

Oil Blends

DIY



DIY Recipes &
Uses for Essential Oils



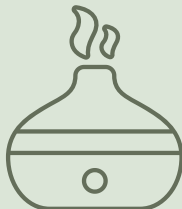
Welcome!

The world of essential oils is a fascinating blend of nature and well-being. For centuries, they have been used to bring the body, mind, and spirit into harmony. Their powerful essences have the potential to gently guide us through our daily lives - whether to help us relax, feel energized, or support our health.

Essential oils work on both the physical and emotional levels. They can support our physical health and help us balance our mood, focus, relax, or recover.

Essential oils can be used in three ways:

Aromatic use by applying to the palms of your hands or using a diffuser.



Aromatic

Topical (external) application to the skin.



Topical

Orally, as a drink or in an empty capsule.



Inwardly

In this booklet, you'll find many DIY recipe blends for these three types of applications, designed to support you in your daily life.

In this booklet, we also assume that you are already familiar with dōTERRA oils and the basics of their use. If, for example, you would like to look up information on dilution, dosage, or specific safety guidelines, please contact your personal consultant.



Additional Tips & Usage Guidelines

To help you enjoy your oils and recipes for a long time to come, here are a few additional tips for safe and mindful use:

Children, Pregnant Women, and Vulnerable Individuals

- Use essential oils on children and babies only in very low concentrations (e.g., 0.25–1%).
- Special precautions also apply to pregnant women, breastfeeding mothers, and older adults - always assess each case individually and consult with a specialist if necessary.
- Not all oils are suitable during these phases! → See separate tables or lists of recommendations - ask your advisor for guidance.

Cleaning & Care

- Clean the diffuser weekly: Run a water-vinegar mixture through it and clean the ultrasonic stone with a cotton swab.
- Check roll-ons and sprays regularly (e.g., for odor or cloudiness) - store them in a cool, dry place away from light.
- Always wash your hands before mixing or applying - this protects your skin and ensures product quality.

Guidelines for Dosage & Use

- The recipes in this booklet are based on experience and are recommendations that you can adapt to your needs.
- For more detailed dosages (e.g., by age, method of application, or body region), you can refer to the dosage chart or supplementary materials.

And as always:

Listen to your instincts and your body.

Less is often more - especially when it comes to essential oils.

This booklet is intended to provide you with information and insights about essential oils and dōTERRA products. Please note that we do not provide medical advice or medical counsel. If you have a medical emergency, please contact a professional medical facility. We do not claim that essential oils can prevent, diagnose, treat, or cure any disease.

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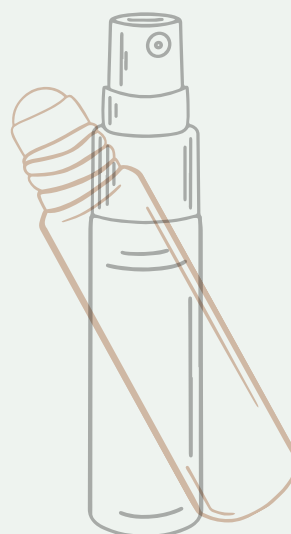
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There are also great DIY recipes for our four-legged, fluffy companions!

DIY



Aromatic Blends



Diffuser Recipes

Health & Immune System

Anti-Allergy Blend

- 2 drops of Lavender
- 2 drops of Peppermint
- 3 drops of Lemon

Immune Boost

- 2 drops of On Guard
- 1 drop of Frankincense
- 1 drop of Tea Tree
- 1 drop of Lemon

Open Airways

- 2 drops of Eucalyptus
- 1 drop of Peppermint
- 2 drops of Lemon

Fresh Defense

- 2 drops of Tea Tree
- 2 drops of Grapefruit
- 2 drops of Lavender

Clean Air

- 2 drops of Lemongrass
- 2 drops of Eucalyptus
- 2 drops of Lavender



Energy Boost

- 2 drops of Grapefruit
- 2 drops of Frankincense
- 2 drops of Peppermint

Clear & Strong

- 2 drops of Rosemary
- 3 drops of Lemon
- 2 drops of Tea Tree

Diffuser Recipes

Relaxation & Harmony

Harmony & Relaxation

- 2 drops of Lavender
- 2 drops of Wild Orange

Refreshing Breeze

- 3 drops of Peppermint
- 4 drops of Lavender

Forest Walk

- 1 drop of Cedarwood
- 2 drops of Balance
- 2 drops of Siberian Fir

Autumn Evening

- 1 drop of Lavender
- 2 drops of Peppermint
- 3 drops of Siberian Fir
- 2 drops of Grapefruit

Cuddle Time

- 2 drops of Frankincense
- 2 drops of Douglas Fir
- 2 drops of Citrus Bliss
- 2 drops of Copaiba

Cosy Day

- 2 drops of Holiday Joy
- 2 drops of Douglas Fir
- 1 drop of Myrrh
- 1 drop of Bergamot

Citrus Bliss

- 2 drops of Frankincense
- 4 drops of Lemon



Diffuser Recipes

Mood & Clarity

Energy & Concentration

- 2 drops of Peppermint
- 2 drops of Lemon

Fresh Start

- 1 drop of Clove
- 3 drops of Cardamom
- 2 drops of Bergamot

Sweet Indulgence

- 1 drop of On Guard
- 3 drops of Lavender
- 2 drops of Frankincense

Creative Boost

- 2 drops of Grapefruit
- 2 drops of Basil
- 2 drops of Lemon

Clear Mind

- 2 drops of Rosemary
- 2 drops of Peppermint
- 1 drop of Eucalyptus



Good Cheer

- 2 drops of Bergamot
- 2 drops of Wild Orange
- 1 drop of Ylang-ylang

Balance & Focus

- 2 drops of Vetiver
- 2 drops of Lemon
- 1 drop of Frankincense

Diffuser Recipes

Spring & Summer

Summer Sun

- 3 drops of Wild Orange
- 2 drops of Lime
- 1 drop of Ylang Ylang

Spring Morning

- 2 drops of Lemon
- 2 drops of Spearmint
- 2 drops of Geranium

Citrus Freshness

- 2 drops of Grapefruit
- 2 drops of Lemon
- 2 drops of Bergamot

Wild Meadow

- 2 drops of Cypress
- 2 drops of Lemongrass
- 2 drops of Lavender

Blossom Dance

- 2 drops of Geranium
- 1 drop of Lavender
- 1 drop of Roman Chamomile

Summer Rain

- 2 drops of Eucalyptus
- 2 drops of Tea Tree
- 2 drops of Bergamot

Cool & Refresh

- 3 drops of Peppermint
- 2 drops of Lavender
- 1 drop of Lemon



Diffuser Recipes

Fall and Winter

Holiday Wellness

- 3 drops of On Guard
- 2 drops of Peppermint
- 3 drops of Wild Orange

Gingerbread House

- 2 drops of Cinnamon
- 2 drops of Douglas Fir
- 1 drop of Wild Orange
- 3 drops of Cardamom

Christmas Baking

- 2 drops of Cinnamon
- 1 drop of Clove
- 4 drops of Siberian Fir
- 2 drops of Douglas Fir

Cinnamon Roll

- 2 drops of Citrus Bliss
- 2 drops of Cardamom
- 2 drops of Cinnamon

Snow Is Falling

- 1 drop of Clove
- 3 drops of Cardamom
- 2 drops of Copaiba

Harvest Festival

- 3 drops of Clove
- 2 drops of Cassia
- 1 drop of Ginger
- 1 drop of Cardamom
- 1 drop of Tangerine

Falling Leaves

- 2 drops of Cheer
- 2 drops of Cassia
- 1 drop of Motivate
- 3 drops of Citrus Bliss



For inhalation

Inhaling essential oils is a powerful way to clear the airways, support the immune system and calm both body and mind.

Soothing Inhalation

- 1 drop of Tea Tree
- 1 drop of Lavender
- 2 drops of Air

Clear Airways

- 2 drops of Air
- 2 drops of Eucalyptus

A Strong Start

- 2 drops of Peppermint
- 2 drops of Lemon
- 2 drops of Frankincense

Invigorating, cleansing and grounding – ideal in the morning or when feeling mentally exhausted.

Immune Support

- 3 drops of Tea Tree
- 2 drops of Rosemary
- 1 drop of Lavender

Strengthens the body's natural defences, has antiviral properties and also helps to restore balance.

Here's how it works:

- Pour hot, but not boiling, water (approx. 1 litre) into a bowl.
- Add 1–6 drops of essential oils or a blend.
- Lean over the bowl at a distance of about 30 cm, cover your head with a towel and breathe deeply for 5–10 minutes.
- Use 1–3 times a day, as required.

⚠ **Important:** Not suitable for children under 6 years of age. If you have asthma or sensitive airways, test it first. Always ensure good ventilation and keep your eyes closed as much as possible while doing this!



Topical Recipes



Topical recipes

What you need for topical applications

Before you start making your own roll-ons, massage oils, or skincare products using essential oils, you should have a few basic materials to hand:

- ◆ **Carrier oils** (for diluting essential oils)
 - Fractionated coconut oil (neutral, ideal for roll-ons)
 - Jojoba oil (similar to the skin, stable, absorbs well)
 - Almond oil (ideal for massage oils, gentle on the skin)
 - Grape seed oil/apricot kernel oil (good for skincare products)
- ◆ **Empty containers & tools**
 - Roll-on bottles (e.g. 5 ml or 10 ml)
 - Glass bottles with droppers or pumps (for massage oils)
 - Small glass jars or pots (for balms, lip care)
 - Funnels or pipettes (for clean filling)
 - Labels & markers (for labelling)
- ◆ **Optional ingredients**
 - Shea butter, beeswax, aloe vera gel (for creams, balms, etc.),
 - vitamin E (as a natural preservative)
 - Empty roll-on deodorant containers or lip balm tubes
 - Alcohol (e.g. ethyl alcohol – if you're also making perfumes or sprays)

💡 **Tip:** Make sure all your ingredients are of good quality – ideally organic or natural cosmetics grade, especially when it comes to carrier oils.

💧 How to make your own roll-ons

- Choose a clean roll-on bottle (10 ml).
- Add a total of 5–15 drops of essential oils (depending on the desired intensity).
 - For precise dosing, have another look at the dosage table.
- Top up the rest with a skin-friendly carrier oil (e.g. fractionated coconut oil, jojoba oil).
- Seal tightly, give it a gentle shake – and you're done!

💡 **Tip:** Always store it in a cool, dark place – this will make your roll-on last longer.



Roll-on recipes

Emotional balance



Harmony & Relaxation

- 5 drops of Lavender
- 3 drops of Peace
- 3 drops of Serenity

Stress Relief

- 4 drops of Bergamot
- 4 drops of Frankincense
- 4 drops of Wild Orange

If it all gets a bit too much, apply this mixture to your wrists or pulse points and breathe it in deeply.

Calm & Comfort

- 10 drops of Serenity
- 10 drops of Balance
- 4 drops of Geranium
- 4 drops of Vetiver

Apply to the nape of the neck.

Peaceful Sleep

- 10 drops of Lavender
- 8 drops of Frankincense
- 8 drops of Bergamot

Peaceful Child

- 1 drop of Marjoram
- 1 drop of Ylang Ylang
- 2 drops of Lavender
- 3 drops of Vetiver
- 1 drop of Clary Sage
- 1 drop of Frankincense

Apply to the soles of the feet and to the nape of the neck or the chest area in the morning and evening.

Tantrum Tamer

- 12 drops of Citrus Bliss
- 12 drops of Balance

Apply to the nape of the neck, the wrists or the soles of the feet.

Burnout Support

- 10 drops of Lavender
- 10 drops of Basil

Apply to the adrenal area using the roller 3 times a day.

Balances cortisol and adrenaline levels.

Roll-on recipes

Immune system



Runny Nose Relief

- 5 drops of Air
- 3 drops of Lavender
- 3 drops of Lemon

Blocked Sinuses

- 15 drops of ZenGest
- 5 drops of Lavender

Apply gently around the nose and along the sinuses

Flu Support

- 6 drops of Tea Tree
- 6 drops of Oregano
- 10 drops of Lemon
- 10 drops of On Guard

Apply to the soles of the feet several times a day.

Daily Immunity Roller

- 5 drops of On Guard
- 5 drops of Frankincense
- 5 drops of Tea Tree

Use the roller daily on the soles of your feet and, if necessary, to the right and left of the spine. This helps to strengthen the immune system and acts as a preventative measure during the cold and flu season.

For a Cough

- 3 drops of Eucalyptus
- 5 drops of Frankincense
- 3 drops of Thyme
- 2 drops of Lemon

Apply to the soles of the feet and the chest area as required.

Fever Support

- 5 drops of Peppermint
- 10 drops of Frankincense
- 10 drops of Lavender

OR:

- 5 drops of Peppermint
- 5 drops of Frankincense
- 5 drops of Lavender
- 5 drops of Basil
- 5 drops of Bergamot

Apply to the right and left of the spine, and to the nape of the neck, chest and feet.

Roll-on recipes

Physical Ailments & Pain



Muscle Comfort

- 10 drops of DeepBlue
- 10 drops of Frankincense
- 10 drops of Marjoram
- 10 drops of Lemongrass
- 10 drops of Copaiba

Apply the roller to the painful areas as required. Helps relieve muscle pain and tension.

For Headaches

- 5 drops of Frankincense
- 5 drops of Lavender
- 10 drops of Peppermint

Apply to the nape of the neck and, if necessary, to the temples

Allergy Relief

- 8 drops of Lavender
- 8 drops of Lemon
- 8 drops of Peppermint

Apply to the soles of the feet and/or the chest up to three times a day. If necessary, apply to swollen areas as well.

For Nausea

- 5 drops of ZenGest
- 8 drops of Peppermint

If you experience acute nausea, roll it onto your upper abdomen. For aromatic relief, place some of the mixture on the palm of your hand and inhale.

Ear Support

- 8 drops of Lavender
- 8 drops of Tea Tree
- 4 drops of Basil

Apply around the outer ear.

Varicose Veins

- 5 drops of Deep Blue
- 5 drops of Lavender
- 10 drops of Cypress
- 10 drops of Lemongrass

Using the roller, gently massage the soles of the feet and work your way up the legs. Always work towards the heart.

Roll-on recipes

Physical Ailments & Pain



Craving Control

- 5 drops of Peppermint
- 5 drops of Grapefruit
- 3 drops of Ginger
- 3 drops of Cinnamon

If you have a craving, simply apply it to your pulse points and take a sniff. After about 5 minutes, the craving will have passed.

Digestive Comfort

- 2 drops of Fennel
- 2 drops of Cardamom
- 2 drops of Marjoram
- 2 drops of Basil
- 2 drops of Lavender

Apply in a clockwise direction around the navel.

Wound Relief

- 5 drops of Lavender
- 4 drops of Tea Tree
- 3 drops of Frankincense
- 2 drops of Helichrysum/Immortelle

Ideal for minor cuts, grazes or irritated skin. Apply to the cleansed area 2-3 times a day.

Teething Support

- 1-2 drops of Lavender
- 1-2 drops of Copaiba

When teething, apply it to the cheek, specifically to the outside of the jaw. Roll a small amount onto your fingertips and apply it to the gums inside the mouth – where the new tooth is coming through.

Roll-on recipes

Skin care



Goodbye Itching

- 5 drops of Lavender
- 3 drops of Purify
- 3 drops of Peppermint

Clear Skin

- 6 drops of Tea Tree
- 4 drops of Lemon
- 2 drops of Lavender

For Bee Stings

- 3-5 drops of Tea Tree
- 3-5 drops of Lavender

Apply directly to the sting site. Helps reduce swelling and soothes the area

Scar Roller

- 5 drops of Helichrysum (Immortelle)
- 4 drops of Lavender
- 3 drops of Frankincense

Apply to the affected area in the morning and in the evening.

After-Sun Care

- 4 drops of Lavender
- 3 drops of Peppermint
- 3 drops of Blue Tansy (optional)
- 3 drops of Frankincense

Apply to reddened or warm areas of skin (do not use on sunburn blisters!)

Skin Balance (for dry or irritated skin)

- 5 drops of Geranium
- 4 drops of Roman Chamomile
- 3 drops of Sandalwood

Apply to dry areas or massage into the face in the morning and evening.

Roll-on recipes

for women



Thyroid Support

- 5 drops of Peppermint
- 10 drops of Clove
- 10 drops of Lemongrass

Apply the roller to the area around the thyroid gland and under the big toe (foot reflexology).

PMS & Cramp Relief

- 5 drops of Clary Sage
- 5 drops of Marjoram
- 5 drops of Lavender

Apply to the abdomen, lower back or inner ankle (reflex zone). Apply several times a day as required.

Cycle of Harmony

- 5 drops of Clary Sage
- 5 drops of Lavender
- 3 drops of Bergamot

Supports hormonal balance. Apply to the lower abdomen, the soles of the feet or the lower back. Ideal from the middle of the cycle onwards.

Night Comfort

- 10 drops of Cypress
- 10 drops of Balance

Apply to the lower abdomen before going to bed.

Heart Opening

- 5 drops of Rose (alternatively: Geranium or Rose Touch)
- 4 drops of Ylang Ylang
- 3 drops of Frankincense

Cellulite Roller

- 6 drops of Grapefruit
- 4 drops of Cypress
- 3 drops of Juniper Berry
- 3 drops of Geranium

Apply 1–2 times a day to the affected areas (thighs, bottom, tummy) and massage in vigorously with a brush or your hands. It is best to apply after a shower – or in the morning after dry brushing.

DIY-Sprays

DIY sprays – simple, natural & versatile

DIY sprays are one of the simplest ways to incorporate essential oils into your daily life. They can be made in a matter of seconds, personalised to suit your needs and used in a variety of ways – for your body, your home and your emotions.



Whether to support your wellbeing, freshen up a room, improve your sleep or as little everyday helpers for tasks such as cleaning or focusing: Using water or a gentle carrier such as fractionated coconut oil, you can create simple, natural companions for every day.

The best bit is:

You don't need any complicated ingredients – just a few drops of essential oil, distilled water, fractionated coconut oil, a spray bottle and a quick shake before use.

First Aid Spray

- 15 drops of Tea Tree
- 15 drops of Frankincense
- 15 drops of Lavender
- 10 drops of Helichrysum (optional)

Pour into a 30ml spray bottle and top up with fractionated coconut oil.

Tick & Insect Repellent

- 100 ml distilled water
- 20 drops of TerraShield
- 5 drops of Lemongrass
- 5 drops of Cedarwood
- 3 drops of Lavender
- 2 drops of Peppermint

Spray onto your skin and/or clothing before going out.

Throat Spray for Daily Use & Acute Relief

- 100 ml distilled water
- 10 drops of Lemon
- 8 drops of Tea Tree
- 5 drops of Clove

Acute variant

In addition to the basic mixture:

- 5 drops of Frankincense
- 2 drops of Peppermint
- 2 drops of Oregano (for adults only!)
- 5 drops of On Guard

Spray 1–2 sprays into the throat or onto the neck several times a day.

DIY-Sprays

Hand Sanitiser Spray

- 60 ml alcohol (isopropyl or ethyl alcohol)
- Optional: 1 tsp distilled water
- 10 drops of On Guard
- 10 drops of Tea Tree
- 5 drops of Lemon
- 5 drops of Lavender

Spray evenly onto your hands and rub in.

Pollen & Allergy Spray

- 10 ml distilled water
- 8 drops of Lavender
- 8 drops of Peppermint
- 8 drops of Lemon

Spray onto collars, shoes, socks or pillows.

Sweet Dreams Pillow Spray

- 60 ml distilled water
- 10 drops of Lavender
- 5 drops of Cedarwood
- 5 drops of Roman Chamomile

Spray onto pillows, duvets or your sleeping area in the evening.



Calm & Balance

- 60 ml distilled water
- 6 drops of Lavender
- 5 drops of Bergamot
- 4 drops of Cedarwood
- 4 drops of Geranium

Spray at chest height or into the surrounding area, then take a deep breath.

Yoga Mat & Surface Spray

- 100 ml distilled water
- 1 tbsp apple cider vinegar or spirit
- 10 drops of Tea Tree
- 10 drops of Lemon
- 5 drops of Eucalyptus

Ideal for cleaning yoga mats, door handles, table tops or sports equipment.

DIY-Sprays

Room Spray: Clear Mind & Focus

- 60 ml distilled water
- 10 drops of Lemon
- 6 drops of Peppermint
- 4 drops of Rosemary
- 4 drops of Frankincense

Before studying, working, creative activities or to help you concentrate in everyday life. Do not apply directly to the skin or face.

Happy Vibes Spray

- 60 ml distilled water
- 10 drops of Wild Orange
- 5 drops of Bergamot
- 5 drops of Geranium

"Energetic Reset" Aura & Cleansing Spray

- 60 ml distilled water
- 8 drops of Tea Tree
- 6 drops of Lavender
- 5 drops of Frankincense
- 4 drops of Lemongrass

Before meditating, after intense encounters, in 'charged' spaces or when feeling emotionally weighed down. Scatter around the room or spray over your body and shoulders.



Calm Kids Spray

- 60 ml distilled water
- 4 drops of Lavender
- 3 drops of Roman Chamomile
- 2 drops of Bergamot

Before bedtime, during times of change, when the child is overwhelmed by stimuli, or during tantrums. Spray onto clothing, a cuddly toy or into the air around the child.

Immune Shield Spray

- 60 ml distilled water
- 8 drops of On Guard
- 5 drops of Eucalyptus
- 4 drops of Tea Tree
- 4 drops of Lemon

Ideal for the winter months, when you get home, or if someone in the household is feeling under the weather. Spray in the hall, living room or bedroom.

Massage oils

Muscle Relief

- 30 ml almond oil or fractionated coconut oil
- 6 drops of Marjoram
- 4 drops of Lavender
- 3 drops of Peppermint

Ideal for the back, neck and legs.

Evening Calm

- 30 ml almond or jojoba oil
- 5 drops of Lavender
- 3 drops of Cedarwood
- 2 drops of Frankincense

Ideal for the back, neck and legs.

Digestive Comfort

- 30 ml almond or jojoba oil
- 4 drops of Ginger
- 3 drops of Peppermint
- 2 drops of Fennel

*Relieves flatulence, bloating or cramps.
Gently massage into the stomach in a clockwise direction.*



Detox & Lymphatic Drainage

- 30 ml almond or grape seed oil
- 4 drops of Cypress
- 3 drops of Grapefruit
- 2 drops of Juniper Berry
- 1 drop of Geranium

Gently massage upwards (towards the heart), particularly on the legs, arms or the sides of the upper body.

Massage Oil "Time for Two"

- 30 ml almond or jojoba oil
- 4 drops of Ylang Ylang
- 3 drops of Sandalwood
- 2 drops of Bergamot
- 1 drop of Patchouli

Skincare & Beauty



Glow & Repair Face Serum

- 8 drops of Frankincense
- 5 drops of Lavender
- 6 drops of Tea Tree
- 5 drops of Geranium
- 5 drops of Copaiba
- 3 drops of Blue Tansy

Pour into a pipette bottle and, after cleansing, gently massage into skin that is still damp in the morning and/or evening – either on its own or under your day cream.

Lip Balm

- 1 tsp beeswax
- 1 tsp coconut oil
- 1 tsp shea butter
- 1 drop of Peppermint
- 1 drop of Lavender

Melt in a bain-marie, then pour into small jars. Do not heat it up too much!

Body Scrub

- 2 tbsp fine salt or sugar
- 1 tbsp almond oil
- 2 drops of Grapefruit
- 2 drops of Geranium
- 2 drops of Lavender

Apply to damp skin in the shower, massage in gently and rinse off.

Natural Deodorant Spray

- 1 tsp bicarbonate of soda
- 50 ml distilled water
- 1 tsp spirit or vodka
- 6 drops of Tea Tree
- 4 drops of Lemon
- 3 drops of Geranium

Put everything into a spray bottle and shake well. Shake again before each use, then apply 1–2 sprays under the armpits.

Velvety Soft Hand Cream

- 2 tbsp shea butter
- 1 tbsp almond oil
- 1 tbsp aloe vera gel
- 5 drops of Lavender
- 3 drops of Frankincense
- 2 drops of Geranium

Gently melt everything in a bain-marie (without the aloe), then stir in the aloe and oils. Pour into a small pot and leave to cool

Skincare & Beauty

Rich Foot Cream

- 2 tbsp coconut oil
- 1 tbsp shea butter
- 1 tsp beeswax
- 5 drops of Tea Tree
- 4 drops of Peppermint
- 3 drops of Lavender

Melt in a bain-marie, pour into a small jar and leave to cool.

Cold Relief Bath

- 2 drops of Eucalyptus (radiata or globulus)
- 1 drop of Peppermint
- 1 drop of Tea Tree
- 2 tbsp sea salt or Dead Sea salt
- 1 tbsp carrier (e.g. cream, vegetable oil or honey)

Mix the ingredients in a bath and relax in it for 15–20 minutes.

Bath Additive "Pure Relaxation"

- 2 drops of Lavender
- 1 drop of Frankincense
- 1 drop of Ylang-ylang
- 2 tbsp sea salt, alkaline salt or Dead Sea salt
- 1 tbsp carrier (e.g. cream or (plant-based milk)

Mix the ingredients in a bath and relax in it for 20–30 minutes.



Cold Balm

- 15 g shea butter
- 10 ml jojoba oil or almond oil
- 1 tsp beeswax
- 4 drops of Eucalyptus
- 3 drops of Frankincense
- 3 drops of Peppermint
- 2 drops of Lavender

1. Slowly melt the shea butter, beeswax and oil in a bain-marie.
2. Leave to cool briefly, then stir in the essential oils.
3. Pour into a small screw-top jar or a pot and leave to cool completely.

Recipes for internal use



Internal use

Voice Recovery (When You're Hoarse)

- 1 drop of Rosemary
- 1 drop of Lemon
- 1 drop of Clove
- 1 drop of Tea Tree

Hold the mixture in your mouth for about 1 minute and swallow it slowly. Use only 2-3 times a day.

Cough Relief

- 1 drop of On Guard
- 1 drop of Lemon
- 1 drop of Frankincense
- 1 drop of Peppermint

Add to a teaspoon of honey or stir into water. Take every 2 hours as required (half the dose for children under 10).

First Signs of a Cold

- 2 drops of Lemon or On Guard
- 2 drops of Peppermint

Take with a teaspoon of honey.



Immune Bomb

- 2 drops of Oregano
- 2 drops of Tea Tree
- 2 drops of Lemon
- 2 drops of On Guard
- 2 drops of Frankincense

Place in an empty capsule and take with a meal. Max. 3 times a day, for a maximum of 10 days – followed by a 7-day break.

Allergy Support

- 2 drops of Lemon
- 2 drops of Lavender
- 2 drops of Peppermint

Put it into an empty capsule or take it with honey. Ideal during hay fever season – up to 3 times a day.

Internal use

Morning Lemon Water

- 1–2 drops of Lemon, Grapefruit or Wild Orange
- A glass of lukewarm water (approx. 250 ml)

*Drink in the morning. **Tip:** Pour the oil into the glass first. Aids digestion, gently detoxifies and refreshes from within.*

Vital Essence

- 1 drop of Oregano
- 1 drop of On Guard
- 1 drop of Pink Pepper
- 1 drop of Yarrow Pom
- 1 drop of Copaiba
- 1 drop of Turmeric

Take in the morning and evening with water or in an empty capsule. Boosts the immune system, has antioxidant properties, and helps restore balance. Please note: take only as a short course of treatment for 10–14 days.

Bladder Support

- 1 drop of oregano (capsule) – twice daily
- 1 drop of On Guard – three times daily in water or in a capsule

A course of treatment lasting 3–5 days



After-Meal Digestive Support

- 2 drops of Peppermint or ZenGest
- 1 drop of Ginger
- 1 drop of Lemon

Add it to 1 teaspoon of honey or 1 glass of warm water and drink it slowly after a meal.

Emotional Balance

- 2 drops of Lavender
- 1 drop of Frankincense
- 1 drop of Copaiba

Put it into an empty capsule or take it with 1 tsp of honey

A woman with long brown hair is smiling and sitting on a couch. A white dog is lying in front of her, looking up. The background is a blurred living room with a yellow cushion and a wooden coffee table.

*Recipes for
our pets*

Recipes for dogs

Calming Roller (for Stress, Being Alone, Car Journeys)

- 2 drops of Lavender
- 1 drop of Frankincense
- in 10 ml of fractionated coconut oil (roll-on)

Apply to your hands, then stroke over the coat, neck and nape – or apply to the inside of the paws or the back of the ears (not inside the ears!).

Paw Care Balm

- 1 tsp Shea butter
- 1 tsp Coconut oil
- 1 drop of Lavender
- 1 drop of Frankincense

Melt in a bain-marie, stir, and pour into small jars. Nourishes cracked paws and prevents them from drying out in winter and summer.

"Peace & Comfort" Diffuser Blend

- 2 drops of Lavender
- 1 drop of Frankincense
- 1 drop of Cedarwood

Add to the diffuser (for 100–150 ml of water), ideally in a well-ventilated room. Diffuse for a maximum of 30–60 minutes, e.g. before being alone, in the evening or when there are loud noises (thunderstorms, fireworks, etc.).



Odourless Ear Cleaner

- 1 drop of Frankincense
- 1 drop of Lavender
- in 30 ml of aloe vera gel or base oil (e.g. almond oil)

Apply a few drops to a cotton wool pad and gently wipe the outer ear canal (only the outside, not deep inside the ear).

Tick Repellent Spray

- 2 drops of Cedarwood
- 2 drops of Lavender
- 1 drop of Lemongrass
- in 50 ml water
- 1 tsp apple cider vinegar or alcohol

Before going for a walk, lightly spray onto the coat (shoulders, back, legs) – never on the face! Shake well before use.

Recipes for cats

Gentle Anti-Tick and Flea Oil (Roll-On)

- 1 drop of Cedarwood
- 1 drop of Lavender
- in 10 ml of fractionated coconut oil

Gently apply to your hands and rub into or apply to the nape of the neck (between the shoulder blades) – no more than 2–3 times a week.

Coat Care Spray

- 1 drop of Lavender
- in 50 ml of distilled water

Spray onto a brush or cloth and gently wipe the coat with it. Do not spray directly onto the animal! For external use only, provided it is well tolerated.

Relaxation Diffuser Blend

- 1 drop of Frankincense
- 1 drop of Lavender

Diffuse in a well-ventilated room for a maximum of 30 minutes, with the door open, so that the cat can decide for itself whether it wants to stay. Never place the cat directly next to the diffuser.



Rest Area Spray

- 1 drop of Cedarwood
- 1 drop of Frankincense
- in 50 ml water
- 1 tsp vodka

Spray onto a blanket, cushion or carrier (not onto the cat!). Has a calming and stabilising effect on sensitive animals.

Oral Care Spray (for Tartar / Bad Breath)

- 1 drop of Copaiba
- in 30 ml water + 1 tsp aloe vera juice

Apply carefully to the gums using a cotton bud. Only use if your cat tolerates it well!

You should avoid using these oils on pets

Avoid the following in cats:

These oils are considered particularly problematic or potentially toxic to cats:

- Tea Tree (Melaleuca)
- Citrus oils (e.g. Lemon, Wild Orange, Bergamot, Grapefruit – use with caution even in a diffuser!)
- Peppermint
- Eucalyptus (all types)
- Oregano
- Thyme
- Cinnamon
- Clove
- Wintergreen
- Birch



Even many so-called 'strong' or 'hot' oils are not suitable for cats. Always use a very small amount, apply externally only (if at all), and always give the cat plenty of space to move away.

Use with caution or avoid in dogs:

Dogs are more tolerant than cats, but the following oils should not be administered internally and should only be used in small doses:

- ⚠ Tea tree – use only when heavily diluted and for external use only; best avoided
- ⚠ Wintergreen & Birch – potent, potentially toxic
- ⚠ Cinnamon, oregano, thyme, cloves – hot & pungent
- ⚠ Peppermint – can cause breathing difficulties in small dogs (it's fine in a diffuser, but never apply it undiluted)

Important: Never use undiluted! Always check whether the animal tolerates the oil. If in doubt, use less – or avoid it altogether.

Only use the diffuser with the door open so that the animal can leave the room



To conclude – thank you from the bottom of my heart

It's lovely that you've taken the time to flick through this booklet and delve into the world of essential oils. Essential oils are powerful companions – they support you in all sorts of areas of life: physically, emotionally and energetically.

At the same time, they encourage us to be mindful – of ourselves, our bodies and our surroundings. Whether you want to treat yourself, support your family or simply enjoy natural recipes: Trust your instincts, proceed mindfully and stay curious.

If you have any questions, are unsure about how to use an oil, or would like to explore the subject in more depth, please feel free to contact your personal consultant at any time.

After all, things are often easier and more enjoyable – when we do them together.

Thank you for embarking on this journey with the oils.