



# Essential Oil Recipes: One Drop at a Time

*Brandy Jones Arnold*

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## **Essential Oil Recipes: One Drop at a Time** Brandy Jones Arnold

Do you want to know more of what you can do with your essential oils?

This homemade book is great for personal use as well as gifting to other oil users in your life. It takes intimidation away from beginning oilers that may feel overwhelmed, as well as allows advanced oilers to broaden their experimental oil horizons.

This book is a culmination of the "Best-of-the Best" recipes used successfully by select members of the Young Living Organization that I belong to. This 70 page book covers a wide array of topics and contains approximately 275 easy to make recipes in an easy to use layout.

### Wellness

- Immunity
- Respiratory Support

### Concentration

- Increase/redirect Focus
- Improve Concentration

### Mood Enhancement

- Stress Management
- Happy/mood lifter
- Energize

### Bedroom

- Aphrodisiac
- Lubricants
- Sweet dreams
- Relaxation

### Beauty

- Face wash
- Toner
- Moisturizer
- Lip balm
- Microdermabrasion
- Trouble skin

### Hygiene

- Deodorant
- Hand Sanitizer
- Soaps

### Men

- Beard
- Aftershave

#### Kids

- Scented Finger Paint
- Therapeutic Play dough
- Owie help
- No More Missing Mommy

#### Cleaning

- Household cleaner
- Carpet Freshener
- Room Freshener
- Dusting Spray

#### Cooking

- Popsicles
- Infused Apples
- Dips
- Ginger bread people
- Cookies

Extra features include a Table of Content, Dilution Chart, and Comedogenic Ratings Chart.

Disclaimer: This document is a compilation of recipes used successfully by persons who use Young Living essential oils, a company which is “proud to set the standard for essential oil purity and authenticity by carefully monitoring the production of [their] oils through [their] unique Seed to Seal process.” The willingness of individual users to share these recipes is very much appreciated. However, contributors to this book and myself included are not medical practitioners and cannot diagnose, treat or prescribe treatment for any health condition or disease. Before using any alternative medicines, natural supplements, or vitamins, you should always discuss the products you are using or intend to use with your medical practitioner, especially if you are pregnant, trying to get pregnant or nursing. All information contained within this book is for reference purposes only, and is not intended to substitute advice given by a pharmacist, physician or other licensed health-care professional. As such, we are not responsible for any loss, claim or damage arising from use of this compilation or recipes herein.

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