

# Starter Kit Recipes

## Sprays

Mix with distilled water in a 2 oz sprayer.

### So Fresh

7 Citrus Fresh 2 Lavender 1 Peppermint  
1 Tbsp Witch Hazel

### Sleepy Spray

7 Lavender 3 Stress Away 2 Frankincense  
1 Tbsp Witch Hazel

### Poo-pourri

5 Stress Away 5 Citrus Fresh  
1 Tbsp Witch Hazel

### Hand Purifying Spray

10 Thieves 5 Peppermint  
1 oz (halfway) Witch Hazel  
1 Tsp carrier or Vitamin E oil

### Good Vibrations

6 Frankincense 2 Citrus Fresh 2 Peppermint  
1 Tbsp Witch Hazel

## Rollers

Mix with carrier in a 10ml roller.

### Happy Tummy

8 DiGize 7 Peppermint

### Tension

8 Pan Away 5 Copaiba 5 Peppermint

### Calm

8 Stress Away 8 Lavender 3 Copaiba

### Wellness

10 Thieves 5 Lemon 5 Frankincense

### Wake Up

8 Lemon 5 Peppermint

### Seasonal Relief

5 Peppermint 5 Lemon 5 Lavender

### Pretty Skin

5 Lavender 8 Frankincense

### Breathe

10 Raven 2 Citrus Fresh

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