

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

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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!