

# Diy Recipes

## FACE WIPES

You will need:

- Small glass jar
- 30ish cotton rounds (Aldi brand)
- 10-15 drops Essential Oils (eg. Lavender, Frankincense, Purification)
- ½ tsp liquid castile soap
- ½ tsp coconut oil
- ½ cup hot water

Mix Essential Oils in a glass jug, add all wet ingredients and stir. Pour over cotton rounds in jar.

## ROOM SPRAY

You will need:

- Small glass spray bottle
- 10-15 drops Essential Oils (eg. Thieves or Purification)
- 1 tsp witch hazel
- Water

Count 10-15 drops of Essential Oil into the glass bottle, add witch hazel and top with water.

# Diy Recipes

## ALL PURPOSE CLEANER

You will need:

Large, amber glass  
spray bottle  
Thieves Household  
Cleaner  
Water

Add 2 capfuls of  
Thieves Household  
Cleaner  
(concentrate) to  
glass bottle then  
top up with water.

Use on kitchen,  
benches, sinks,  
bathrooms, windows  
& mirrors.

## POWER PASTE

You will need:

Small glass jar  
Thieves Household  
Cleaner (concentrate)  
Bicarb soda  
\*2 drops Essential  
Oils (lemon,  
lemongrass,  
eucalyptus)  
Water

Mix ingredients  
together into a  
toothpaste like  
consistency. Use to  
scrub tiles, tubs,  
shower screens etc.

\*optional if you wish  
for extra scent

# Diy Recipes

## CHEST RUB

You will need:

Small glass jar

6 drops R.C.

2 drops lemon

Solidified, organic  
coconut oil

Spoon coconut oil  
into glass jar, add  
Essential Oils, stir.  
Apply to chest, back  
& soles of feet.

## BABY WIPES

You will need:

Square plastic container with air-  
tight lid

Good quality paper towel (Viva)

½ Tbsn Dr Bronners fragrance-free  
mild baby soap

½ Tbsn Coconut oil (liquid)

1 cup warm water

1-2 drops of YL Essential Oil  
(Lavender)

Cut paper towel in half with  
serrated knife and remove  
cardboard centre. Place inside  
square container

Mix wet ingredients in a small jug  
and pour over paper towels.

Place lid on container and roll  
around until the towel is moist.

Remove wipes from centre and  
tear off as needed.