

The Essential Oil Recipe Book

by Nifty Wellness



ADHD Blend

Perfect for calming a hyperactive and disorderly mind.

2 drops Lavender.

3 drops Frankincense.

Why?

The Lavender promotes relaxation and prevents anxiety.

The Frankincense has anti-inflammatory properties that calm the body.

How?

Use in a diffuser (250ml water per blend).

Rub on your wrists (diluted with coconut or jojoba oil, one spoon per blend).

Aches And Pains Blend

Provides relief for aches, pains, tension, and swelling.

1 drops Peppermint.

2 drops Eucalyptus.

2 drop Sandalwood.

Why?

The Peppermint and its menthol are natural analgesics.

The Eucalyptus is anti-inflammatory and analgesic.

The Sandalwood is anti-inflammatory and calms the nervous system to reduce the effects of pain.

How?

Use in a diffuser (250ml water per blend).

Rub and gently massage into sore spots (diluted with coconut or jojoba oil, one spoon per blend).

Acid Reflux Blend

Perfect relief for symptoms of acid reflux.

1 drop of Ginger.

1 drops Lemon.

1 drop Sweet Fennel.

Why?

The Ginger is highly anti-inflammatory, soothing the digestive system and curbing acid production.

The Lemon improves digestion, reduces pain, and neutralizes stomach acid.

The Sweet Fennel aids digestion and eliminates bloating.

How?

Ingest by adding blend into 1 tablespoon of edible carrier like coconut oil or take in a gel capsule.

Acne Blend

Acne-fighting blend for treating and healing skin.

2 drops of Tea Tree.

1 drop Frankincense.

2 drops Clary Sage.

Why?

Tea Tree is the perfect acne remedy as it is anti-inflammatory and antibacterial.

The Frankincense stimulates skin cell production while soothing inflamed skin and killing acne-causing bacteria.

The Clary Sage reduces excess oil production and calms the skin.

How?

Combine the blend with one-ounce jojoba, grapeseed, or squalane oil and apply one to two drops directly to blemish.

Aging Skin Blend

Essential Oil blend for preventing and treating signs of aging.

2 drops Lemon.

2 drops Frankincense.

1 drop Rose.

Why?

The Lemon is an antioxidant with high levels of Vitamin C to brighten and prevent signs of aging.

The Frankincense beautifies and rejuvenates the skin by promoting cellular turnover and soothing inflammation.

The Rose brightens, moisturizes, and provides antioxidants to the skin.

How?

Combine the blend with one spoon of jojoba, grapeseed, or squalane oil and gently massage into the skin.

Alertness Blend

Invigorating blend that energizes and increases alertness.

2 drops Rosemary.

1 drop Basil.

1 drop Bergamot.

Why?

The Rosemary strengthens memory, concentration, and eases stress.

The spicy, herbal aroma of Basil supports the nervous system and promotes focus.

The Bergamot lowers stress levels, promotes positivity, and clears the mind.

How?

Use in a diffuser (250ml water per blend).

Place a few drops into a steamy shower and inhale the aroma.

Combine the blend with one spoon of jojoba or coconut oil and apply to the feet.

Allergies Blend

Provides relief for allergy symptoms.

1 drop Eucalyptus.

1 drop Lemon.

1 drop Peppermint.

2 drops Lavender.

Why?

The Eucalyptus opens up the airways and provides relief for congestion.

The Lemon is a natural antihistamine that aids the respiratory system.

The Peppermint's strong, minty scent will clear sinuses and alleviate tension.

The Lavender is a natural antihistamine that is anti-inflammatory and decreases mucus.

How?

Use in a diffuser (250ml water per blend).

Place a few drops into a steamy shower and inhale the aroma.

To Read More, Please Purchase The Full Book.

You'll get blends for:

Anxiety

Appetite

Arousal

Arthritis

Asthma

Breathing

Calm And Focus

Car Sickness

Carpal Tunnel

Cellulite

Chapped Lips

Cholesterol

Chronic Pain

Clean Air
Clear Thinking / Clarity
Clogged Nose
Cold
Cold Sores
Concentration
Confidence
Constipation
Cough
Cracked Heels
Cramps And Bloating
Creativity
Curbing Appetite
Curly Hair
Cuticles
Cuts
Cystic Acne
Cysts
Damaged Hair
Dandruff
Dark Circles
Dark Spots
Depression
Detoxification
Digestion
Dry Skin
Dust Mites
Earache
Eczema
Emotional Healing

Energy
Exercise
Eye Bags
Eyebrow Growth
Fatigue
Fear
Fertility
Focus
Frizzy Hair
Fruit Flies
Fungal Infection
Glowing Skin
Gnats
Gratitude
Grief
Grounding
Hair Growth
Hair Loss
Hand Sanitizer
Happiness
Headaches
Hiccups
Hot Flashes
Hyperactivity
Immune Support
Indigestion
Inflammation
Ingrown Hairs
Inner Peace
Insect Repellant

Insomnia
Inspiration
Irritability
Itchy Skin
Itchy Throat
Jet Lag
Jock Itch
Labour
Lactation
Massage
Meditation
Memory
Menopause
Menstrual Cramps
Menstrual Cycle
Morning Sickness
Mosquito Repellant
Motivation
Muscle Fatigue
Muscle Pain
Nail Fungus
Nail Growth
Nausea
Neck Stiffness
Night Terrors
OCD
Oily Skin
Panic Attacks
Pneumonia
Productivity

Rashes
Relaxation
Romance
Runny Nose
Sadness
Scars
Sea Sickness
Self Love
Sleep
Smelly Shoes
Smoking Cessation
Sneezing
Snoring
Stomach Ache
Strength
Studying
Sun Damaged Skin
Teeth Whitening
Tinnitus
Toothache
Varicose Veins
Vertigo
Warts
Weight Loss
Whiteheads
Worry
Wrinkles
Yoga