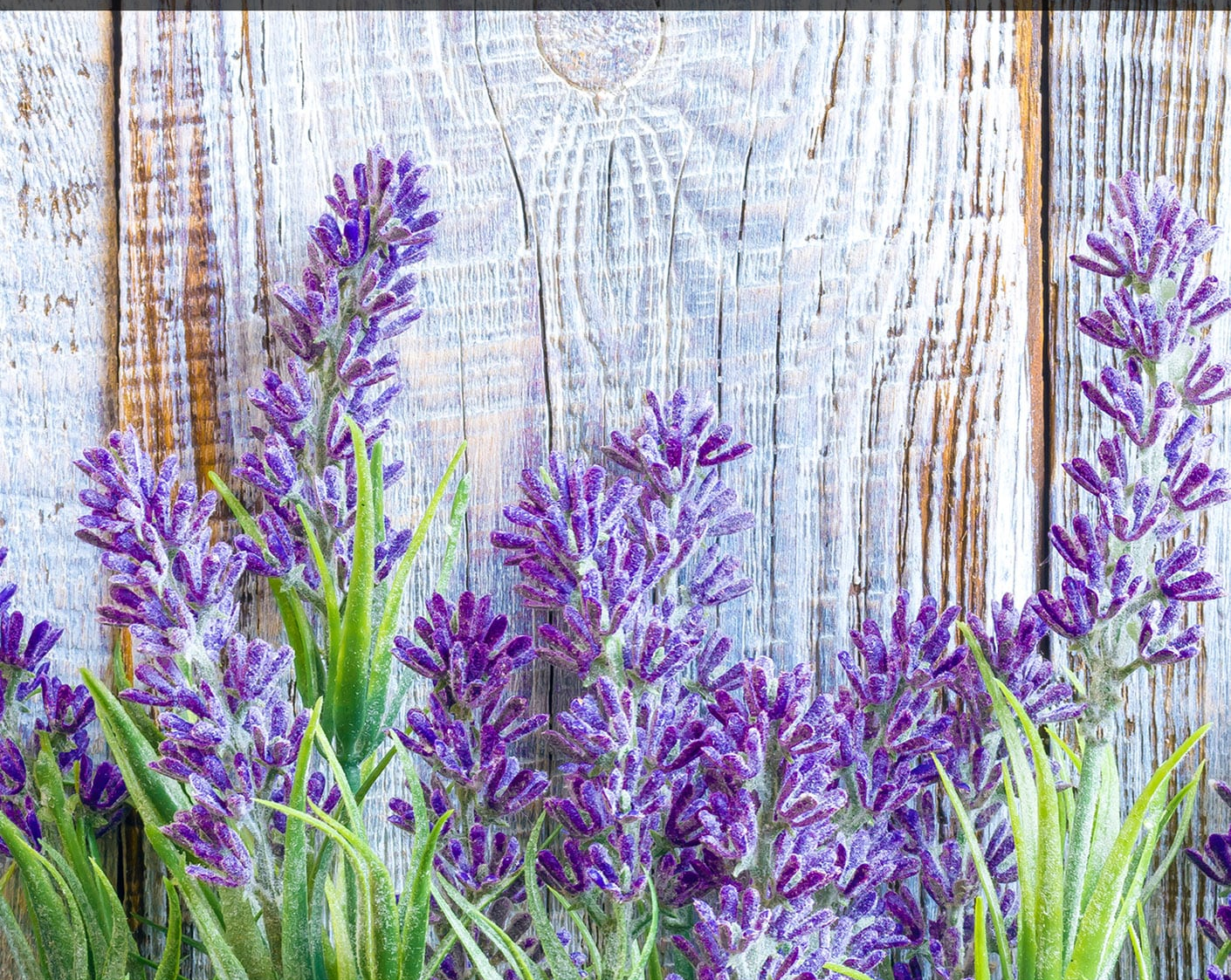


Lavandula angustifolia
Lavender
Essential Oil User Guide
30+ Remedies and DIY Recipes



Selcuk Bor

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Precautions and Oil Care

All our oils are strong and pure, but safe when used as directed. Some general preventative precautions are listed here to help you have an enjoyable and healthy experience with our Essential Oils.

- Always test for skin sensitivity and keep a bottle of vegetable oil or any other carrier oil around. A carrier oil can be your garden variety virgin olive oil, sunflower oil, etc. You want to do this in case you have skin irritation or discomfort. In that case you need to put some of your carrier oil on the affected area. Water will not help, it must be a carrier oil.
- Keep bottles of essential oils tightly closed and store them in a cool, dark location. You can lengthen the therapeutic life of an oil by nearly double if you keep it in your fridge. That said, your fridge may start smelling like the oils if you don't close them tightly enough, which is pleasant, but not always desired.
- Keep bottles away from children. If a child swallows an essential oil, give them milk, honey, or another safe, oil soluble liquid such as soy or rice milk! Be sure to administer a lengthy "don't you do that again" stern talking to afterwards. If the amount swallowed is a considerable amount, say like an entire bottle, please take your child to the hospital after giving them the drink.
- Wash hands thoroughly after handling essential oils. It's not a good idea or any fun to rub your eyes with essential oil covered fingers. Especially if that oil is a citrus based like lemon. Concentrated lemon on eyes? Ouch.
- This also includes contact lenses. Do not handle contact lenses if you have essential oils on your fingers.
- Pregnant women should consult their healthcare professional before using any essential oils. It is in our opinion best to steer clear of any oils until after the first trimester, where the embryo is most vulnerable.

From me to you.

I wanted to thank you personally for giving us a chance in bettering your life. As I sit here holding the very first bottle of essential oil we ever produced (it's Lavender), it reminds me how far we've come.

For your sake we exist and for your sake we continue to push forward. Our mission is not about making the most money or selling the most oils. We purposely limit our production quantity so that we can keep track of every last drop that gets put out into your hands and only the freshest oils reach our customers..

And ultimately that's what really matters. You, the one who will ultimately use these oils to enrich your lives in any manner of ways. Without your support and without your trust we would not exist.

We will not let you down. That is my promise to you.

~ Selcuk Bor

Founder of Essens Oils

www.essensoils.com

Useful Resources

Blend Dilution Calculator

Trying to figure out how many drops of essential oil you need to create a 5% blend with a carrier oil? We made a useful little calculator you can use to give you exactly how many drops you'll need with how many ml of carrier oil.

You can find that resource here!

<http://www.essensoils.com/dilution-and-blending-charts>

Just scroll down to the bottom.

Getting Started With Essential Oils

Having a hard time trying to wrap your head around all these terms? Want a short 5 minute bootcamp to get you started on this incredible journey?

We've got you covered! We've designed an easy to understand and read page to help you get the most out of your kit. Never again wonder what a term means!

Please visit our page here

<http://www.essensoils.com/getting-started>

Getting to Know How it Works

Feeling a bit hesitant about essential oils? We can't fault you for being sceptical. Truth be told there is a lot of misleading and very often wrong information out there which hurts this industry.

We've prepared a special page which will break down with strong evidence how essential oils work, why they work on us, and why you should integrate them into your life for a healthier, stronger, smarter you.

Read about it here

<http://www.essensoils.com/how-do-essential-oils-work>

The Power of Lavender

In this book I want to show you the many many ways you can use Lavender to enrich your life. This particular type of Lavender, *Lavandula angustifolia* is infamous for it's gentle nature and flexible use. From burn/scar healing, relaxing you emotionally and mentally, to helping with sore muscles, depression, and so many more. We will explore all these possibilities! I will also do my best to show documented evidence where possible so that if there is any scepticism in your thoughts, they can be persuaded to rest as you explore this wonderful oil.

How to read this book.

The book is broken up into 2 sections. The first section will be for home remedy and ailment use. These are broken down into 5 chapters.

- Topical and Skin Care
- Body and Physical Care
- Mental and Emotional Care
- Home Care
- Professional/Student and Home Life Enhancements

The second section we will discuss the more fun ways of using this essential oil in some DIY projects! Bath bombs, epsom salts, candles, soaps, lotions, and creams! Some projects are more involved than others so feel free to pick and choose and do the ones that resonate with you.

Have fun with it!

Essential oils work on both the physical and emotional level. What's important is to enjoy and be happy with the oils so that they may trigger happiness and contentment in you whenever you use them!

Topical and Skin Care

- Acne treatments

Acne is often caused by skin oils and bacteria. The antiseptic properties of Lavender can be very effective at managing acne.

Usage Instructions: You can use Lavender oil neat (undiluted) as it's a very gentle oil. One or two drops on a cotton pad and dab away at problem areas. Apply more drops of oil if the pad dries out before treatment is finished.

- Burn Wound Recovery

Lavender is a very potent scar recovery oil, so tag teaming with that oil is not a bad idea. Or you can just use Lavender by itself. Lavender is actually the go-to oil for these kinds of scar/burn issues.

The application itself is fairly easy. Cover the burn area with lavender, 3 times daily. You can use Lavender undiluted for this treatment. For extra effective treatment mix lavender with aloe vera gel. Please ensure that the aloe vera gel is at least 99% pure for maximum healing stimulation.

- Dandruff Treatment

If you really dig the aroma of lavender you can use that for dandruff! While Lavender also has anti-fungal properties it isn't as strong as Tea Tree, so we will have to up the dosage. By using 7-10 drops in any carrier oil of your choice (coconut is amazing for your hair).

Much like some treatments with Tea Tree you can wear a shower cap and leave it in overnight and wash it off after.

The added benefit of using Lavender is Lavender is very gentle oil and will soothe an irritated scalp as well as promote very peaceful sleep.

- Eczema and Dermatitis Relief

Due to Lavender oil's wonderful moisturizing and healing skin qualities, using Lavender can help bring relief to the dryness or inflammation caused by eczema and dermatitis.

Usage Instructions: Simply put a few drops of Lavender oil on the affected area(s) or use 5% dilution in a carrier oil that helps moisturize skin like jojoba, coconut, or the more kitchen variety olive oil.

Other possibilities include mixing it with a vitamin E rich lotion and apply it on the problem areas. This is the more ideal way if there are large patches to cover.

- Skin Blemishes or Infections.

Lavender can be used neat (or undiluted) on the skin and due to its strong antibacterial and antifungal properties can be used on skin blemishes and minor infections like ringworm. For infections like ringworm

Usage Instructions: apply a drop or two of lavender on the affected area and rub around the infected area.

- Skin Rashes and Irritations

Pure Lavender oil has shown excellent results in soothing and healing minor skin irritations. As long as the skin is not broken or raw, Lavender can be used to bring healing and soothing comfort to minor skin irritations. For irritations especially Lavender comes out a champion.

Usage Instructions: To Use simply apply the lavender neat (undiluted) over the affected area. Or you can dilute it to 5% in a carrier oil like olive oil, or jojoba oil.

- Sunburn Relief

Lavender oil has amazing skin healing qualities and helps moisturize and heal sunburn damaged skin. It's extra effective when used in a carrier oil rich in vitamin E like vegetable oils. A personal favorite is sunflower oil, though that leaves a smell unpleasant to some. Alternate with aloe-vera gel if you'd like as some friends like the gel sensation and aloe vera is also a very potent sunburn aid.

Usage Instructions: Create a 2-5% dilution blend with a very skin nourishing carrier oil like sunflower, olive, avocado, or jojoba and rub over the burnt areas. Feel free to add aloe vera gel afterwards for some extra soothing healing action.

Body and Physical Care

- Headache and Migraine Relief

Apply a drop or two of lavender, neat, on your temples or back of the neck to get quick and fast relief of headache and migraines. You should feel results in no more than 20 minutes

- Insect Bites/Stings Relief

Lavender is well known analgesic (pain killer) and so rubbing one drop neat over an insect bite or sting will help reduce swelling and remove the itchiness or pain.

- Minor Cuts

While open and freely bleeding wounds are not to be treated with essential oils, minor cuts, scrapes, and minor kitchen cooking accidents can be cleaned with Lavender due to it's antibacterial and antiseptic properties. Just rub enough oil to cover the cut and let it do it's thing.

Usage Instructions: Apply Lavender neat onto the wound.

Do NOT rub your eyes if the cut is on your finger. It's so easy to forget!

- Muscle Related

Lavender is a natural analgesic (painkiller) which can be used to provide relief for muscle related pain.

Usage Instructions: For small problem areas you can apply Lavender neat (undiluted). However muscle pain is often something that requires constant re-application and over a wider area, so it is a good idea to dilute the oil in jojoba or olive oil. Create a 10-25 percent blend and apply.

This dilution formula applies to all the types of muscle issues shown below.

For cramps or involuntary muscle spasms. Rub a few drops neat (undiluted) on the problem area and within a few minutes the pain should subside, and within 20 minutes the muscles should be at ease.

Muscle Pain

The most affected and commonly used general-purpose essential oils for muscle pain are Peppermint followed by Lavender, Lemongrass, and Rosemary

Aches and Pains

If you are achy due to a sickness, fibromyalgia, or connective tissue pain, the following essential oils are most helpful: Peppermint followed Lavender, Rosemary. Apply oils with a carrier oil (olive oil, almond oil, coconut oil, etc.) over sore muscles.

Spasms

Spasms are not usually accompanied with pain. Spasms can be relieved by using Basil, Marjoram and Roman Chamomile. Clary Sage, Cypress, Lavender, and Peppermint can also help. Apply oils mixed with a carrier oil (olive oil, almond oil, coconut oil, etc.) over sore muscles.

Tension

Whether due to physical stress, or emotional stress, Lavender is a great common choice, Peppermint, and can also.

Sprains

Lemongrass helps with ligament strain. Other essential oils that can help are: Eucalyptus, Lavender, Rosemary.

- Physical Injury Recovery

In the previous remedy we talked about particular and specific muscle related problems, but if you're recovering from a rather substantial physical injury, the constant pain can be more a problem than the actual physical damage.

Whether it's from an accident playing sports or going through a major medical procedure, breathing in Lavender has proven to ease the pain significantly. There was even [a study](#) that showed postoperative patients endured much less pain when breathing in lavender with oxygen, versus just breathing in oxygen alone.

Usage Instructions: For this one all you have to do is diffuse lavender in your ultrasonic diffuser up to 3 times a day for one hour each. 2-3 drops should be enough.

- Tension in Sore and Cramping Muscles Relief

Lavender oil can also be used to help relieve tension in sore and bruised muscles. Due to its strong analgesic (pain relief) properties it can be used effectively to bring relief and relaxation with a muscle massage.

Usage Instructions: You can use the oil neat (undiluted) on the trouble area. If the suffering area is large it is best to dilute the Essential Oil in a carrier oil and spread it out.

- Sinusitis and Allergy Flare Ups

Lavender oil can be very effective for helping to reduce allergy and sinusitis flare ups. (inflammation of the sinus linings).

Usage Instructions: Place a few drops near the affected areas, nasal passages, temples, forehead, back of the neck. Be careful of putting the drops close to the eyes as the vapors may prove too intense and cause some irritation/watering.

- Soothe Bruised Areas

Lavender oil has anti-inflammatory properties which makes them ideal in helping heal bruised areas.

Usage Instructions: Try gently rubbing a few drops of Lavender oil neat, around and on sore bruised areas to promote blood flow, healing, and relief for the tenderness and pain.

- Soothe Minor Burns

Very much like treating a sunburn, minor burns can be dealt with in the same fashion. To save you time I will copy paste that section here.

Use a few drops of Lavender neat on a minor burn for quick relief and to help heal the skin quickly.

- Increase Your Metabolism

This [study](#) outlines an interesting test which exposed over 50 chinese students with various essential oils. One of them being the Lavender in your kit.

They found that after 10 days of exposure the students not only felt much more relaxed and stress free, but biologically a section of them showed signs of an increased metabolism.

The important thing to note here is the study points to the olfactory nerve as the key here. Different smells have different effects on us and we have positive or negative connections with them.

Exactly how much your metabolism is increased is not known, and we do not claim it is going to just melt off everything. But if it can help you let go of your stress and give you a gentle boost in your metabolism, I won't argue with that.

To use you simply use 2-3 drops of Lavender in your aroma diffuser for one hour, 3 times a day, for 10 days. You are of course encouraged to keep it up every day, especially near the evening when you can let everything go and relax.

Mental and Emotional Care

- Anxiety Relief

Research and practical application has shown that breathing in Lavender Oil while you are having an acute anxiety attack can help you take back control. Lavender's calming properties include slowing your heart rate and balancing your emotional state giving you the ability to get your footing back. One such medical Report Behind this claim can be read [here](#).

[Another study](#) here showed that nursing students who were inhaling a combination of Lavender and Rosemary were less stressed and performed better on their tests.

This also covers very stressful events like going in for a job interview, giving a presentation amongst peers, or taking an exam.

Usage Instructions:

There are 3 ways to effectively combat Anxiety here.

- You can put a drop or two of Lavender neat under your nose or behind the neck or under the chin closer to the ear.
- Simply open the bottle of Lavender and take a nice deep breath. Repeat as necessary but pace yourself, as it may take up to 20 minutes for the lavender to work at full capacity.
- Add a drop or two of Lavender and a drop or two of Rosemary into your ultrasonic diffuser.

- Build a Strong Sleep Habit (in Adults or Children)

Many people can benefit from a calm, predictable routine at a consistent time each night. Lavender oil [helps boost the desire and quality of sleep](#). If you can add Lavender Oil to your routine, it can be even more effective.

Usage Instructions: Rub a few drops of oil on the soles of your feet. Since the smell center of the brain is very close to the memory center, this kind of pattern can produce strong, peaceful memories and helps build a strong routine..

It is noted that this technique is especially effective with younger children in which patterns and memories are more easily absorbed and accepted.

- PMS Emotional Balance

[Studies](#) show that inhaling lavender dramatically improves PMS related emotional symptoms.

All you have to do is put a drop or two in your diffuser, or even just open the bottle and take in a few relaxing deep breaths. The effects can be felt for up to 35 minutes after treatment, and can be repeated as needed.

- Relaxing Bath

After a hard or stressful day, putting 5-7 drops of lavender oil in your bath, put on some soft music and candles... such an amazing experience! The stress just melts away. Add in some epsom salts and reward yourself!

Just a note that due to the volatility and purity of these oils, you will realistically get about 20-30 minutes of lavender therapy before you need to put in 5-7 more drops.

- Sleep Disorders

Many adults suffer from sleep disturbances and sleep disorders that range from mild to severe. Lavender oil is especially effective when used in a diffuser and is excellent for fighting against this ailment.

There are many research papers to back the fact regular and constant use of Lavender oil boosts quality of sleep and lets you feel much more rested. [Source 1](#) | [Source 2](#) | [Source 3](#)

Usage Instructions:

Aroma / Ultrasonic Diffuser

Put in 1-2 drops in your ultrasonic diffuser, or as intense as you'd like (though more than 3 and you'll get a thick fog of lavender).

Topical

You can apply 1-2 drops neat and massage it into your wrists, or on your chest, or anywhere else really! Just be sure to avoid applying too close to the eye, as you should with all essential oils.

Use a cotton ball or use the underside edges of your pillow

Try putting a drop or two of oil on a cotton ball and place it underneath your pillow and enjoy a pleasant descent into restful slumber.

- Stress Relief

Due to Lavender's powerful relaxing properties and very pleasant aroma you get a double impact of using the olfactory nerves to whisk you away to the vast and beautiful fields where you can just let everything melt off your shoulders and enjoy your moment of peace.

Use 1 - 3 drops in your aroma diffuser for one hour, three times a day. You can bring about lasting and deep change in your stress levels.

Home Care

- Air Freshener / Deodorizer

Because Lavender has strong antibacterial and antifungal properties it does an amazing job killing odor causing bacteria in the air and around the home. Not as powerful as its ally Lemongrass, but still pretty good.

You can either mix a few drops in an atomizer spray or you can put some drops on cotton pads and put them near the AC vents of your home.

Spray where you feel is appropriate.

- Bug Repellant

While Lemon and Lemongrass essential oil are the real stars of mosquito repellant, Lavender is also known to ward off many different types of bug. I would honestly recommend using Lemon or Lemongrass but if you find you have a lot of lavender this will work as well.

The smell of lavender essential oil is an effective repellant for many types of bugs, like mosquitos, midges, and moths. Apply some lavender on exposed skin when outside to prevent bites. Remember that even if you do get bit, essential oil has anti-inflammatory qualities that reduce irritation and pain associated with [bug bites](#).

To make your own Bug Repellent, you can follow this simple recipe.

- ½ cup witch hazel
- ½ cup apple cider vinegar
- 40 drops of Lavender
- [Glass Spray Bottle](#)

Simply spray onto exposed skin and enjoy your evening out! But keep in mind you will need to reapply often. We're talking every 30 minutes often, due to the fast rate that lavender evaporates and is absorbed in the skin.

- Moth Repellant / Mothball Replacement

This is an easy one and one that many people like. Nobody really likes the smell of mothballs to keep their clothes free of the ravenous monsters. You can get just as good results putting a few drops of Lavender on some cotton balls and putting them in with your clothes. I like to keep one cotton ball per drawer.

- Relaxing Spa Atmosphere in Any Room

By now we might be sounding like a broken recorder. But we cannot champion Lavender enough for its soothing and relaxing properties. There are so many studies that have proven it!

What's great about it is it's not even something that will take long periods of exposure to work. By diffusing some in your home any guests or loved ones being in the area will feel themselves let go of all the stress and tension that has built up in them. And application couldn't be easier.

Usage Instructions: Lavender is exceptionally effective when used in a diffuser. By using 1-2 drops of Lavender, 3 times a day you can create a relaxing and therapeutic home in which all guests and loved ones will benefit just by being in your home.

DIY Home Projects

Essential Oils are not just for remedies. They can be used in a lot of ways to create a lot of useful things! Creams, lotions, masks, candles, soaps, incense, culinary, and so much more! This half of the book will focus on giving you some ways you can create everyday useful products that you might be using in your everyday life. Giving you direct control of what you use around your home while also saving you some money!

Without further ado, let's get started!

Soothing Lavender Whipped Body Butter

Ingredients:

- ½ cup coconut oil (solid form)
- ½ cup sweet almond oil
- 1 cup shea butter
- 15-20 drops of lavender essential oil
- Mason glass jars with pressure lids. Something like [this](#)

Directions:

Add the coconut oil, almond oil and shea butter to a stainless steel or glass mixing bowl. Using a double boiler method, constantly stir with a whisk until melted.

For those who may be unaware, the double boiler method is taking a pot and filling it to about halfway with water. Set the heat to high until it boils. Turn off the heat and put a big power on top of the pot in such a way that the water in the pot isn't touching the bottom of the bowl.

Add your ingredients into the bowl and the heat from the water will provide a source of stable heat and melt the coconut oil and melt it together with the shea and almond oil.

Some people have success simply putting their oven top to simmer, or lowest setting and melting the oils together that way... but the double boiler method works best in my opinion.

Remove from heat and place in fridge to cool.

Once solid, add essential oils and use a hand mixer to whisk mixture until creamy. Immediately put your new body butter into the glass mason jar and close the lid! After a few hours you'll have your wonderful natural and healthy body butter to use!

Laundry Scent Booster

Do you enjoy having your laundry smell amazing for weeks after you pull it out of the laundry? Maybe you're tired of paying a premium price for commercial laundry scent boosters.

This simple and natural recipe not only saves you money, but is a completely natural and flexible recipe. Here we recommended Lavender, but in reality you can use any oil you want, in whatever quantity you want.

For a truly long lasting smell I recommend a blend of essential oils that uses all 3 perfume notes. Base, Middle, Top. If you're not sure what those are, don't worry about that now. I will discuss this more later. For now just know you can use any essential oil you may have for this recipe. Here I am showing what I have used and know works.

Supplies

- 2 Cups Epsom Salt (Like [this](#). Buy in bulk if you can to save more in the long run)
- 30 drops Lavender Essential Oil
- Mason Jar or other container for the Laundry Scent Booster

Directions

1. In a bowl combine the Epsom Salt and Essential Oils. I recommend using a spatula to mix the salt with the oils.
2. If you prefer a milder scent, decrease the amount of oils. I prefer mine stronger – especially if I plan on storing them in the linen closet.
3. To store the mixture you can use the mason jar(s) or if you have an old detergent bottle with the mixture cup top you could repurpose that!

Just a small warning. If you use citrus heavy essential oils like sweet orange, lemon, lemongrass, or grapefruit (hey i'm not judging), it would be best to store the salts in a glass container. Citrus essential oils, over time, can eat through plastic. We're not talking days, even weeks. But the fact it breaks down plastic also means some of that might get into your clothes.

That's no fun.

To Use

- Add 1/8 to 1/4 a cup of Laundry Scent Booster directly to your washing machine tub before you begin the wash cycle.
- This recipe yields 8-16 loads.

Pillow and Linen Mist Spray

Lavender used as a sleeping aid, consistently, over a period of 7 to 10 days has proven to help you get more quality sleep and feel more rested in the morning.

So this recipe makes it incredibly easy for you to simply spray some lavender on your pillow or linens before sleep or just to leave a fresh lavender smell in general.

Supplies

- Travel sized spritz or spray bottle (250 - 500ml capacity)
- 5 - 10 drops of Lavender oil
- A pinch of Epsom Salt (it is safe to spray on your fabrics)
- Distilled water

Directions

- Add one drop of lavender oil per 50ml of distilled water.
- Add in a pinch of epsom salt. How much is a pinch is totally up to you! For me, it's approximately what I can pinch with three fingers. Why distilled water? Distilled water is essentially "dead" water. It has no minerals, salts, or anything else that may over time damage your fabrics.
- Shake bottle to mix it all up. Mix before use.

To be fair, honestly you wash your clothes in a washing machine I assume and it's not like they use distilled water there. I just recommend distilled water to remove any doubt. You should be fine with regular bottled water. Try not to use tap though as they add fluoride and other chemicals to treat the water to render them safe for use.

To Use

Shake and spray anywhere you want! If you want to use it for sleep, spray on the underside of your pillow, and off you go for some rest.

Sugar Scrub Facial Cleanser

Making the sugar scrub was easy, and the only thing I had to buy was coconut oil, which I thought would work better than olive oil with the scents I wanted to use.

Supplies

- 1 cup white sugar (or brown sugar if you'd like, you wild animal)
- 1/4 cup coconut oil (organic is better if you can find it)
- 1/4 cup Olive Oil. Cold pressed.

- 4-6 drops lavender essential oil
- Some kind of mason jar or container with a lid.
- Nice solid Whisk.

Directions

- This is one of the easier projects because the sugar granules are already the right size for the task. Put the sugar into the mixing bowl first
- Add the coconut oil. If the coconut oil is solid warm it up a little bit to make it liquid. This is just to make mixing the ingredients easier later.
- Add the olive oil.
- Mix everything with your whisk until it's all consistent with no lumps or blotches of sugar sitting around.
- Add the lavender essential oil and mix again
- Put everything into your mason jar or container! Use as much or as little as you'd like and scrub away on your face or anywhere on your body.

As a heads up, if you plan to keep this in your shower, consider a plastic bottle or container so not to risk smashing a glass container if it drops.

Child Friendly Coconut Bath Bomb Spa Salts

Bath Spa Salts is the same stuff used to make bath bombs. The only real difference is we don't need to use molds to create fun shapes. You can absolutely use a mold if you'd like with this recipe, but I don't because I like to "feel out" how much I want to use in my baths.

Supplies

- 1 cup Baking Soda (Like [this](#))
- 1/2 cup Citric Acid (Like [this](#))
- 1/2 cup Corn Flour (cornstarch, like [this](#))
- 1/2 cup Epsom Salts (like [this](#))
- 2 Tablespoons of Coconut oil. If solid, melt it gently over the stove first. You can also substitute this with a regular oil like Olive oil. But I like Coconut oil better for the smell and how good it is for your skin.
- 4 teaspoons of Water or other liquid (consider a strong tea)
- 20 - 30 drops of Lavender Essential Oil
- (Optional) Food or Soap Coloring (like [this](#))

A quick note. The more coloring you add the more it will color your bath water! While food or soap coloring are not toxic for you, if you love the color blue and use too much it will end up looking like you're in a tub full of black/dark blue water. Not for everyone!

Additionally, some opt to remove the coloring if they plan to use the spa salts with young children.

Directions

- Add all the solids together in a bowl. Baking soda, citric acid, and the epsom salts. Mix until everything is consistently blended together. No clumps or patches of unmixed powders.
- In a cup or small jar add the water, then oils (order doesn't really matter), and finally the coloring.
- Mix the liquids in the cup. Now oils will float above water so don't worry if they start separating again after you mixed them. Just try to be fast with the next steps
- Pour a little bit of the oils into the powder and start whisking! Try not to pour too much at one time to reduce the reaction between the solids and the liquids.
- Repeat previous step until you've added and mixed all your oils into the powder and have evenly mixed them in the bowl.
- Add the final mixture into an airtight glass container. Like a mason jar.
- OPTIONAL - if you have moulds, fill both halves as much as you can with a bit extra and then push them together. The idea is to push them together so densely that there is no pockets of air and the bath bomb holds its own form.

Enjoy your bath salts! You can absolutely make bath bombs out of this stuff or grab a handful and use however much/little you like in your bath.

For added romance or luxury throw in some rose petals or lavender blossoms in the mixture. Preferably after you've mixed everything as otherwise you'll end up shredding the petals while you mix.

Sunburn Relief Balms

There are multiple ways to get effective and rapid relief from sunburns. Here I will discuss of 2 quick recipes that are very fast to make and very effective.

1. With Aloe Vera Gel and Arnica Oil

Supplies

- 4 tsp Aloe Vera Gel (like [this](#))

- 1 tsp Arnica Oil (like [this](#)) - Only really need this if it's a really bad burn
- 20 drops lavender essential oil
- 1 30ml Glass Amber Bottle (like [this](#))

Directions

- Add the aloe vera gel, arnica oil and lavender oil all into the 30ml glass amber bottle. Shake and mix thoroughly.
- Use a Cotton ball to soak up some of the mixture after shaking it and apply it on the burned area.

Now it's important to note that before you use the mixture again be sure to shake the bottle and mix the ingredients once more.

Some people might ask why did I include the Arnica oil? Arnica oil is by itself an amazing carrier oil that helps with pain. Normally it's used for things like sore/strained muscles, arthritis and other long lasting pain. Sounds like a perfect oil to use for something like a sunburn, and I assure you, it is. You don't NEED it for this recipe, it's just another layer of pain relief if the sunburn is bad enough.

2. With Yogurt

Similar principle but instead of using Aloe Vera Gel (or with that as well), we use yogurt and apply it topically on the sun burnt areas. The Yogurt provides a very cooling and calming sensation on the skin.

Supplies

- 8 tsp Yogurt
- 20 drops lavender essential oil

Directions

- Mix the yogurt and lavender thoroughly with a wix.
- Take a cotton pad and dip into the yogurt and apply it on the burnt skin.

Profile of Lavender

In this segment I want to give you the profile of Lavender. A little history, a little overview about the oil and for the experienced aroma guru, we talk a bit about the note, substitutes and chemical makeup.

We have opted not to go too deep with details because I do not feel it is relevant to the everyday user. I merely wish to give you a glimpse into the wonderful origins and ways of uses these oils have found themselves in over thousands of years.

Lavender

Latin Name: *Lavandula angustifolia*

Overview:

Lavender is one of the gentlest and multi-purpose essential oils around. If you are to keep only one oil in your home this is the one. Lavender has many therapeutic values, but it would be safe to say that it's strongest areas are in emotional and mental care. Lavender oil is a powerful restorative oil bringing balance to your life.

History:

Lavender has been in use for more than 2500 years! Egyptians, Phoenicians and the people of Arabia used lavender as a perfume. Egyptians also used Lavender for mummification by wrapping the dead in lavender dipped shrouds.

In ancient Greece Lavender was used as a cure for everything from insomnia, aching backs, even insanity.

Ancient Romans considered it a prized commodity and used lavishly by higher class and scenting baths.

Note: Top-Middle

Aroma Intensity: Medium

Extracted From: The flowering buds of the flowers.

Blends Well with: All other oils really, super versatile oil.

Recommended Dilution Range: 5% - Neat (see dilution instructions at the end of this ebook)

Proof and Studies of Constituents:

- [Source 1](#) - Analysis of the volatile compounds from *Lavandula angustifolia*
- [Source 2](#) - Chemical Composition and Antimicrobial Activity of Lavender
- [Source 3](#) - Headspace gas chromatographic analysis of Bulgarian *Lavandula Angustifolia*
- [Source 4](#) - composition of *Lavandula angustifolia*

Final Words - A word for your safety

Essential Oils are powerful. Because they have the ability to affect us in many ways it's safe to say that the utmost care should be taken using them.

There is one thing we would like to clear up with you. Some sources will claim that any pure undiluted essential oil bottle will not say "For external use only", which ours does.

We don't put this on our label because the oils are adulterated or contaminated with synthetics. It's precisely because these are pure oils that we did. These are not toys and if you are not sure on how to use them internally it is better not to at all.

Consider this.

Professional aromatherapists working in the United States must purchase insurances while working their craft. As soon as a professional prescribes ingesting an essential oil that insurance is made void. It is that serious.

Additionally essential oil concentrations are not always harmless. Grapefruit for example can really mess with your medication. Wintergreen is basically 95% methyl salicylate which is incredibly toxic if ingested. These are extreme examples but they paint a clear picture in the potential harms of ingesting essential oils.

For advanced users who have spent time with the oils and are familiar with them may in the future decide to use them internally. For all our new customers we strongly discourage using them this way. For this reason and for your safety, we have written "For external use only".

All recipes and remedies listed in this ebook are well researched and documented. While there may be many uses outside of what we report for these oils, these are only what we are 100% certain of with research papers to back as many claims as currently available.

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