

ESSENTIAL
OILS • 101
with Dr. Mariza Snyder
A GET-STARTED COURSE TO
TRANSFORM YOUR FAMILY'S WELLNESS

Module 3 Recipe Guide

Digestive Support Recipes

Digestive Upset Blend

The combination of peppermint/spearmint and fennel is effective at reducing temporary indigestion after spicy meals.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops spearmint essential oil

2 drops fennel essential oil

Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

5 drops spearmint essential oil

5 drops fennel essential oil

Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

10 drops peppermint or spearmint

10 drops fennel essential oil

Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Apply to the stomach and near the sternum/ esophageal area every hour until discomfort subsides.

Motion Dizziness Blend

Peppermint, spearmint, and ginger are effective at reducing temporary nausea especially on long car rides or boat trips.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

3 drops spearmint essential oil

1 drops ginger essential oil

Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

7 drops spearmint essential oil

3 drop ginger essential oil

Carrier oil of choice

For 12 to 17 years old (10% dilution)

15 drops peppermint or spearmint essential oil

5 drops ginger essential oil

Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Inhale ginger and spearmint/peppermint every 15 to 30 minutes. Apply to mastoid area behind the ears once an hour until discomfort passes.

Stomach Flu

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops ginger essential oil

1 drops lavender essential oil

1 drops spearmint essential oils

Carrier oil of choice

For 6-11 years old (5% dilution)

5 drops ginger essential oil
2 drops lavender essential oil
2 drops spearmint essential oils
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

10 drops ginger essential oils
4 drops lavender essential oils
2 drops peppermint essential oils
2 drops spearmint essential oils
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Apply this blend directly over the small and large intestines to ease nausea, stomach cramps and to reduce aches and vomiting. Also apply to mastoids behind the ear and back of neck.

Stomach Indigestion Blend

The combination of peppermint/spearmint and fennel is effective at reducing temporary indigestion after spicy meals.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops spearmint essential oil
2 drops fennel essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

5 drops spearmint essential oil
5 drops fennel essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

10 drops peppermint or spearmint
10 drops fennel essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Apply to the stomach and near the sternum/ esophageal area every hour until discomfort subsides.

Immune System Support

Immune Support Blend

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops lemon essential oil
1 drops melaleuca essential oil
1 drop clove essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

3 drops lemon essential oil
3 drops melaleuca essential oil
2 drops eucalyptus essential oil
2 drops clove essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

6 drops lemon essential oil
6 drops melaleuca essential oil
4 drops eucalyptus essential oil
4 drops clove essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off with carrier oil of your choice. Apply to bottoms of feet to prevent environmental threats. You can also use this blend in the diffuser to purify the air, or make a spray out of the essential oils to clean doorknobs and other items that are touched throughout the day.

Fever Reducing Blend

Lavender is effective at supporting the immune system while assisting peppermint in providing a cooling sensation.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

3 drops lavender essential oil
1 drops spearmint essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

7 drops lavender essential oil
3 drops spearmint essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

15 drops lavender essential oil
5 drops peppermint essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Apply to bottoms of feet and spine to promote cooling when overheated. Apply every 1 to 2 hours.

Sore Throat Spray

Peppermint and ginger will provide rapid scratchy throat relief. Lemon essential oil is a powerful immune supporter. Lavender helps to soothe.

Yield: 4-ounce glass spray bottle

For 1 to 5 years old

Ingredients:

¾ cup distilled water
5 drops lemon essential oil
1 drop lavender essential oil
1 drop ginger essential oil

For 6 to 11 years old

Ingredients:

¾ cup distilled water
15 drops lemon essential oil
3 drops lavender essential oil
3 drops ginger essential oil

For 12 to 17 years old

Ingredients:

¾ cup distilled water
30 drops lemon essential oil
6 drops peppermint essential oil
6 drops ginger essential oil

Directions:

Add water to spray bottle. Add essential oils and blend by shaking bottle. Shake well before spraying on the back of the throat. Apply every 30 minutes, or as needed. Store up to 3 months.

Pain and Inflammation Support

Joint and Muscle Soothing Blend

Lavender, frankincense, and basil added to spearmint provides relief to muscles and joints. Increase the effectiveness of this recipe by applying a warm compress after applying the essential oil blend. This blend is ideal for post-sport activities, workouts, and during growth spurts.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

1 drops lavender essential oil
1 drops frankincense essential oil
1 drop spearmint essential oil
1 drop marjoram essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

3 drops lavender essential oil
3 drops frankincense essential oil
2 drops spearmint essential oil
2 drops marjoram essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

6 drops lavender essential oil
6 drops frankincense essential oil
4 drops spearmint essential oil
4 drops marjoram essential oil
Carrier oil of choice

Headache and Neck Tension Reliever

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops frankincense essential oil
2 drops lavender essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

5 drops frankincense essential oil
5 drops lavender essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

10 drops frankincense essential oil
10 drops lavender essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off with carrier oil of your choice. Roll the blend over your neck, back, temples, and top of forehead and rub the blend into skin.

Avoid the eyes by applying to the very top of forehead and dabbing on finger to apply to temples.

Note: For adults, I recommend adding peppermint essential oil to the blend for cooling relief.

Relaxing Muscle Bath

Lavender and Roman chamomile help to relax muscles and quiet the mind. Marjoram eases tight muscle tension.

Yields: one application

For 1 to 5 years old

Ingredients:

2 drops lavender essential oil
1 drop Roman chamomile essential oil
1 drop marjoram essential oil
¼ cup Epsom salt

For 6 to 11 years old

Ingredients:

3 drops lavender essential oil
2 drops Roman chamomile essential oil
1 drop marjoram essential oil
¼ cup Epsom salt

For 12 to 17 years old

Ingredients:

6 drops lavender essential oil
5 drops Roman chamomile essential oil
3 drops marjoram essential oil
¼ cup Epsom salt

Directions:

Combine essential oils into a glass bowl to make a blend. Run a warm bath. Blend Epsom salt into essential oil. Stir with hand and soak in tub for 20 minutes.

Menstrual Pain

For 12 to 17 years old (10% dilution)

Ingredients:

10 drops lavender essential oil
10 drops clary sage essential oil
10 drops peppermint essential oil

Directions:

Add essential oils to 10 ml rollerball bottle and top off with carrier oil of your choice. Roll the blend over your lower back, lower abdomen and bottom of feet.

Earache Relief Blend

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops lavender essential oil
1 drops basil essential oil
1 drop melaleuca essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

6 drops lavender essential oil
2 drops basil essential oil
2 drops melaleuca essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

12 drops lavender essential oil
4 drops basil essential oil
4 drops melaleuca essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off with carrier oil. Apply 2 to 3 drops from bottle to a cotton ball and gentle apply a small amount behind the ear, on the mastoid, and around the front of the ear. Keep it there for 10 minutes, being careful to not place directly in ear canal, then remove from ear. Continue to apply to ear every hour until it feels better.

Nerve Pain

For 12 to 17 years old (10% dilution)

Ingredients:

15 drops frankincense
10 drops Roman Chamomile
10 drops marjoram
5 drops Lavender

Directions:

Add essential oils to 10 ml rollerball bottle and top off with carrier oil of your choice. Roll the blend over spine, area of concern and bottom of feet.

Respiratory Support

Seasonally Allergy Blend

Equal parts of lemon, lavender, and peppermint/spearmint essential oils are known for their ability to promote clear breathing and support a healthy immune response when combined. Used by both veteran and novice essential oil users, this well-known blend is frequently used for its head and respiratory health benefits.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops lavender essential oil
1 drops lemon essential oil
1 drops spearmint essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

5 drops lavender essential oil
3 drops lemon essential oil
2 drops spearmint essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

7 drops lavender essential oil
7 drops lemon essential oil
6 drops peppermint essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Roll the blend behind the ears and on the back of your neck; also try over your feet, and up and down the back.

Open Airways Diffuser Blend

This blend is ideal during bedtime to open up airways and promote a restful night's sleep. For children 12 years and older, also try using peppermint and eucalyptus.

Ingredients:

2 drops cardamom essential oil
2 drops cypress essential oil
1 drop lime essential oil

Directions:

Add essential oils to a diffuser and diffuse 30 minutes to one hour to open respiratory airways and assist in clear breathing pathways. Or apply one drop of each to a cloth and take 3 to 5 breaths to clear airways.

Respiratory Support Rub Blend

This rub is intended to open up airways by expanding the chest and supporting healthy lung function. This blend is also calming and relaxing and can promote restful sleep.

Yield: 24 applications

Ingredients:

6 teaspoons coconut oil
28 drops lavender essential oil
16 drops cardamom or eucalyptus essential oil
12 drops cypress essential oil
4 drops lime essential oil

Directions:

Add the coconut oil along with lavender, cardamom, cypress, and lime essential oils and shake very well to blend the rub. Use your fingers to apply a small amount to the back and check and massage it into the skin. Repeat the treatment three to four times a day and before bedtime. Store a dark amber jar in a cool place.

First Aid Support

Bump and Bruise Relief Blend

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

1 drops geranium essential oil
1 drops frankincense essential oil
1 drop cypress essential oil
1 drop helichrysum essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

4 drops geranium essential oil
3 drops frankincense essential oil
3 drops cypress essential oil
1 drops helichrysum essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

6 drops geranium essential oil
5 drops frankincense essential oil
5 drops cypress essential oil
3 drops helichrysum essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off with carrier oil of your choice. Apply 2 to 3 drops to area of concern to relieve temporarily raised and irritated skin.

Owie Blend

Lavender calms irritated skin. Melaleuca and frankincense promote healthy skin. This blend can also be made into a spray with distilled water or carrier oil in a 2-ounce spray bottle.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops lavender essential oil
1 drops melaleuca essential oil
1 drops frankincense essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

4 drops lavender essential oil
3 drops melaleuca essential oil
3 drops frankincense essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

8 drops lavender essential oil
6 drops melaleuca essential oil
6 drops frankincense essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off with carrier oil of your choice. Dab onto a clean finger and apply to area of concern.

Soothing Bug Bite Blend

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (5% dilution)

Ingredients:

5 drops lavender essential oil
5 drops melaleuca (tea tree) essential oil
Carrier oil of choice

For 6 to 11 years old (25% dilution)

Ingredients:

25 drops lavender essential oil
25 drops melaleuca (tea tree) essential oil
Carrier oil of choice

For 12 to 17 years old (50% dilution)

Ingredients:

50 drops lavender essential oil
50 drops melaleuca (tea tree) essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Dab the blend over bug bites, or roll on areas of concern.

These are very high concentrations of essential oils, but the blend is targeted to a very specific area and you need very little over the bite. Dab on the bite every 2 hours to soothe the area. Also, you do not need to use a rollerball bottle to make this blend. You can store the blend in an empty bottle and apply 1 drop as needed.

Minor Burn Relief

Lavender is effective at calming skin and removing heat from the skin's surface. Helichrysum further supports lavender for promoting healthy skin.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops lavender essential oil
2 drops helichrysum essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

5 drops lavender essential oil
5 drops helichrysum essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

10 drops lavender essential oil
10 drop helichrysum essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Apply to very minor skin irritations every 30 minutes to rapidly soothe skin.

Note: Only apply to minor skin irritations. Seek medical assistance for serious skin issues.

Fever/Overheated Cool Compress

Roman chamomile and lavender in equal qualities make an effective cooling agent. Melaleuca is effective for supporting the immune system.

For ages 2 and up

Ingredients:

2 drops lavender
2 drops melaleuca
1 drop roman chamomile
4 cups of lukewarm water

Directions:

Combine the essential oils in a small bowl and add them to a large bowl containing the lukewarm water. Stir the water to completely mix the essential oils. Use a clean washcloth and make a compress by soaking the washcloth in the solution. Apply compress to the forehead, spine, feet, and torso. Continue applying compresses for 20 minutes. Apply 2 to 4 times a day until the body is cooled down.

Immediate Skin Relief Salve

This blend can also serve as a massage blend to support the immune system. Apply to the spine and bottom of feet.

Yield: Yields 2 ounce jar

For 1 to 5 years old (2% dilution)

Ingredients:

11 drops lavender essential oil
8 drops helichrysum or frankincense essential oil
6 drops Roman chamomile essential oil
1 drop spearmint essential oil
¼ cup cold-pressed refined coconut oil

For 6 to 11 years old (5% dilution)

Ingredients:

24 drops lavender essential oil
18 drops helichrysum or frankincense essential oil
16 drops Roman chamomile essential oil
3 drops spearmint essential oil
¼ cup cold-pressed refined coconut oil

For 12 to 17 years old (10% dilution)

Ingredients:

48 drop lavender essential oil
36 drops helichrysum or frankincense essential oil
26 drops Roman chamomile essential oil
10 drops peppermint essential oil
¼ cup cold-pressed refined coconut oil

Directions:

Melt the coconut oil in a double boiler or hot water bath. In a glass jar, add all the essential oils to the coconut oil and gently swirl the jar for the blend to completely mix.

Let harden at room temperature or pop in the fridge for quick hardening. Scoop a teaspoon of the mixture out of the jar and rub between your hands to melt the oil, and then apply to areas of concern.

Focus, Concentration and Energy

Energizer Boost Blend

Citrus essential oils contain monoterpenes, which have energizing and revitalizing benefits, making them ideal for instantly boosting energy. Citrus essential oils are also powerful for promoting a healthy immune system.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops wild orange essential oil

2 drops spearmint essential oil

Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

5 drops wild orange or grapefruit essential oil

5 drops spearmint essential oil

Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

10 drops wild orange or grapefruit essential oil

10 drops peppermint or spearmint essential oil

Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off with carrier oil of your choice. For a quick energizing boost, apply blend behind the ears or to back of neck throughout the day.

Get Focused Diffuser Blend

Ingredients:

1 drop Spearmint essential oil
2 drops Wild Orange essential oil
1-2 drops of Frankincense essential oil

Directions:

Add essential oil drops to your favorite diffuser and diffuse to assist with focus and concentration.

Note: I recommend pre-mixing this blend in an empty amber bottle ahead of time and keeping it by your kitchen diffuser. This blend is great if your kids are having trouble focusing on homework, or maybe the entire family is working on a project together. This amazing homework concentration blend can be used on kids and adults alike.

Motivation Rescue Blend

This blend is for those moments when you are feeling mentally and emotionally sluggish. Keep this blend in your purse for those midday slumps that hit at around 3 p.m.

Yield: 10-milliliter rollerball bottle

8 drops lime essential oil
8 drops rosemary essential oil
7 drops bergamot essential oil
5 drops basil essential oil
3 ylang ylang essential oil
2 teaspoons carrier oil of choice

Directions:

Add essential oils to the rollerball bottle and top off blend with a carrier oil of your choice. Apply to the back of neck, wrists, temples, and back of ears.

Mental Alertness Diffuser Blend

Rosemary and grapefruit essential oils are effective at increasing motivation and concentration. Peppermint and spearmint constituents provide rapid alertness when feeling tired or low in energy.

Ingredients:

2 drops rosemary essential oil
2 drops spearmint essential oil
1 drop grapefruit essential oil

Directions:

In a diffuser, apply essential oil drops and diffuse for 30 minutes to one hour to promote mental stimulation. Or apply 1 drop of each on a cloth napkin and inhale 3 deep breaths as needed.

Restful Sleep Support

Sweet Dreams Blend

This is a powerful sleep blend. It's effective at releasing stress, balancing mood, and relaxation. This blend is also known to reduce anxious feelings throughout the day.

Yield: 10-milliliter rollerball bottle

Ingredients:

10 drops lavender essential oil
10 drops vetiver essential oil
7 drops marjoram essential oil
4 drops ylang ylang essential oil
2 teaspoons carrier oil of choice

Directions:

Add essential oils to the rollerball bottle and top off blend with a carrier oil of your choice. Apply to the back of neck, bottom of feet, and spine.

Restful Sleep Spray

The Restful Sleep Spray is designed to be sprayed on pillows not people. Lavender and vetiver are a powerful combination for a restful sleep. Other oils to incorporate include cedarwood, clary sage, and Roman chamomile.

Yield: 2-ounce glass spray bottle

Ingredients:

1.5 ounces distilled water or witch hazel (evaporates quicker)
10 drops lavender essential oil
5 drops vetiver essential oil

Directions:

Add water or witch hazel to spray bottle. Add the essential oils and shake, and spritz. Spray on pillows, comforters, and in the air before bed for a restful sleep.

Calming Lavender Rub

My two favorite ways to use lavender with kids are topically and aromatically. You can add lavender to raw coconut oil for an essential oil rub after bath time or before bed. Try massaging their feet with it or using it in place of lotion. Lavender can also be combined with other essential oils like Bergamot or Roman Chamomile.

For all ages

Yields: 4 ounce jar

Ingredients:

½ cup raw coconut oil
1 cup hot water
15 drops lavender essential oil

Directions:

Spoon the coconut oil into the glass jar with a lid (like a Mason jar) and carefully set it in the hot water. Gently stir as the coconut oil melts. Once completely melted, add the essential oil and stir. Place the glass jar in the refrigerator for an hour until it sets, then keep at room temperature. To use, scoop out and rub in your hands; the oil will melt in your hands from the heat of your body.

Stress Relief Blend

You can also diffuse this blend to relieve stress, or diffuse before bed to promote a good night's sleep. Frankincense, lavender, and wild orange elicit a calming aroma for moments of stress, and this blend can be used throughout the day to provide calming support and ease tense feelings. This blend is great as a rollerball blend and applied to the wrist for mamas at a 10 percent dilution.

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (2% dilution)

Ingredients:

2 drops lavender essential oil
1 drop frankincense essential oil
1 drop wild orange essential oil
Carrier oil of choice

For 6 to 11 years old (5% dilution)

Ingredients:

4 drops lavender essential oil
3 drops frankincense essential oil
3 drops wild orange essential oil
Carrier oil of choice

For 12 to 17 years old (10% dilution)

Ingredients:

8 drops lavender essential oil
6 drops frankincense essential oil
6 drops wild orange essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off with carrier oil of your choice. Apply blend to bottom of feet, back of neck, or spine for reducing stress.

On-The-Go/Travel Recipes

Bug Off Spray

Designed to be used for clothes and air, hair and shoes, this blend is great for camping, hikes, and travel. Take it on trips for effective, non-toxic bug protection. Use caution using peppermint with kids under the age of 6. You can replace the peppermint with cedarwood if using with children under the age of 6.

Yield: 2-ounce glass spray bottle

Ingredients:

10 drops peppermint or cedarwood essential oil
5 drops lemongrass essential oil
¾ cup distilled water

Directions:

Add essential oils and distilled water to spray bottle. Shake to mix blend completely. Spray blend on clothes, shoes, ankles, and in hair to avoid pesky bugs. Also great around the house to keep the bugs out. Take care to avoid the eyes.

Immune Support Hand Cleansing Gel

This recipe makes a great gift for the teachers in your lives. Never underestimate the power of gifting a diffuser and a bottle of wild orange to your child's classroom! Keeping your immune system in tip-top shape is the first step to keeping your family healthy and safe.

For ages 2 and up

Yield: 1 reusable silicon tube

Yields: 2 ounce tube

Ingredients:

¼ cup aloe vera gel
½ teaspoon vegetable glycerin
1 tablespoon witch hazel
15 drops melaleuca or wild orange

Directions:

Combine the ingredients in the tube. Shake until well-blended. Squirt a small amount on your hands and rub together to use.

Soothing Bug Bite Blend

Yield: 10-milliliter rollerball bottle

For 1 to 5 years old (5% dilution)

Ingredients:

5 drops lavender essential oil
5 drops melaleuca (tea tree) essential oil
Carrier oil of choice

For 6 to 11 years old (25% dilution)

Ingredients:

25 drops lavender essential oil
25 drops melaleuca (tea tree) essential oil
Carrier oil of choice

For 12 to 17 years old (50% dilution)

Ingredients:

50 drops lavender essential oil
50 drops melaleuca (tea tree) essential oil
Carrier oil of choice

Directions:

Add essential oils to rollerball bottle and top off blend with a carrier oil of choice. Dab the blend over bug bites, or roll on areas of concern.

These are very high concentrations of essential oils, but the blend is targeted to a very specific area and you need very little over the bite. Dab on the bite every 2 hours to soothe the area. Also, you do not need to use a rollerball bottle to make this blend. You can store the blend in an empty bottle and apply 1 drop as needed.