

ESSENTIAL DIY

simple, easy recipes and tips

LAVENDER HONEY BUTTER



Mash together a stick of softened butter with 1 drop of Lavender essential oil, ½ teaspoon vanilla, and 2–3 tablespoons of honey. Spread butter on warm biscuits, scones, or toasted whole grain bread.



LAVENDER BATH OIL



Combine 15 drops of Lavender essential oil with 4 oz. doTERRA Fractionated Coconut Oil, jojoba, or sweet almond oil in container of choice. When ready to use, pour 1 tablespoon into the warm bath water.



SIMPLE HOMEMADE MOISTURISER



1/3 cup coconut oil
1 tbsp beeswax
5 lavender drops essential oil



LAVENDER OIL BLENDS:

Deep Sleep: 3 lavender drops & 2 Cedarwood drops

Me Time: 3 Lavender drops, 2 Frankincense drops

Migrane Relief: 3 Lavender drops, 3 Lemon drops & 3 Peppermint drops

Fun Fact:

It takes 35 pounds of Lavender flowers to produce just one 15mL bottle of Lavender essential oil.

THE
HEALTH
GROUP