

101 Uses For Lemon Lavender Peppermint

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101 Uses For Lemon Lavender

101 Uses for the Intro Kit - Lavender, Lemon & Peppermint
LEMON Home Use 1. A Cure for Laundry Neglect. Lemon essential oil takes out ALL odor when you forget and leave your load of laundry in the washer way too long! 2. Tame Oozy, Sappy Trees. Whether the sap is on your carpet, clothes or seeped into your skin, lemon oil is excellent for removing pine gum

101 Uses for the Intro Kit - Lavender, Lemon & Peppermint

doTERRA's intro kit contains a bottle of lemon, lavender, and peppermint essential oils, three of my FAVORITE OILS. Peppermint provides a cooling effect&

101 Uses for Lavender, Lemon & Peppermint Essential Oils

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Lavender is a nice addition to lavender blueberry banana bread, lemon lavender cookies, baked salmon, lavender sugar cookies, lavender muffins, lavender cakes, oh yeah! 20. Give Your Sugars a Delightful Twist.

101 USES FOR LAVENDER, LEMON, and PEPPERMINT LAVENDER

Quarantine Pungencies. Moldy kid's sneakers, a baby's blowout, potty training ... it all adds up to an less than desirable aroma. Diffuse or spray lemon oil and neutralize odors at their source! 101 "Tried and Tested" Uses for the Intro Kit Lemon, Lavender, Peppermint 14.

101 Ways To Use Lemon, Lavender & Peppermint Essential Oil ...

101 Uses for Lemon, Lavender, and Peppermint. 9/14/2014 ... It's delicious! I also have put Lemon and Wild Orange in my tea depending on my mood. Check out the 101 Uses on dōTERRA's blog to give you some great ideas to think about! I recommend printing it for future referencing.

101 Uses for Lemon, Lavender, and Peppermint

Energy Boost: for a quick, refreshing energy boost, combine a couple drops each of lemon essential oil and peppermint essential oil in a glass of water and drink up. Add a lemony taste to your bottled water! I start each day with a glass of water with this combination.

101 Practical Uses for Essential Oils: Lemon, Peppermint ...

As you well know, it can even blow microfine dirt! Pin some cotton balls (soaked in lemon and lavender oils) on the inside of the bag and let your vacuum blow! Cooking and Food 84.Soften Citrus Flavors. Use in delicate lemon sauces for chicken or fish or in powerful orange marmalades, citrus salads, real lemonade and more!

101 Uses for Essential Oils Lavender, Lemon & Peppermint ...

Better-Smelling Vacuuming: Your vacuum can make your whole

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home smell better or worse. Add a few drops of lavender, lemon, and peppermint in the bag to freshen the air coming out of the vacuum. Soften Citrus: Use lavender in lemon sauces for chicken or fish, lemon or orange marmalades, citrus dressings, or lemonade.

101 Uses for doTERRA's Intro Kit: Lemon, Lavender, and

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Home 1. Calm a Tempest. Just one drop of peppermint oil rubbed on the stomach or taken internally can help reduce bloating,... 2. Restore Vitality in the Mouth. When your breath is sharp and your mouth feels furry, peppermint oil with water (and... 3. It's About Air Flow. Diffuse peppermint oil (or ...

101 Uses for the doTERRA Intro Kit Lavender, Peppermint

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Ingredients: 1 gallon of hot water. ¼ cup castile soap. ¼ cup murphy oil soap. Around 25-30 drops of a combination of lemon, lavender, and/or your choice of essential oils. Mix and use to mop.

101 Essential Oil Uses for You and Your Home

Home - Master Essential Oils

Home - Master Essential Oils

Use as a substitute for vanilla extract (in creams, custards and sugars), use it in lavender icing, add to honey for extra flavor in tea or toast, and even maple syrup! Body and Mind 88.

Do Terra Oils: 101 uses for lemon, peppermint & lavender

It has a sweet, dry, and herbaceous-floral scent that is relaxing and peaceful. Lavender is known to reduce feelings of anxiety and fear by calming an overworked nervous system [2]. When diluted to 2-5%, this sweetly scented oil can be massaged onto the aches and pains causing discomfort.

Lavender and Lemon Essential Oils: Uses & Benefits

Lemon essential oil takes out ALL odor when you forget and leave your load of laundry in the washer way too long! Tame Oozy, Sappy Trees. Whether the sap is on your carpet, clothes or

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seeped into your skin, lemon oil is excellent for removing pine gum and tree sap. Stop Grease in its Tracks.

101 Ways to Use Lemon, Lavender & Peppermint - Staying ...

Add to food as a flavoring and preservative 60. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry 61. Mix one 15-ml bottle into a gallon of paint to dispel fumes 62. Place a couple drops in a cup of hot water and enjoy in place of coffee 63.

101 USES FOR YOUNG LIVING'S ESSENTIAL 7

Jan 15, 2015 - 101 Uses for the Intro Kit - Lemon, peppermint & lavender LEMON Home Use 1. A Cure for Laundry Ne...

101 uses for lemon, peppermint & lavender | Cypress ...

It takes 3 bushels of lavender to produce a bottle of 15mL essential oil. Lavender blends well with Basil, Bergamot, Marjoram, Wild Orange. - add a few drops to your bath for a SPA night - Add a few drops to your bedding to promote a restful sleep

Lemon. Peppermint. Lavender - Back to BASICS | doTERRA ...

doTERRA Essential Oils - 101 uses for Lemon, Lavender and Peppermint Essential Oils - Part 1. 101 "Tried and Tested" uses for doTERRA's Lemon, Lavender and Peppermint Essential oils. Part 1 - Lemon Essential Oil - PR12246653

doTERRA Essential Oils - 101 uses for Lemon, Lavender and ...

Lemon oil is great for nails, and can help fight against nail fungus. 28.Halt the Nervous Nellie, In You. When combined with lavender oil and diffused into a room, you'll find you feel less anxious and in a better mood. 29.Clear Thinking & Clear Focus, Made Visible. A clear mind, a clean slate, a fresh outlook.

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