

** Spritz me now **



"It's All about Health Naturally"

Pat Andersen



Welcome, to the first of many short recipe books we are about to launch. I am excited to help so many on their journey of gaining Essential Oil knowledge.

For many decades my motto has been:

“It’s All about Healthly”

It seems like for most of my life I have been into Holistic Medicine, because of being exposed to Agent Orange in 1964.

I have had many operations and have almost died on a couple of occasions, but because of my determination (some say stubbornness) I never gave up. I kept looking for natural products that would enrich my life. If I found these products worked, I would then introduce them into my company Remu International. I have studied Holistic Medicine to help with my own health but also to use this knowledge in my company.

My focus has always been about proper nutrition and that is why I put my efforts into promoting Zija International in 2008. I believe the Moringa Tree is the most nutrient dense botanical so far discovered and that it can change so many people's health challenges around the world.

I was so excited that we entered the Essential Oil manufacturing field. What I love is their Patented Certification program, that shows all consumers the pureness of their oils.

This book was created to help my Team Members, show their customers how to make sun Spritzers for their families and friends.

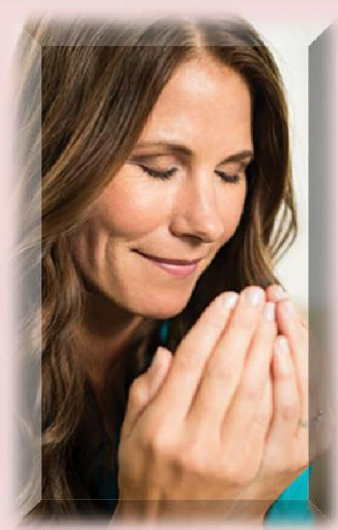
So experiment with your oils and ENJOY the benefits.

Pat Andersen

Table of Contents

Aromatherapy for Stress.....	3
Aromatherapy for Sore Throat, Sniffles.....	4
Aromatherapy Recipes for Colds and Flu.....	5
Aromatherapy Recipes for Colds and Flu.....	6
Relaxing Aromatherapy Blends.....	7
Relaxing Aromatherapy Blends.....	8
Uplifting Aromatherapy Blends.....	9
Essential Oil Blends for Skincare.....	10
Essential Oils for Inflammation.....	11
Aromatherapy Recipes for Aches & Pains	11
Aromatherapy Recipes for Work Out.....	12
Aromatherapy Weight Loss Blend.....	13
Aromatherapy Weight Loss Blend.....	14
Aromatherapy ~ Air / Car Fresheners.....	15
Aromatherapy ~ Air / Car Fresheners.....	16
Aromatherapy ~ Body Sprays.....	17

Aromatherapy for Stress



Pour a teaspoon of coarse sea salt or Himalayan Salt in a 2oz dark colored bottle with spritzer lid... add the drops below and then fill to top with distilled water.... mix well and spritz into your hands and inhale or spray on the back of your neck for relief...

- 10 drops Bergamot essential oil
- 4 drops Lavender essential oil
- 4 drops Orange essential oil
- 1 drop Rose essential oil
- 1 drop Frankincense essential oil

Any of these oils work together for stress... Use what works best for you!

Benzoin, bergamot, cedarwood, chamomile, cinnamon, clary sage, cypress, frankincense, geranium, grapefruit, helichrysum, jasmine, juniper, lavender, lemon, lemongrass, marjoram, melissa (lemon balm), neroli, orange, palmarosa, petitgrain, rose, sandalwood, vanilla, vetiver, ylang ylang



Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

~World Health Organization, 1948~

Aromatherapy for Sore Throat, Sniffles & Congestion

Try making this to soothe your sore throat and help clear your stuffy nose.



Boil 2 cups of water on the stove and add cool....fill as many 2oz bottles as possible to $\frac{3}{4}$ full

Then add the following drops of oil to each

- 3 drops of Lemon Oil
- 2 drops of Peppermint Oil
- In some bottles you might add some honey, or cayenne pepper for a kick...
- Use a spritzer lid and spray in your mouth as needed to relieve soreness

Mix and Match these oils to find what's best for you...

Benzoin, cedar, coriander, eucalyptus, frankincense, geranium, helichrysum, hyssop, jasmine, lavender, marjoram, naiouli, oregano, palmarosa, peppermint, petitgrain, pine, ravensara, rose, rosemary, sage, spearmint, spruce, tea tree, thyme



"Our bodies are our gardens - our will are our gardeners."

~William Shakespeare~

Aromatherapy Recipes for Colds and Flu



Chest and Sinus Congestion:

1 drop lavender

1 drop tea tree

1 drop Eucalyptus

Spritz onto your neck or into your hands and breathe in for 5 mins

"It's bizarre that the produce manager is more important to my children's health than the pediatrician
~Meryl Streep~

Colds:

2 drops lavender

2 drops rosemary

2 drops eucalyptus

Spritz onto your neck or into your hands and breathe in for 5 mins





To Ease Sinus Congestion:

2 drops Eucalyptus

2 drops Peppermint

2 drops Tea Tree

Spritz onto your neck or into your hands
and breathe in for 5 mins

He who has health has hope - He who has hope has everything
~Arabian Proverb~

To Ease Coughs:

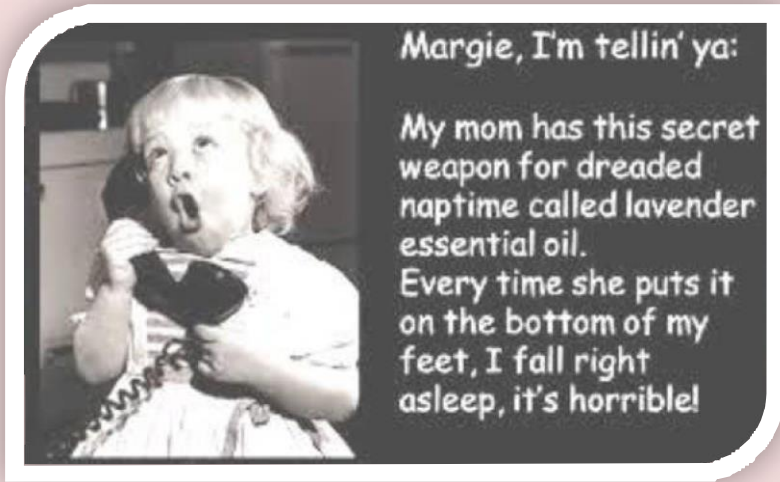
2 drops Eucalyptus

2 drops Lavender

Boil a pot of water and remove it from the stove. While it is still steaming, add 2 drops eucalyptus and 2 drops lavender. Immediately cover the pot and head with a towel and inhale for 3 minutes. Keep eyes closed.



Relaxing Aromatherapy Blends



Relaxation Spritz

4 drops Lavender

1 drop Peppermint

1 drop Frankincense

Add the above essential oil into a 2 oz dark glass bottle with spritzer....ps this is a great blend for your bath.



To Calm Nerves and Promote Sleep:



4 drops lavender

Add 4 drops lavender to a teaspoon of milk or cream. Pour into a warm bath, stir bathwater and soak.

or

Add to distilled water and spritz over body before bed or spritz over pillow and sheets.

"Take care of your body. It's the only place you have to live."
~~Jim Rohn~~

Insomnia Essential Oil Blend:

3 drop lavender

1 drop Geranium

Add these drops to your 2oz distilled amber bottle and spritz over body or pillow.



Relaxing Aromatherapy Blends

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and apply to body.

Uplifting Personal Blend for Daytime Use:



2 drops Geranium

2 drops Rose

2 drops Bergamot

Add these drops to your 2oz distilled amber bottle and spritz over body

"The doctor of the future will give no medicine, but will interest his patients in the care of human frame, and in the cause and prevention of disease."

~~T.A. Edison~~

Uplifting Personal Blend for Nighttime Use

2 drops Rosewood

2 drops Bergamot

2 drops Ylang Ylang



Essential Oil Blends for Skincare

Athlete's Foot and Ringworm:

1 drop lavender essential oil

2 drops tea tree essential oil

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and apply to body.



"He's the best physician that knows the worthlessness of most medicines."

~Benjamin Franklin~

Minor Burns:

2 drops lavender

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and apply to body.



Essential Oils for Inflammation

Any of the following oils can be used together....I would do the following

Make a mixture of 1 cup of Epson Salt in 4 cups of Distilled water and place in 2oz spritzer dark colored Bottles....then add 2 drops of any of the following oils...

I would suggest using up to 3 different oils per bottle... It is great to do different combinations.



Spray on inflamed areas and let air dry...

Basil, cedarwood, chamomile, cinnamon, clary sage, coriander, cypress, eucalyptus, frankensence, ginger, helichrysum, jasmine, juniper, lavender, marjoram, palmarosa, pepper, peppermint, rose, rosemary, thyme, vetiver, ylang ylang

Aromatherapy Recipes for Aches and Pains

Muscle Pain:

2 drops lavender

2 drops rosemary

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and apply to body.



Aromatherapy Recipes for Work Out

Pre-Sports Rub:



2 drops rosemary

1 drop lavender

1 drop Eucalyptus

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and apply to body.

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

~John F Kennedy~

Post-Sports Rub:

2 drops lavender

1 drop orange

1 drop rosemary

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and apply to body.



Aromatherapy Weight Loss Blend

In a 2oz colored glass bottle pour in 1 teaspoon of Sea Salt or Himalayan Salt....then add the following drops of below Blends....mix well then add distilled water to mixture and seal bottle with a spritzer lid....before meals or if you feel hungry...spray 2 -3 times on your hands, rub in hands and then breathe for up to five minutes....wow!!! what a great appetite suppressant(Half recipe in a 2oz bottle)



- 15 drops Lemon essential oil
- 15 drops Peppermint essential oil
- 15 drops Bergamot essential oil
- 15 drops Geranium essential oil

"By cleansing your body on a regular basis and eliminating as many toxins as possible from your environment, your body can begin to heal itself, prevent disease, and become stronger and more resilient than you ever dreamed possible!"

~Dr. Edward Group~

Aromatherapy Weight Loss Citrus Blend

- 30 drops Grapefruit essential oil
- 4 drops Lemon essential oil
- 1 drop Bergamot essential oil



"He who takes medicine and neglects to diet
wastes the skill of his doctors."
~Chinese Proverb~

Aromatherapy Weight Loss Mint Blend

- 20 drops Peppermint essential oil
- 15 drops Bergamot essential oil
- 5 drops Grapefruit essential oil



Aromatherapy ~ Air / Car Fresheners

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and spray in your car or other designated areas as air freshener.

1. Citrus Wonder

Combine 1 drop **Peppermint** essential oil + 2 drops **Orange** essential oil + 1 Tsp **real vanilla extract**



2. Heavenly Lavender

Combine 2 drops Lavender essential oil
+ 1 Tsp vanilla extract

3. Citrus Harmony

Combine 2 drops **Orange** essential oil
+ 2 drops **Lemon** essential
+ 2 drops **Grapefruit** essential oil





4. Holiday Bliss

Combine 1 drop **Orange** essential oil + 2 drops **Peppermint** essential oil + 1 drop **Geranium** essential oil + 1 drop of Rose + 1 tsp **real vanilla extract**

5. Floral Beauty

Combine 1 drop **Lavender** essential oil + 1 drop **Rose** essential oil + 1 drop Geranium essential oil + 1 drop **Grapefruit** essential oil



6. Relaxation Nights

Combine 1 drop Lavender + 2 drops Eucalyptus Radiata



"If I had my way, I'd make health catching instead of disease. ."
~Robert Ingersoll~

Body Sprays

Mix the essential oils together into a 2oz spritzer glass bottle with distilled water and apply to body.

1. Comfort Plus

Combine 2 drops of Orange +1 drop of Bergamot + 1tsp of real vanilla extract





2. Uplifting

Combine 2 drops of Bergamot + 1 drop of Orange + 1 drop of Peppermint

3. Tender Moments

Combine 2 drops Lavender, 1 drop Bergamot, 1 drop Lemon



Esse Essential Oils are extracted from nature's most generous trees, herbs, plants, seeds and fruits, and we're proud to share them with you and those you care about. Use these luxuriously pure and high-quality essential oil to help you feel your best, look your best, be your best, and have the energy and vitality you need to enjoy your life.

Accessories



Single Oils



Oil Blends




Essentials

Independent Ambassador

