

10 WAYS TO USE lavender

1. Apply to the bottom of feet before bed.
 2. Use to calm reaction to bug bites.
 3. Use with bath salts for relaxation.
 4. Lightly apply to soothe sunburned skin.
 5. Apply to back, hands, feet of upset child.
 6. Use to calm and soothe diaper rash.
 7. Calm sensitive skin after hair removal.
 8. Apply to dry, chapped lips before lip balm.
 9. Use with peppermint for scalp massage.
 10. Add to lotion for stress relief hand massage.
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10 WAYS TO USE peppermint

1. Take one drop internally for upset stomach.
 2. Rub on child's chest before study time.
 3. Inhale as a non-stimulant for a pick-me-up.
 4. Add to shampoo for a stimulating scalp treat.
 5. Apply topically to soothe headaches.
 6. Breathe to help you feel full during a meal.
 7. Use with lemon in water for a refreshing drink.
 8. Add to brownie batter for mint brownies.
 9. Apply with lavender to soothe sore, tired muscles.
 10. Add to water in a spray bottle & spritz on your body to cool off when overheated.
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10 WAYS TO USE lemon

1. Add a drop to water for a refreshing drink.
2. Add to a drop of honey to soothe sore throats.
3. Apply directly to cold sores for relief.
4. Diffuse in a room to neutralize odors.
5. Add to olive oil for non-toxic furniture polish.
6. Use to remove sticky substances from fabric.
7. Diffuse aromatically to elevate the mood.
8. Add to blueberry muffin batter.
9. Dilute with coconut oil for fingernail conditioner.
10. Add a drop of lemon and peppermint to your toothbrush after use.