

# Essential Oil Blend Recipes

## Kart Diffuser Blend (mix in 300ml water)

### Air Freshener

- 3 drops Lemon Essential Oil
- 2 drops Eucalyptus Essential Oil
- 1 drop Tea Tree Essential Oil



### Cold Combat

- 2 drops Sweet Orange Essential Oil
- 2 drops Eucalyptus Essential Oil
- 2 drops Juniper Essential Oil



### Energy Boost

- 3 drops Sweet Orange Essential Oil
- 3 drops Lemongrass Essential Oil
- 3 drops Peppermint Essential Oil



### Headache Relief

- 3 drops Marjoram Essential Oil
- 2 drops Peppermint Essential Oil
- 2 drops Lavender Essential Oil



### Relax & Calm

- 3 drops Lavender Essential Oil
- 2 drops Sweet Orange Essential Oil
- 2 drops Cypress Essential Oil



### Smoke Cessation

- 10 drops Lemon Essential Oil
- 5 drops Lavender Essential Oil



## Kart Massage Blend (mix in 10ml almond oil)

### Detox & Shape (tummy, legs & thigh)

- 6 drops Juniper Essential Oil
- 6 drops Cypress Essential Oil
- 6 drops Sweet Orange Essential Oil



### Easy Breath (chest area)

- 6 drops Peppermint Essential Oil
- 6 drops Lemon Essential Oil
- 6 drops Tea Tree Essential Oil
- 6 drops Eucalyptus Essential Oil



### Mr Pain & Mrs Stiff (joint/muscle)

- 6 drops Marjoram Essential Oil
- 6 drops Peppermint Essential Oil
- 6 drops Eucalyptus Essential Oil



## Kart Spray Blend (mix in 40ml 95% surgical spirit & 10ml witch hazel or water)

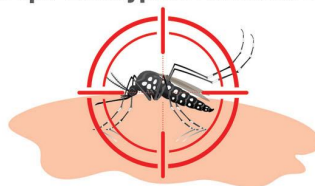
### Green Cleaning (telephone, keyboard, dining table)

- 5 drops Lavender Essential Oil
- 5 drops Grapefruit Essential Oil
- 3 drops Tea Tree Essential Oil



### Mosquito Repellent

- 2 drops Lemongrass Essential Oil
- 2 drops Eucalyptus Essential Oil



### Natural Deodorant (armpit)

- 30 drops Sweet Orange Essential Oil
- 10 drops Cypress Essential Oil
- 10 drops Lavender Essential Oil

