

# The hOIlistic Solution Recipe

## SOOTHING SLEEP

- 15 drops Lavender
- 15drops Frankincense

Top a 10 ml roller F.C.O. Roll mixture around and along hair line, through crown, over temples and down back of neck. Apply mixture to hands rub together and inhale slowly and deeply.

## HAIRSPRAY

- 8-9 tsp Sugar per Cup of Boiling Water [2tsp sugar per  $\frac{1}{4}$  cup]
- Mix and allow to cool
- Place cooled liquid into spray bottle
- Add desired oils for shine, strength, health, growth and even lice!

## DE-TANGLER

- Squeeze out a large lump of conditioner into empty spray bottle.
  - Add 2 TBLS of F.C.O {fractionated coconut oil}
  - Fill bottle with warm purified {or tap} water
  - Add desired oils. eg. Lice mix
- Shake spray bottle before each use.  
Try adding CPTG essential oils to help with thickening, shine and even lice!  
Dandruff

## CONTROL HEAD LICE

- GERANIUM
- LAVENDER
- MELALEUCA
- LEMON
- CLOVE

THESE FIVE OILS TOGETHER ARE A POWERFUL TOOL.

Mix equal quantities of all four oils with some fractionated coconut oil and apply straight to hair and massage scalp

## DILUTION CHART

### DILUTION RATIOS

0.3%= 1 drop per 10ml

1.5%= 2 drops per 5ml

3.0%= 4 drops per 5ml

5.0%= 7 drops per 5ml

### AGE/ WEIGHT      RECOMMENDED DILUTION

Birth-1yr \_\_\_\_\_ 0.3%

1-5yr \_\_\_\_\_ 1.5%-3%

6-11yr \_\_\_\_\_ 1.5%-5%

12-17yrs \_\_\_\_\_ 1.5%-20%

18yr or older \_\_\_\_\_ 1.5%- Neat

# The hOIListic Solution Recipe

## Kick The Sick

- 16drops Lemon
- 14drops On Guard
- 14drops Melaleuca
- 12drops Frankincense
- 10drops Oregano

Top a 10 ml roller F.C.O

## Hay fever No More!

- 10 drops Lemon
- 10 drops Lavender
- 10 drops Peppermint

Top a 10 ml roller F.C.O. Use roller down spine, under arms, throat, Bridge of nose and feet or apply to hands rub together and inhale.

## Migraine buster

- 10-20 drops Lavender
- 10-20 drops Peppermint
- 10-20 drops Frankincense

Top a 10 ml roller F.C.O. Roll mixture around and along hair line, through crown, over temples and down back of neck. Apply mixture to hands rub together and inhale slowly and deeply.

## MORPHINE MIX

- 10-20 drops Lemongrass
- 10-20 drops Frankincense
- 10-20 drops Marjoram or Oregano

Top a 10 ml roller F.C.O. Apply mix to area of discomfort, re-apply when necessary

## To take internally:

Add 3-4 drops of each oil to an empty veggie cap.

Take 2 capsules, 3-4 times a day.

## Sore Muscles

- 20-30 drops Deep/Ice Blue
- 10-20 drops Peppermint

Top a 10ml roller bottle with F.C.O

For a supercharge add

- 10-20 drops Lemongrass

Apply where and when needed

## Fever

- 10-15 drops Peppermint
- 10-15 drops Lavender
- Add oils to a 10ml roller bottle and

Top with F.C.O. Apply to top of head, across neck, down spine, bottom of every 10-15 mins until fever subsides

## Free The Anxiety

- Wild orange
- Lavender
- Frankincense

Apply like a perfume as often as needed

## Happy Bliss Blend

- 15drops Lemon
- 15drops Peppermint
- 15drops Frankincense

Top with F.C.O. Apply like a perfume as often as needed

## Conjunctivitis Clear

- 1 drop Tee Tree {Melaleuca}
- 1 drop Lavender
- 5 drops F.C.O

Mix drops in a clean Hand, place two fingers in mixture and apply to eyebrow bone and then follow cheek bone under eye.

Repeat as every 15-20 mins

Keep oils out of eye and away from eyelid!  
If any oil should end up in the eye rinse with F.C.O!