

## **Top Oils to Keep In stock for family and quick usage**

### **Lavender**

- the ninja of all oils
- Moto: when in doubt use lavender!
- Too much sun
- Any owies!
- Relief for my head
- Relief for my anxious nerves!
- Super calming in a diffuser with any fir oil like Idaho Balsam Fir or Spruce
- Awesome to add to any lotion especially for my face!
- Super gentle for my kids



### **Peppermint**

- When I'm tired- I diffuse with citrus oils, orange is my fav
- My head kinda hurts- I apply to temples and back of neck, **AVOID YOUR EYES!**
- Body heat rising..... apply to the back of my neck and spine, usually I use with a carrier oil, like V6 or sweet almond oil.

### **Frankincense**

- when I have some issues with spots or wrinkles on my face I will apply in my moisturizer or directly to the area I'm concerned with, 1-2 drops.
- It's also a blessing to use when I'm having some anxious feelings or trouble focusing

### **DiGize**

- I dilute 50% oils, 50% carrier oil and I add a roller top for ease of use.
- After a meal that maybe might causes issues in the gut. When my stomach is just not pleased with whatever. We roll right over our belly buttons

## **Purification**

- For all the stinky in our house of 7 on a farm!
- Easily add with orange essential oil to the diffuser for after frying bacon!
- Create a spray in a 2 oz bottle; 1 tbsp witch hazel, 15 drops purification, 5 drops orange, fill with distilled water, it will work wonders in your family vehicle and pre-teen/teen's stinky butt shoes!
- Bugs be bothering you in the summer, I put a drop at wrists, ankles and back of neck

## **Lemon**

- For all the cleaning and refreshing the air.
- I will use with baking soda for toilets and sinks.
- I add 2-3 drops in with my dishwasher powder!
- I have a face mask I will use it in to lighten spots on my skin.
- It helps with all things sticky, especially labels that you can't get off.

## **Thieves Blend-**

- For all the yucky places that need some good cleaning!
- Diffuse with orange for yuck in the air.
- We apply to feet and dilute to apply to our spines in winter months.
- You can make your own handsoap with castile soap, thieves and distilled water.
- You can make your own spray cleaner but honestly it's cheaper and WAY easier to just get the Thieves concentrated household cleaner.

## **Valor and/or Stress Away**

- For all the mama's and people that feel like they need a moment or more .
- I make a roller to apply to my neck and chest.
- You can easily diffuse these, I prefer separately.

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