



OIL
CULTURE
essential oil education

SPRING
GUIDE

"FIND WAYS TO USE YOUR ESSENTIAL OILS"

Welcome Spring!




Spring brings a feeling of new beginnings, longer days and a fresh feeling around the home. If you are anything like me, your home will get a face lift with simple decor and a deep clean that only happens once a year!

I am excited to share with you new ways to make the most out of your essential oils. Try our "Refresh Your Living Room" ideas, tips on drinking more water and making blends for friends.

Don't forget to head to our [website](#) for more inspiration and grab some labels for all your new DIY recipes!

- *Christine*

Owner of Oil Culture + Create Culture



"The greatest medicine of all is to teach people how not to need it."

- Hippocrates

REFRESH

your living room

WOOD POLISH

1/4 cup vinegar
1/4 cup olive oil
10 drops wild orange

Blend together in a 8oz spray bottle.

Shake before spraying.
Apply to a cloth & wipe wood surfaces.

Repeat every 2 months.

CARPET FRESHENER

1 cup baking soda
10 drops lavender
10 drops lemon

Blend together.
Shake over carpet.

Let sit for 30min

Vacuum up.
Repeat every month.

ROOM SPRAY

10 drops clary sage
10 drops ylang ylang
10 drops orange

Add to a 8oz spray bottle.

Fill with water.

Shake before spraying.

Mist on furniture.

ADD PLANTS!

Did you know that indoor tropical plants absorb air - filter the air - then release it back into your home?

They also release about 97% of the water they take in - back into your home - keeping humidity levels optimal.

NON-TOXIC

Cleaning Recipes

All-Purpose Spray

10 drops orange
10 drops lemon
5 drops peppermint
1 drop dish soap
16oz water

Produce Wash

10 drops lemon
3/4 cup apple cider vinegar
1 tbsp baking soda
add to a 16oz bottle
top with water

Glass Cleaner

5 drops lemon or peppermint
2 tbsp vinegar
2 tbsp rubbing alcohol
add to 16oz bottle
top with water

Drain Cleaner

1/4 cup baking soda
1/4 cup vinegar
3 drops orange or lemon

Soft Scrub

1 cup baking soda
1/4 cup castile soap
1 tbsp water
1 tbsp vinegar
10 drops lemon or orange
Combine all into a soft paste.
Store in airtight container.

Drip oils in drain, follow with
soda then vinegar. Sit for
15min. Pour hot water in drain
followed by cold water.

SELF CARE

SUGAR SCRUB

5 drops tangerine
15 drops lavender
1/2 cup coconut oil
1/4 cup sugar

Mix all together + store in
a airtight container.

BODY BUTTER

1 CUP SHEA BUTTER
1 CUP COCOA BUTTER
3 TBSP CARRIER OIL
2 TSP VITAMIN E OIL
50 DROPS ESSENTIAL OIL
WHIP ALL IN A BLENDER,
STORE IN AIRTIGHT
CONTAINER

SUPER EPSOM SALTS

ADD YOUR EMPTY OIL BOTTLES TO A
CONTAINER OF EPSOM SALTS. ADD
TO BATH AS NEEDED.

DEODORANT SPRAY

1 CUP WITCH HAZEL
2 TBSP CARRIER OIL
10 DROPS GERANIUM
10 DROPS LAVENDER
10 DROPS ROSEMARY
5 DROPS PEPPERMINT
ADD TO SPRAY 4 OZ SPRAY
BOTTLE, SPRITZ UNDER THE PITS

RENEW FACE SERUM

10 drops frankincense
10 drops lavender
10 drops copaiba
10 drops geranium
Add 2oz of carrier oil
Store in a glass bottle.

BLEND

for Friends!



Gratitude Blend

6 coriander
6 cardamom
5 lavender
5 bergamot
3 arborvitae
3 marjoram
3 orange
2 cassia
2 patchouli
add to a 10ml roller
topped with fco

Oil Culture



Inspire Blend

6 orange
6 frankincense
3 spearmint
3 juniper berry
3 myrrh
3 rosemary
2 lavender
2 bergamot
2 eucalyptus
2 cedarwood
add to a 10ml roller
topped with fco



High Vibe Blend

8 ylang ylang
5 patchouli
6 frankincense
3 clary sage
4 cinnamon
3 peppermint
2 cypress
2 lime
2 bergamot
add to a 10ml roller
topped with fco

Oil Culture



Pretty Woman Blend

10 clary sage
10 lavender
8 cedarwood
5 geranium
5 ylang ylang
add to a 10ml roller
topped with fco

Oil Culture

OILS + WATER

ADD A DROP TO YOUR GLASS OF WATER, TEA OR SMOOTHIE!

BENEFITS !

- supports healthy kidney & liver function
- aids in breaking down toxins
- cleansing organs
- supports metabolism
- aids in digestion
- immune system support
- energizing
- flavours your water!

OILS TO TRY !

ORANGE
LIME
LEMON
PEPPERMINT
GRAPEFRUIT
TANGERINE
CINNAMON
SPEARMINT
GINGER
GREEN MANDARIN

Spring diffuser blends

SPRING SPICE

3 drops grapefruit
2 drops tangerine
2 drops cinnamon

BLOSSOM

3 drops grapefruit
2 drops tangerine
2 drops cinnamon

WIND BLOW

3 drops lime
2 drops frankincense
2 drops clary sage

DREAMY VIBE

3 drops lavender
2 drops copaiba
2 drops cedarwood

WANDER

4 drops grapefruit
2 drops clary sage
2 drops patchouli

SPRING SONG

3 drops lemon
2 drops spearmint
2 drops orange

FLORAL BURST

3 drops lavender
2 drops peppermint
3 drops orange

SUGAR COOKIE

3 drops vanilla
2 drops cassia
1 drop ginger

REFRESH

3 drops orange
2 drops cedarwood
2 drops eucalyptus



HOW TO *Clean Your Diffuser*

1. TURN OFF THE DIFFUSER
2. FILL THE RESERVOIR HALFWAY WITH CLEAN WATER
3. ADD 2 TBSP OF WHITE VINEGAR TO THE WATER
4. RUN THE DIFFUSER
5. DRAIN THE RESERVOIR
6. DIP A COTTON SWAB INTO VINEGAR OR RUBBING ALCOHOL AND WIPE OUT THE RESERVOIR, LID AND MIST CHIP
7. RINSE RESERVOIR WITH WATER + AIR DRY
8. YOU CAN MAKE A SPRITZ BOTTLE OF 1 PART VINEGAR + 1 PART WATER TO SPRAY IN THE DIFFUSER AND WIPE OUT.

GOING

Outdoors

OUTDOOR CANDLES

Add tea lights or floating candles to a container filled half way with water.

Add 4 drops of bug repelling essential oils.

Light the candles!

BUG SPRAY

8 oz spray bottle

1 tbsp fractionated coconut oil

40 drops of essential oils

fill the bottle with water

Try a mix of peppermint, spearmint, citronella, cedarwood or lemongrass.

Spray on clothing and skin as needed.

AFTER SUN SPRAY

5 drops lavender

5 drops peppermint

5 drops frankincense

5 drops geranium

Add to a 4oz glass bottle and top with water or witch hazel.

REMINDER

Citrus oils are photosensitive!

This means that if you apply to your skin and go into direct sunlight - it can cause skin sensitivity.

TOP 5

Roller Bottle Recipes



SWEET WALLA WALLA OILS

ADD O A 10ml BOTTLE TOPPED WITH COCONUT OIL

ENERGY

- 10 bergamot
- 10 grapefruit
- 8 lemon
- 8 peppermint

FOCUS

- 10 douglas fir
- 10 eucalyptus
- 8 lemon
- 4 patchouli
- 4 cinnamon

TUMMY

- 10 douglas fir
- 10 eucalyptus
- 8 lemon
- 4 patchouli
- 4 cinnamon

IMMUNE

- 20 on guard
- 5 arborvitae
- 5 lemon

SLEEP

- 10 lavender
- 10 cedarwood
- 6 ylang ylang
- 6 vetiver



Beautiful Labels & Business Tools
for Essential Oil Lovers

"Find more ways to use your essential oils."

OILCULTURELABELS.COM

