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PRACTICAL
WAYS TO
USE
ESSENTIAL
OILS.



Mind Body Wellness
WITH BELLE FLOWERS

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PRACTICAL WAYS TO USE ESSENTIAL OILS

- 1** ADD 1 DROP OF CINNAMON OIL TO YOUR BIRCHER MUESLI
- 2** RUB DILUTED LAVENDER ON YOUR CHILDREN'S FEET BEFORE BEDTIME (AND DIFFUSE LAV IN THEIR ROOM 30 MINS BEFORE BEDTIME - FOR EXTRA SLEEPY FEELS.
- 3** GARGLE PROTECTIVE BLEND (ONE DROP) WITH WATER TO SUPPORT A SCRATCHY SORE THROAT
- 4** DROP A SINGLE DROP OF YOUR FAVE CITRUS OIL ON THE INSIDE OF THE TOILET ROLL FOR A FRESH SCENT EVERYTIME YOU SPIN.
- 5** ADD A DROP OF LEMON TO YOUR WASH WHEN YOU ACCIDENTALLY LEFT IT IN THE MACHINE AND HAVE TO GIVE IT ANOTHER RUN-THROUGH.
- 6** COMBINE 12 DROPS LAVENDER WITH 1 OZ BAKING SODA. MIX WELL AND SPRINKLE THE MIXTURE OVER CARPETS. LET SIT FOR 15-20 MINUTES, THEN VACUUM
- 7** COMBINE 5-10 DROPS OF YOUR FAVE CITRUS OIL TO A BOWL OF WATER. WIPE DOWN THE FRIDGE/FREEZER WITH THE MIX.
- 8** BOOST CLEANING POWER OF NATURAL HOUSEHOLD CLEANSERS WITH ORANGE, LEMON, OR GRAPEFRUIT OIL.
- 9** DISINFECT YOUR DISH SPONGE WITH LEMON OIL BETWEEN USES
- 10** INFUSE YOUR SHOES WITH GERANIUM, BASIL, OR LAVENDER OIL TO KEEP FOOT ODOR AWAY

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- 11** ADD A SWIPE OF PEPPERMINT UNDER YOUR NOSE BEFORE YOU HIT THE GYM (SCIENTIFICALLY PROVEN TO INCREASE STAMINA)
- 12** GIVE YOUR PRODUCE A BATH WITH WATER + LEMON OIL BEFORE EATING
- 13** SUPPORT FEELINGS OF NAUSEA WITH GINGER OIL (INTERNALLY OR RUBBED ON SOLES OF FEET).
- 14** RELIEVE MENSTRUAL CRAMPS WITH CLARY SAGE, BASIL, OR ROSEMARY OIL MIXED WITH CARRIER OIL. MASSAGE INTO ABDOMEN AND COVER WITH A WARM COMPRESS FOR FIFTEEN MINUTES.
- 15** DISINFECT CUTS AND SCRAPES WITH LAVENDER OR TEA TREE OIL. DILUTE ONE-TO-ONE IN A CARRIER OIL FOR THOSE WITH SENSITIVE SKIN.
- 16** RELIEVE TENSION BY MASSAGING A FEW DROPS OF LAVENDER OIL UNDER THE EAR JUST BEHIND THE JAW, INTO TEMPLES, AND OVER STIFF NECK MUSCLES.
- 17** USE EUCALYPTUS, OR PEPPERMINT ESSENTIAL OIL AS A LOCAL ANESTHETIC. IF YOU ARE DIABETIC, APPLY TO FINGERTIPS BEFORE FINGER-PRICK
- 18** MASSAGE PEPPERMINT OIL INTO YOUR TEMPLES TO RELIEVE STRESS OR A HEADACHE
- 19** ADD LEMON ESSENTIAL OIL TO THE SOAP DISPENSER OF YOUR DISHWASHER (HELLO SPARKLY DISHES)
- 20** MAKE FLAVOURED ICE CUBES WITH LIME, LEMON OR GRAPEFRUIT ESSENTIAL OILS

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- 21** ADD LEMONGRASS OR LAVENDER TO WATER IN A SPRAY BOTTLE AND KEEP NEARBY WHEN HAVING A BBQ OR WHEN CAMPING.
- 22** GIVE YOUR RAW CHOCOLATE OR BLISS BALLS A FLAVOUR EXPLOSION WITH A DROP OF WILD ORANGE OR PEPPERMINT
- 23** SPRITZ SUNBURN WITH LAVENDER
- 24** ADD LIME AND CORIANDER EO'S TO YOUR HOMEMADE GUACAMOLE FOR HUGE FLAVOUR
- 25** DITCH THE SHAVING CREAM. TRY SANDALWOOD, PEPPERMINT AND LAVENDER FOR A SOOTHING SHAVE.
- 26** ADD A DROP OF MELALEUCA TO SHAMPOO TO GET RID OF DANDRUFF
- 27** FOR EAR INFECTIONS OR SWIMMER'S EAR, ADD A DROP OF MELALEUCA AND A DROP OF LAVENDER EO TO A COTTON BALL. WIPE THE INSIDE OF EAR, BACK OF EAR AND DOWN BOTH JAWLINES.
- 28** ADD A DROP OF LEMON OIL TO YOUR MORNING WATER TO MAXIMISE DIGESTION THROUGHOUT THE DAY.
- 29** ADD 5 DROPS OF FRANKINCENSE TO YOUR BOTTLE OF FRACTIONATED COCO OIL FOR A PRE-BLENDED FACE CLEANSER BLEND
- 30** SPRAY PEPPERMINT OIL AROUND THE DOORS IN YOUR HOME (SPIDERS HATE PEPPERMINT)

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- 31** ADD THREE DROPS EACH OF LEMON OIL AND TEA TREE OIL TO A FEW OUNCES OF WARM WATER, THEN SPRAY COUNTERTOPS TO NATURALLY DISINFECT.
- 32** DIFFUSE CINNAMON OR CLOVE ESSENTIAL OIL IN THE AIR AND ENJOY ITS ANTI-MICROBIAL PROPERTIES.
- 33** USE PEPPERMINT OIL, COCONUT OIL, DARK CHOCOLATE AND GLUCOSE SYRUP TO MAKE REAL PEPPERMINT TREATS.
- 34** USE A FEW DROPS OF LEMON OIL AND SOME BOILING WATER TO HELP REMOVE BURNT FOOD FROM POTS AND PANS
- 35** KILL PESTS: SPRAY ORANGE ESSENTIAL OIL AND CLOVE OIL TO KILL PESTS ON CONTACT
- 36** ADD TEA TREE OIL TO YOUR DIFFUSER TO KILL MOLD AND OTHER PATHOGENS IN THE AIR.
- 37** MIX ONE-HALF CUP OF BAKING SODA, ONE-HALF CUP OF VINEGAR AND FIVE DROPS OF BERGAMOT OR LIME OIL; USE AS A SCRUB FOR A SINK OR BATHTUB.
- 38** COMBINE COCONUT OIL, BEESWAX AND LAVENDER OIL FOR AN AMAZING HEALING BALM FOR CHAPPED LIPS
- 39** MAKE A HOMEMADE VAPOR RUB BY COMBINING EUCALYPTUS, PEPPERMINT AND COCONUT OIL. RUB ON YOUR CHEST AND NECK.
- 40** ADD 2-3 DROPS OF PEPPERMINT OIL TO HOT CHOCOLATE FOR INSTANT MINTY CHOCOLATE!

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- 41** ADD 10 DROPS OF PEPPERMINT OIL WITH A TABLESPOON OF EPSON SALT AND ADD TO A WARM-WATER FOOT BATH.
- 42** FOR HEAD LICE: MIX THREE DROPS OF THYME, LAVENDER AND EUCALYPTUS OIL WITH UNSCENTED OIL AND APPLY TO SCALP. COVER HEAD WITH A SHOWER CAP FOR 30 MINS THEN WASH.
- 43** COMBINE ONE DROP EACH OF LEMONGRASS OIL, CITRONELLA OIL AND EUCALYPTUS OIL WITH ONE TEASPOON OF COCONUT OIL TO MAKE NATURAL BUG SPRAY
- 44** REPLACE YOUR COFFEE WITH PEPPERMINT OIL FOR AN ENERGY KICK (WHO AM I KIDDING....COFFEE ISN'T GOING ANYWHERE)
- 45** TAKE THREE DROPS OF OIL OF OREGANO AND FRANKINCENSE AND PROTECTIVE BLEND THREE DAILY FOR ONE WEEK TO KICK A COLD
- 46** COMBINE GRAPEFRUIT, GINGER AND CINNAMON OIL AND TAKE AS A SUPPLEMENT THREE TIMES DAILY TO SUPPORT METABOLISM.
- 47** USE A DROP OF PEPPERMINT ESSENTIAL OIL FOR A NATURAL WAY TO FRESHEN BREATH.
- 48** USE 1-2 DROPS OF YOUR FAVE OIL FOR A FRESH NATURAL FRAGRANCE
- 49** A 2-3 DROPS OF EUCALYPTUS TO THE CORNER OF YOUR SHOWER AND TURN IT UP HOT (!!). INSTANT STEAM BATH
- 50** PLACE A FEW DROPS OF ESSENTIAL OIL ON A PAPER TISSUE OR A HANDKERCHIEF AND INHALE DEEPLY TO CALM ANXIETY

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PRACTICAL WAYS TO USE ESSENTIAL OILS

who am I?



HEY. I'M BELLE (& THIS IS MY HUBBY STEVE.)

I'M THE FOUNDER OF THE MIND BODY WELLNESS TRIBE. HE IS MY TECH GURU.

I AM A BIZ OWNER OF A PERINATAL WELLNESS CLINIC IN SYDNEY, AUSTRALIA, AND MUM TO 3 KIDS OF MY OWN AND 2 HANDSOME STEP SONS.

I AM A WELLNESS THERAPIST (MASSAGE, ENERGY HEALING AND EMOTION CODE) OF TWENTY YEARS AND MY PASSION IS SUPPORTING AND GUIDING WOMEN TO SEEK OUT AND ACHIEVE THEIR BEST LIFE.

I ADORE MY KIDS, MY HUSBAND, AND MY CATS. I AM A COMMITTED YOGI AND HAVE REALISED THAT I AM NOT AT MY BEST IF I DON'T TAKE 20MINS TO MYSELF EACH MORNING (AND HAVE A CUP OF TEA AFTERWARDS!)

WHY DOTERRA?

THE ANSWER IS SIMPLE - I AM INSPIRED TO CARE FOR MYSELF, FAMILY & CLIENTS TO LIVE A HEALTHIER, MORE VIBRANT LIFE. AND YOU CAN TOO!

TO GET TO KNOW ME MORE AND TO GET STARTED WITH ESSENTIAL OILS, HEAD TO MY FACEBOOK PAGE:

WWW.FACEBOOK.COM/WISEMAMA OILS/ OR EMAIL ME AT: BELLE@THEBELLEFLOWERSCLINIC.COM.AU

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