



mother of health

DIY Essential Oil Recipes to Make at Home

Misters * Perfumes * Spritzers
Massage and Body Oils

Love and Romance Blend
Sensual Blend
Invigorating Blend
Balancing Blend
Relaxation Blend
Immune Boosting Blend

mother of health

Copyright © 2017 Jackie Parker

Contact: MotherOfHealth@gmail.com

No portion of this book or accompanying materials or any portions thereof, can be stored in a retrieval system, reproduced or transmitted in any form or by any means – electronic, photographic, mechanical– without written permission from Jackie Parker

Legal Disclaimer

While every attempt has been made to verify information provided in this book, we are not responsible for any errors or omissions. The reader of this book assumes responsibility for the use of these materials and information. I hold no responsibility or liability for your use of this information.

Table of Contents

Misters & Room Diffusers.....	1
Spritzers.....	3
Massage and Body Oils.....	4
Perfumes.....	5
Essential Oil Blends.....	9
Love and Romance Blend.....	9
Sensual Blend.....	11
Invigorating Blend.....	12
Balancing Blend.....	13
Relaxation Blend.....	14
Immune Boosting Blend.....	15
Essential Oils Resource List.....	17



Essential Oil Misters & Room Diffusers

Essential oil misters or room diffusers are widely popular among natural mamas and holistic women because they are the simplest way to improve the air quality of your home. Don't ever forget that everything you take in through anyone of your 5 senses either contributes to your health and wellness or to disease.

Some blends are ideal for boosting your mood, others are ideal for cold and flu season, purifying the air with immune-boosting essential oils to deliver moisture to ease breathing. The cool mist humidification essential oils provide is much better than traditional, warm-mist humidifiers which increase mold spores in your home.

If you have a growing collection of essential oils, you can mix and match different ones to create scents and moods as well as for a variety of holistic applications in your home.

Essential oils can be used for a variety of purposes such as:

- Removing foul or stale odors from the air
- Chasing away viruses, bacteria, and mold spores
- Changing the atmosphere of a room. For example, lavender can be diffused in the evening to bring relaxation, lemon can impart calm clarity, peppermint invigorates the senses and rose causes loving and peaceful feelings to arise.
- Delivering gentle, cool humidity to help with breathing especially during cold and flu season.
- Balancing Your Doshas

Types of Essential Oil Diffusers

You should know that there are a few different types of diffusers. The newer types of diffusers are cool air nebulizer diffusers, but these are not the only ones available.

Here's a rundown of the 3 most common types of essential diffusers:

- **Cool Air Nebulizer** - With this type of diffuser, there is a high amount of cold air pressure that helps to vaporize the essential oils. There is a glass bulb inside that works like a condenser, so that the oils and their healing benefits can be released into the air supply. While cool air nebulizers are quality diffusers, they can't handle stronger essential oils like Sandalwood.
- **Electric Heat** - With the electric heat diffusers, you'll find a chamber with absorbent pads on the inside. The oils are placed on the pads and heat after plugging it in will help the oils get into the air. These are really easy to use and do work good on the stronger oils, like ylang ylang and sandalwood.
- **Candle** - There are also candle diffusers, which look similar to a tart warmer. There is a glass container that holds a small candle on the bottom and you place the oils on the tray on the top. The heat works similar to the electric heat diffuser to release the scent of the oils.

Tips For Using the Diffuser

Make sure you read the instructions manual for the type of diffuser you are using. Generally, you will need to put about 15-20 drops total for all oils. If you are using more than one type of oil, only put about 5 drops of each one.

Essential Oil Spritzers

You probably already have a spray bottle or two hidden somewhere in a cabinet at home. Why not take it out and fill it with a wonderful, healing, all natural product that will rid your counters, table tops, and cabinets of odors and germs?

If you want to clean and freshen your home using non-toxic ingredients, an essential oils blend is the way to go. Once you start cleaning with an essential oil solution, you'll quickly find yourself inspired to clean more.

The truth is... Every essential oil seems to have anti-bacterial, antimicrobial and anti-fungal properties.

Insects pests don't seem to care for the scent of essential oils, either. However, certain oils just seem to be suited for this purpose, such as lemon, peppermint, geranium, tea tree and cinnamon. Thyme is one of the most powerful germ fighters and is said to be effective against staph and strep.

So, DO add a bit of thyme to your cleaning mix along with other oils you enjoy the scent of.

Massage and Body Oil Blends

Massage or body oil is comprised primarily of a carrier oil like jojoba, almond or coconut oil, with essential oils added in.

Coconut obviously is the most noticeable scent out of these three types of carrier oil. So if you really want your essential oils to shine through without having to compete with coconut's distinctive aroma, then choose one of the other two.

A massage or body oil is perfect for an after-shower or bath, all-over moisturizer. You can pretty much use it anywhere on your body, including and especially the feet, the chest, the hands and insides of the arms where it will absorb easily.

You want to steer clear of oils such as lemon or cinnamon in your body oil mixes as these can cause a burning sensation if used on the more sensitive areas, and may actually leave a temporary burn mark on your skin.

The skin is highly absorbent, so whatever you skin comes into contact with really does enter the body. If you're planning on applying an essential oil for health and well ness purposes, a blended massage oil that you use all over your body will probably be your best bet for getting the most of out of the oils' healing properties.

Types of Body Oil or Massage Oil Blends You Can Make at Home

- Love and Romance Blend
 - Sensual Blend
 - Hormone Balancing Blend
 - Energizing Blend
 - Immune Boosting Blend
- * (recipes below)

Essential Oil Based Perfumes

Essential oils perfumes are especially fun because they allow those of us who don't care for the strong scent of synthetic perfumes to indulge in our own signature scents. They offer a more subtle option for those who like to smell good but don't appreciate being overwhelmed by perfume from across the room.

If you are into essential oils perfumes, only those with whom you come into close contact will be able to share in your enjoyment of your special floral, herbal and spicy blends.

Perfume is fun to mix, but it takes about a month to age a perfume blend that you make at home. Aging allows the scents to meld together and the alcohol to fade, so that the end result is a more blended mix, where, from a sensory perspective, you can't really tell where one flavor (note) of the perfume ends and the next begins.

If you'd like to experiment a bit with essential oil based perfumes at home, you may want to do a few different mixes all in one session. This is because they need to sit for about 30 days after you make them.

To make perfume from essential oils, you should probably have at least a small collection of a variety of oils - Some base, middle and top notes. (examples below).

Since it really doesn't take more than a few drops of oil to create a perfume, you can gather together some of your gal pals who have their own essential oil collection, and host a "perfume making party" where you can share a little of this and that to add variety and make it fun.

Blending Notes

Each perfume blend should contain a woody base which adds depth; a middle note; and a top note which is typically very pungent. Of course, you can make up your own recipes that do not follow this suggestion, but you'll probably find that they don't seem balanced without this harmonious, three-note "chord" of scents.

After you mix your perfume blend, you should add it to a dark colored bottle (you can start a collection of empty ones from essential oils that you purchase and eventually use up). Store it in a cool, dark place for about 30 days before using.

Base Notes of Essential Oil Perfumes

Common essential oil bases for perfumes include:

- Sandalwood
- Ginger
- Jasmine
- Patchouli
- Vetiver
- Vanilla
- Cedar
- Ylang ylang

The base note of your homemade perfume blend will contain the greatest amount of essential oil as compared to the middle and top notes. The top notes will consist of the smallest amount of essential oil.

Middle Notes

Middle notes of essential oil perfumes carry through the mid-range sort of like the melody in a song. Common middle-note scents are:

- Rose
- Geranium
- Lavender
- Rose geranium
- Melissa
- Nutmeg
- Clary Sage
- Honeysuckle
- Clove
- Chamomile
- Rosemary

Top Notes

Top notes take front and center in the order of which aromas hit your olfactory nerves in which order. They're sharper to the nose, and they require a smaller amount in comparison to base and middle notes of essential oil perfumes.

Some examples:

- Bergamont
- Neroli
- Basil
- Coriander
- Cinnamon
- Peppermint
- Lemon
- Lime
- Orange
- Grapefruit
- Lemongrass
- Lemon Berbena

- Essential Oil Blends -

Recipes to Use in Misters, Body and Massage Oils, Perfumes and Spritzers

Love and Romance Blend

Rose is clean, fresh and mild. It relaxes, opens the heart and clears the mind while delivering clarity and optimism. amounts ac

Mix with calming lavender and sensual, sweet jasmine for an ultra romantic fresh and feminine scent.

The following recipes will allow the rose to predominate. However, if you're more of a jasmine gal or you'd prefer relaxing lavender to take front and center, then feel free to adjust the amounts accordingly.

Mister - Love and Romance Blend

- 20 drops Rose essential oil
- 10 drops Lavender
- 10 drops Jasmine
- 1/4 teaspoon witch hazel

Fill an 18 oz spray bottle 3/4 of the way with distilled water. Drop in the above listed oils. Add the witch hazel and shake well. Use as a room freshener, surface cleaning spray or even as a body spritz on a hot summer day.

Massage or Body Oil - Love and Romance Blend

- 30 drops Rose oil
- 20 drops Jasmine oil
- 20 drops Lavender oil
- Carrier oil of your choice

Perfume - Love and Romance Blend

- 4 drops Rose oil
- 6 drops Jasmine oil
- 10 drops Lavender oil
- 4 tsp. distilled vodka

Use a clean dropper to dispense the above-designated amount of each essential oil into a dark colored bottle. Store it in a cool, dark place for about 30 days before using

Sensual Blend

Certain combinations of essential oils enhance your overall sensory experience. This Jasmine and Sandalwood mix puts out an exotic, intoxicating and sensual vibe. Known as a Mottia Attar, it is perfect for date night on a summer evening.

Mister - Sensual Blend

- 20 drops Jasmine essential oil
- 10 drops Sandalwood oil
- 5 drops Neroli oil
- 1/4 teaspoon Witch Hazel

Fill an 18 oz spray bottle 3/4 of the way with distilled water. Drop in the above-listed oils. Add the witch hazel and shake well. Use as a room freshener, surface cleaning spray or as a body spritz on a warm summer night.

Massage or Body Oil - Sensual Blend

- 30 drops Jasmine
- 20 drops Sandalwood
- 10 drops Neroli
- Jojoba Carrier oil

Dispense essential oils into a 4 oz squirt bottle and then fill 3/4 of the way with the carrier oil. Shake or roll until blended, then apply all over, massaging into the skin.

Perfume - Sensual Blend

- 5 drops Jasmine oil
- 5 drops Sandalwood oil
- 3 drops Neroli oil
- 4 tsp. Jojoba oil
- 1/4 tsp. distilled alcohol such as vodka (vanilla extract works too!)

Dispense above-listed amounts of essential oil into amber bottle. Add the alcohol component. Shake well, cap tightly and store for 30 days until the oils have fully melded.

Invigorating Blend

This combination of energizing essential oils stimulates the senses, invigorates the body systems, and helps to improve mental clarity. Use at a time of day when you feel particularly sluggish. (Like around mid-day) The combination of lemon and peppermint is surprisingly effective.

Mister - Invigorating Blend

- 30 drops Lemon oil
- 10 drops Peppermint oil
- 10 drops Rosemary oil
- 10 drops Geranium oil
- 1/4 tsp. Witch Hazel

Fill an 18 oz spray bottle 3/4 of the way with distilled water. Drop in the above-listed oils. Add the Witch Hazel and shake well. Use as a room freshener, surface cleaning spray or as a body spritz cool-down.

Massage or Body Oil - Invigorating Blend

- 30 drops Lemon oil
- 10 drops Peppermint oil
- 10 drops Rosemary oil
- 10 drops Geranium oil
- Jojoba Carrier oil

Dispense essential oils into a 4 oz squirt bottle and then fill 3/4 of the way with the carrier oil. Shake or roll until blended, then apply all over, massaging thoroughly into skin.

Balancing Blend

If you suffer from irregular menstrual cycles, have perimenopausal or menopausal symptoms, experience PMS or want to improve your fertility, the balancing blend of essential oils may help.

Mister - Balancing Blend

- 30 drops Geranium oil
- 20 drops Lavender oil
- 20 drops Clary Sage
- 10 drops Jasmine oil
- 10 drops Jojoba Carrier oil

Fill an 18 oz spray bottle 3/4 of the way with distilled water. Drop in the above-listed oils. Add the witch hazel and shake well. Use as a room freshener, surface cleaning spray or as a refreshing cool-down spray for your face and neck.

Massage or Body Oil - Balancing Blend

- 30 drops Geranium oil
- 20 drops Lavender oil
- 20 drops Clary Sage
- 10 drops Jasmine oil
- Jojoba Carrier oil

Dispense essential oils into a 4 oz squirt bottle and then fill 3/4 of the way with the carrier oil. Shake or roll until blended, then apply all over, massaging thoroughly into skin.

Relaxation Blend

Mister - Relaxation Blend

- 30 drops Geranium oil
- 20 drops Lavender oil
- 10 drops Thyme oil
- 10 drops Rose oil
- 1/4 tsp. Witch Hazel

Fill an 18 oz spray bottle 3/4 of the way with distilled water. Drop in the above-listed oils. Add the Witch Hazel and shake well. Use as a room freshener or surface cleaning spray. The relaxation blend is a nice fragrance to fill your home at the end of a stressful day. Use it for an extra enjoyable wind-down during your evening yoga.

Massage or Body Oil - Relaxation Blend

- 30 drops Geranium oil
- 20 drops Lavender oil
- 10 drops Thyme oil
- 10 drops Rose oil
- Jojoba carrier oil

Dispense essential oils into a 4 oz squirt bottle and then fill 3/4 of the way with the carrier oil. Shake or roll until blended, then apply all over, massaging thoroughly into skin.

Immune Boosting Blends

This combination of essential oils works especially well for warding off cold and flu viruses and bacteria. Use the Mister recipe to cleanse the air of your home, either in a cold mist humidifier, or if you don't have one of these, a simple spray bottle solution will do.

Spray it on surfaces and wipe down, for a clean, fresh home that's also free of germs and bacteria. You can also use it on the bottoms of your feet, chest and neck area if you feel a cough or cold developing, or even if you're already full-blown sick.

Mister - Immune Boosting Boosting Blend - #1

For Colds and Flu - Similar to Thieves Blend

- 10 drops Lavender oil
- 10 drops Thyme oil
- 10 drops Lemon oil
- 10 drops Rosemary oil
- 5 drops Cinnamon oil
- 5 drops Clove oil
- 1/4 tsp Witch Hazel

Fill an 18 oz spray bottle 3/4 of the way with distilled water. Drop in the above-listed oils. Add the witch hazel and shake well. Use as a room freshener, surface cleaning spray or as a refreshing cool-down spray for your face and neck.

Massage or Body Oil - Immune Boosting Blend - #2

For colds and flu - OK on sensitive skin

- 20 drops Lavender oil
- 20 drops Thyme oil
- 10 drops Geranium oil
- Jojoba Carrier oil

Dispense essential oils into a 4 oz squirt bottle and then fill 3/4 of the way with the carrier oil. Shake or roll until blended, then apply all over, massaging thoroughly into skin.

This blend does not contain lemon, clove or cinnamon, as they tend to burn the skin and may be especially uncomfortable if you're using this on kids.

Essential Oils Resource List

If you're somewhat new to essential oils, you may be feeling overwhelmed by all the information there is out there. Part of the confusion with learning about essential oils is knowing what information to trust.

With that said, I've included a resource list of a top-trusted resource in the Aromatherapy world.

Free Online Education - What's better than online education? **Free online education!** This course provides a great foundation of Aromatherapy knowledge.

Register anytime, here: [Jade Bloom University](#)



When it comes to essential oils, there is a big difference in essential oil quality. Many oils are adulterated, so it is important to know where your oils come from.

I have been using Jade Bloom for a couple of years because their oils are **high quality** and **priced right**.

They even give you FREE oils for taking the Essential Oils Learning Program.

Here are the links for the oils used in the blends in this Ebook so you can afford to use them to heal and stay healthy:

Essential Oils

Cinnamon

Clove

Clary Sage

Geranium

Jasmine

Lemon

Neroli

Peppermint

Rosemary

Thyme

Sandalwood

Carrier Oil & Witch Hazel

Jojoba Oil

Witch Hazel

Other Useful Supplies

Amber Glass Spritzer Bottles

Cool Air Nebulizer



