

Happy~Healthy~Blessed

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The 3 Mandatory Oils: Lavender, Lemon, and Peppermint



Lemon

Warm Lemon Water in the morning. When traveling, carrying a bag of lemons for your morning lemon water is pretty darn inconvenient. Although inconvenient, this is often when we need to support our liver and digestion the most. Add 1-2 drops of Lemon oil to warm water in the morning.

Eradicate Undesirable Smells. Wish your bedroom didn't smell like the salmon you made for dinner last night? Diffuse Lemon oil to neutralize odors.

Pick-Me-Up. When you lack motivation or energy, try rubbing a drop of Lemon oil on your hands, the back of your neck or even through your hair. You'll be amazed at the power of the lemony aroma!

All-Purpose Cleaner. Mix 5-6 drops Lemon essential oil with water and vinegar in a spray bottle to cleanse and purify surfaces. Use to clean kitchen counters and stainless steel appliances. For stainless steel, mix Lemon essential oil with olive oil for best results.

Get Rid Of The Sticky Stuff. Lemon essential oil is excellent for removing sticky tree sap, sticker residue and permanent marker. It even gets gum out of hair!

Super Study Powers. Diffuse with Peppermint in the classroom or during homework time to help the kids stay awake and focused.

Preserve the Fruit. Use Lemon essential oil in a spray to keep your cut fruit fresh until serving.

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Refresh Bad Smelling Washcloths. When your kitchen washcloths smell foul and could use a boost, add Lemon oil to your detergent, soak overnight, wash, dry and your kitchen will smell so much better!

Nourish Your Leathers & Furniture. Preserve and prevent leather from splitting with a Lemon oil soaked cloth. Also, a few drops of Lemon essential oil combined with a few drops of olive oil makes a great furniture polish.

'Lemonize' Your Laundry. Instead of dryer sheets, try adding a few drops of Lemon oil to a damp washcloth in the dryer with the rest of your laundry. Be sure to set the dryer to a low temperature cycle, as high heat will lessen the effects of the oil.

Lavender

Take A Lavender Bath. Drop a few drops of Lavender essential oil along with Epsom salts or magnesium oil to your bath water for an ultra-relaxing experience. This is my favorite use!

Sleeps Best Friend. Rub on the bottoms of the feet for a more restful sleep. A few drops of Lavender placed on a pillow will help a restless toddler (or adult) fall asleep and stay asleep. (Lily's requests lavender every night!)

Bug Bites. Rub Lavender oil on your bugbites in the evening when they start to itch like crazy. This worked really well for my daughter this summer who was eaten alive in NH!

Quick Fix. Mix three parts fractionated coconut oil with one part Lavender essential oil in a small spray bottle or roll on to help clear up skin irritation associated with chafing. Great for little ones!

Enjoy A Fresh And Clean Mattress. Sprinkle a mixture of 1 cup baking soda and 10 drops of Lavender essential oil over your mattress. Allow the mixture to sit for at least one hour then use the vacuum hose to clean it up. You can combine with drops of Eucalyptus, Peppermint, Clove, or Rosemary as well.

Ouch! That's Hot! The next time someone doesn't realize the iron or pan is still hot, apply Lavender oil to the affected area to soothe skin irritation, relieve redness and ease swelling.

Homemade Aftershave. Use after shaving to soothe and soften skin and to lessen the redness and burning caused by razor burn.

Take the "Ouch" Out. One drop of Lavender will help relieve the pain and sensitivity of occasional sore gums, dry or chapped lips, occasional scrapes and abrasions, or after too much sun.

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Clear The Mind. Apply Lavender to the temples and back of the neck to lessen the effects of stress and anxiety and to promote mental clarity.

Peppermint

Stuffed up Sinuses. Dilute a drop of Peppermint oil combined with fractionated coconut oil and place under your nose to support open airways and help you breathe easily.

Peppermint Smoothies! Peppermint makes a delicious addition to all things chocolate. I add a drop into a cacao nib smoothie and I feel like I am having a mint chocolate chip milkshake. YUM!

Bad Breath? Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse. It freshens breath and builds confidence in your close encounters.

Take a Deep Breath. Inhale deeply to invigorate lungs and increase alertness.

Stressed? Apply to neck and forehead with Lavender to relieve tension and pressure.

A Joint Effort. Peppermint is a great way to cool joints without taking an ice bath. It helps to soothe occasional soreness in muscles and joints.

Tummy Calmer. Rub on the stomach or take internally for occasional digestive discomfort.

Out on the Open Road. Don't fall asleep at the wheel! Inhale Peppermint from a handkerchief or straight from the bottle to perk up on long drives.

Approaching Deadlines Mean Long and Late Hours. Rather than grab a Snickers to revitalize you as you 'go the extra mile', deeply inhale Peppermint to feel revitalized and ready to go.

Un-Block Writer's Block. Peppermint can support blood circulation and leave you feeling rejuvenated to keep those creative juices flowing. Simply spritz peppermint on child's shirt before study time for improved concentration and alertness.

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101 Uses for the Home Intro Kit

<http://www.doterraeveryday.com/101-uses/>

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