

ESSENTIAL OIL RECIPE



AROMAHUT
INSTITUTE

BASIC BATH GEL BLEND RECIPE

Bath blends are easy to create using this basic recipe with a few essential oils! You can create soothing bath blends to ease pain, sore muscles or help with insomnia.

What You Need:

- 1 teaspoon Glycerin, Gel, or Aloe Vera
- 3-6 drops Top Note Essential Oil
- 2-5 drops Middle Note Essential Oil
- 1-4 drops Base Note Essential Oil
- Small dish or Bowl

PREPARATION: 5MIN

READY IN: 5MIN

What To Do:

1. In a small dish or bowl, add the glycerin or gel as your fixative.
2. Add your essential oils one drop at a time to the fixative and stir well.
3. Pour your bath blends into a stream of warm running bath water. Enjoy!

***Tip:** You can use any essential oils that are safe for the bath. Always check precautions - especially for essential oils that may cause sensitivity to the skin. Be sure to use a 1% dilution or less with children.*

ESSENTIAL OIL RECIPE



BASIC LOTION RECIPE

Bath blends are easy to create using this basic recipe with a few essential oils! You can create soothing bath blends to ease pain, sore muscles or help with insomnia.

What You Need:

- 4 ounces Unscented Lotion and/or carrier oil or Hydrosol
- 24 drops Top Note Essential Oil
- 12 drops Middle Note Essential Oil
- 6 drops Base Note Essential Oil
- Plastic Bottle or container

PREPARATION: 5MIN

READY IN: 5MIN

What To Do:

1. Place your carrier oil and/or lotion in your bottle and shake to mix.
2. Add essential oils starting with your base note essential oil first, followed by the middle note, then the top note essential oils.
3. Recap and shake well to mix.

Note: *You can use any essential oils that are safe for the bath.*

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BASIC ROOM SPRAY RECIPE

Here's an easy room spray recipe you can make in a minute. Using a room spray is a great way to freshen your surroundings and brighten things up! Not only will the essential oils make your space smell great, you will be reaping the health benefits of the essential oils as well. The possibilities for this room spray recipe are endless!

What You Need:

- 2 ounces Hydrosol or Floral Water (or Distilled Water)
- 1 tablespoon Glycerin (as a fixative)
- 18 -24 drops Top Note Essential Oil
- 12 - 16 drops Middle Note Essential Oil
- 6 - 8 drops Base Note Essential Oil
- Glass or Plastic Spray Bottle

PREPARATION: 5MIN
READY IN: 5MIN

What To Do:

1. In a clean spray bottle, add the fixative (Glycerin or Witch Hazel if making a facial spray).
2. Add your essential oil to the fixative, starting with the base note, followed by the middle note, then top note. Shake well.
3. Pour the Hydrosol or floral water into the bottle and shake to mix contents well.
4. If you are wanting to make this a facial spray instead, use one and a half ounces of Hydrosol with one-half ounce of Witch Hazel.

Tip: *If using around children or pets, please check precautions for the essential oils you choose.*

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BASIC BATH SALTS RECIPE

For this basic salt scrub recipe, you can use Dead Sea, Himalayan, or Epsom salts. This is great to use to slough off dead skin cells and increase circulation. Try it for painful joints and achy muscles as well. Your salt scrub can be made fresh each time, or you may want to make some up and store in a pretty container for when the time is right.

What You Need:

- 1/2 cup Sea Salts
- 2-4 ounces Vegetable Carrier Oil (your choice)
- 9-12 drops Top Note Essential Oil
- 6-8 drops Middle Note Essential Oil
- 3-4 drops Base Note Essential Oil
- Wide Mouth Jar or container

PREPARATION: 5MIN
READY IN: 5MIN

What To Do:

1. In a container, add your carrier oil, such as almond or coconut oil.
2. Add your essential oils starting with the base note, followed by the middle note, then finally top note. Stir to mix well.
3. Add sea salts and mix well to thoroughly saturate the salts with the oils.
4. In the shower or bath, scrub the salt solution into the skin in upward motions toward the heart and in the direction of the lymph flow.

Tip: *Be sure to check precautions for oils that may cause sensitivity to skin. Not recommended for children.*

ESSENTIAL OIL RECIPE



BASIC MASSAGE OIL RECIPE

Here is an easy-to-follow basic recipe for making massage blends! You get to decide which essential oils to use for this blend. For minor stress-related issues, massage oil with essential oils is the best approach but it can be costly in terms of money and time.

What You Need:

- 9-15 drops Top Note Essential Oil
- 6-10 drops Middle Note Essential Oil
- 3-5 drops Base Note Essential Oil
- Plastic Bottle

What To Do:

1. Pour your carrier oil, lotion or gel into a clean bottle.
2. Add your essential oils one drop at a time, starting with your base note, followed by the middle note, then top note. Shake well to mix oils and carrier together.
3. Add a label with name, ingredients and date created.

PREPARATION: 5MIN

READY IN: 5MIN

***Tip:** Be sure to check precautions for oils that may cause sensitivity to skin. Not recommended for children.*