and 2 tsp grain alcohol in a spray bottle. Spray liberally around the affected area. Shake well before each use.

83. OUTDOOR FURNITURE SCRUB SPRAY

Combine 20 drops each of Lemon, Eucalyptus 30 ml white vinegar and a natural solubilizer (manufacturer's recommended amount) in a 230 ml spray bottle. Top off with water. Shake well and spray patio furniture liberally, clean and scrub with a heavy rag.

84. FRIDGE REFRESHER

Combine 10 drops Lemongrass to a small bowl of water. Wipe down the fridge or freezer with the water. Wear gloves.

85. 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 and discourage them from coming back.

86. SHOO FLY DON'T BOTHER ME

Place 2 cups dried flowers or potpourri in a decorative bowl. Sprinkle 5 drops each Lemon, Clove Bud, Eucalyptus over the dried flowers. Place in an area where you want to ward off flying insects.

87. SPONGE REFRESHER

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

88. GENERAL PURPOSE & DISINFECTING CLEANER

Add 20 drops each Eucalyptus, Lemon and Peppermint, along with 30 ml grain alcohol and 30 ml white vinegar to a 230 ml 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.

89. BATHROOM REFRESHER

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

90. WINDEX REPLACEMENT

Combine 6 drops Citronella, 6 drops Lavender 30 ml white vinegar, 30 ml grain alcohol and top off with water in a 230 ml spray bottle. Shake well to combine. Use to clean mirrors and windows.

CHILDREN

All blends in this section are based on a 1% dilution. We only recommend using essential oils on children 2+. If you have any concerns, or if your child has special medical needs, please consult your doctor and an aromatherapist before using essential oils on your child.

91. NIGHTMARE PREVENTION

Fill a spray bottle with 60 ml of water and 2 tsp of grain alcohol, then have your child assist you with adding 3 drops each of Lavender and Sweet Orange to the water. Shake well and let your child spray the monsters away, while under supervision. Your little one can also decorate the bottle with fun labels.

92. BLISTERS

Combine 2 drops each of Chamomile (Roman), Lavender, Tea Tree and 30 ml of Almond oil. Apply to blistered area up to twice a day, as needed.

93. BRUISES

Combine 3 drops Helichrysum, 3 drops Lavender, 1 tbsp Neem and 1 tbsp Almond. Apply to the affected area, 1-2 times daily or as needed.

94. SUNBURN (FIRST DEGREE WITH NO BLISTERS)

Combine 3 drops Chamomile (Roman) and 3 drops Lavender with 30 ml of Jojoba oil. Apply gently over the affected area.

95. SPRAIN

Combine 1 drop Chamomile (Roman), 3 drops Helichrysum, 2 drops Lavender and 30 ml of an Cliara Carrier Oil. Apply over the affected area.

96. POISON IVY

Combine 4 drops Lavender with 30 ml Coconut oil. Clean the skin and apply to the affected area.

97. GO AWAY BUGS

Combine 3 drops Geranium, 1 drop Lemon, 1 drop Eucalyptus with 30 ml of an Cliara Carrier Oil. Apply to exposed skin as needed.

98. HYPERACTIVITY IN CHILDREN

Use 10 drop Lavender, 6 Roman Chamomile in a diffuser or Personal Pocket Inhaler.

99. BEE STING OR INSECT BITE

Combine 3 drops Lavender or Tea Tree with 1 tbsp of Coconut oil. Apply to the bee sting or insect bite.

100. EARACHE

Combine 2 drops Chamomile (Roman), 4 drops Lavender and 30 ml of an Cliara Carrier Oil. Massage a small amount of the mixture to the back of the affected ear.

101. BATH TIME

Combine 6 drops Rose Geranium or Better Sleep with 30 ml of Almond oil. Add 1 tbsp of the mixture to a bath for relaxation before bed.

102. COUGHS & COLDS

Combine 3 drops Sweet Orange, 2 drops Eucalyptus and 30 ml of an Cliara Carrier Oil. Massage over the chest area before bed.

103. TUMMY TAMER

Combine 3 drops Peppermint, 3 drops Grapefruit with 30 ml Sweet Almond. Massage gently over the abdomen in a clockwise direction.

104. 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.

105. DIAPER PAIL SPRAY

Combine 15 drops each of Lemon and Eucalyptus in a 120 ml spray bottle and top off with water and 1 tbsp grain alcohol. Spray liberally onto the diaper pail. Shake well before each use. Do not use on skin or on changing pad.

MEN

106. PRE-WORKOUT BLEND

Combine 3 drops Lemon and 1 tsp Coconut oil. Apply to pulse points prior to workout.

107. MANLY BODY OIL

Add 5 drops Cypress, 6 drops Basil and 15 drops Patchouli to 90 ml Jojoba in a bottle. Stir well and apply to damp skin after shower.

108. WOODSY BEARD OIL

Add 1 drop Bergamot, 3 drops Cedarwood, 2 drops Vetiver, 3 drops Cypress to a 60 ml bottle. Fill to the shoulder of the bottle with Almond Oil. Shake well before use. Massage 5-7 drops to the beard area and smooth over the hair as needed.

109. CALL OF THE WILD SHOWER GEL

Combine 72 drops Cedarwood Spruce and 230 ml of your shower gel (that can have additional ingredients incorporated). Stir thoroughly and apply a small amount to a shower pouf or washcloth.

110. 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.

111. MEN'S AFTERSHAVE SPLASH

Combine 6 drops Frankincense & Myrrh and 30 ml Jojoba. Apply after shaving for a fresh, masculine aroma.

SPIRITUAL

112. CLARITY OF MIND

Inhale 3 deep breaths of Cedarwood before bedtime and focus on your day, to clear the mind and calm the emotions.

113. CENTER & RELAX

Before yoga practice, try inhaling 8 drops Frankincense, 8 drops Patchouli, 4 drop Ylang Ylang with 20 ml Almond. These blends contain grounding and relaxing oils that help you focus.

114. MEDITATION

5 drops Patchouli, 5 drops Frankinse, 5 drop Myrrh in 20ml of Almond. Apply on wrists, behind ears and the center of the throat. Or blend with diffuser.

TRAVELLING

115. GERM FIGHTER

Combine 12 drops Immunity with 120ml 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 a hotel to help combat germs. Shake well before each use.

116. KEEP THE CAR SMELLING NICE

Try Car Diffuser. Add 2-4 drops Lemon, Cinnamon Leaf, Sweet Orange to the pad provided and insert the pad into the diffuser.

117. AFRAID OF FLYING?

Combine 2 drops Bergamot, 2 drops Lavender and 15 ml of an Cliara Carrier Oil. 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.

118. MOTION SICKNESS

Combine 4 drops Peppermint with 15 ml of an Cliara Carrier Oil. Massage the mixture over the abdomen area in a clockwise direction. Alternatively, add 15 drops to Cliara's Pocket Inhaler.

119. 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 Cliara Carrier Oil. Roll on wrists, temples and collarbones. Also, apply during air travel to allay the symptoms of jet lag.

120. INSOMNIA & TROUBLE SLEEPING

Combine 5 drops Chamomile (Roman), 5 drops Clary Sage and 5 drops Bergamot and use with a personal inhaler.



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