



50 FORMULAS FOR AROMATHERAPY

Mixing essential oils for personal care



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ENERGIZING NUTMEG DIFFUSER BLEND

Nutmeg is a popular spice widely used in Indian cuisine. It is the powdered form of the seeds of a tree native to Indonesia, known scientifically as *Myristica fragrans*. Nutmeg is known for its warm, nutty flavor with notes of clove, which makes it the perfect addition to sweet and savory dishes.

Nutmeg essential oil has uses beyond the kitchen. When used judiciously, the oil can help relieve digestive complaints, as well as sore muscles. Nutmeg essential oil owes most of its health benefits to potent compounds called monoterpenes.

When inhaled, nutmeg essential oil can be very stimulating. It can support mental focus and motivation and naturally uplifts the mood. The oil's deep, enriching fragrance can also help soothe away tiredness and reduces stressful or anxious feelings by revitalizing your sensory nerves.

If you struggle to stay awake and motivated in the afternoon, turn your diffuser on and pour a warming, energizing oil blend made with nutmeg essential oil. Here's how to make it:

INGREDIENTS:

- 2 drops organic nutmeg essential oil
- 1 drop organic orange essential oil
- 1 drop organic cinnamon bark essential oil

DIRECTIONS:

1. Add the oils into a tinted glass bottle. Secure the lid and shake well.
2. Fill your diffuser with clean tap water. Do not overfill. Add a few drops of the oil blend to the diffuser. Secure the lid. Turn it on and enjoy the energizing scent.

REFERENCES:

- <https://www.aromaweb.com/essential-oils/nutmeg-oil.asp>
- <https://www.recipeswithessentialoils.com/nutmeg-essential-oil/>



ORGANIC SWEET ORANGE ESSENTIAL OIL

- Soothes minor muscle discomfort, supports healthy immune system and more!
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/AromaOrange



DIY NATURAL WOOD FLOOR CLEANER WITH PINE ESSENTIAL OIL

Pine essential oil is sourced from pine tree needles, which are well-known for their strong aroma. While pine needles look nothing like your usual medicinal plants, they still have a history of use as herbal medicine. Hippocrates, the father of modern medicine, revered pine for its natural healing properties. Native Americans also drank tea made from pine needles to support optimal immunity.

When inhaled, pine essential oil can help clean out your respiratory system. It also helps provide relief from headaches when inhaled or diluted and massaged onto the temples. In addition, pine essential oil can protect your skin from free radicals, which can trigger premature aging.

Because of its fresh and crisp aroma, pine essential oil is often added to air fresheners for homes, offices and cars. When used for aromatherapy, the oil's strong scent helps naturally uplift mood, reduces anxious or stressful feelings, and supports relaxation.

Besides neutralizing foul odors, pine essential oil can also help clean wood floors and freshen up furniture. Here's how to make your own natural wood floor cleaner with pine essential oil:

INGREDIENTS:

- 10 drops organic pine essential oil
- 10 drops organic lemon essential oil
- 1 Tablespoon unscented liquid castile soap
- Distilled water

DIRECTIONS:

1. Add the castile soap into a spray bottle.
2. Add the essential oils.
3. Fill the rest of the bottle with distilled water.
4. Secure the lid. Shake well to combine.
5. To use, spray on wooden surfaces or furniture then wipe with a clean cloth.
6. To use on wood floors, fill the sink halfway with warm water. Add soap and essential oils. Mix well. Use with a mop to clean floors.

REFERENCES:

- <https://www.healthline.com/health/pine-oil>
- <https://www.hobbyfarms.com/pine-trees-an-overlooked-herbal-remedy/>
- <https://www.offthegridnews.com/alternative-health/the-miracle-pine-tree-medicine-the-native-americans-drank/>
- <https://dontmesswithmama.com/diy-natural-cleaner-homeade-pine-sol-for-wood-floors/>



DIY ROSE OIL FACE CLEANSER

No flower embodies love and romance like the rose. But this flower is more than just an array of fragrant petals. The essential oil derived from the rose plant is known to provide psychological and emotional support when diffused into the air and inhaled or poured into a warm bath.

The deep, floral and almost honey-like fragrance of rose essential oil can support relaxation, memory and mental clarity, and naturally uplift mood. When properly diluted and applied topically, rose essential oil can also help with skin blemishes and support healthy, glowing skin.

Rose essential oil contains hundreds of active components, such as citronellol, carvone and eugenol. These compounds have natural cleansing properties that enable rose essential oil to protect wounds from external threats.

Rose essential oil can also support your skin's natural ability to heal. To keep your skin healthy

and radiant, regularly wash your face with an all-natural cleanser made with rose essential oil. Follow this recipe to make your own:

INGREDIENTS:


- 5 drops organic rose essential oil
- 1/2 cup distilled water
- 1/4 cup unscented liquid castile soap
- 2 teaspoons sweet almond oil
- 2 teaspoons aloe vera gel

DIRECTIONS:

1. Pour the ingredients except for the castile soap into a foaming pump bottle.
2. Add the liquid soap last. Secure the lid. Gently shake to combine.

REFERENCES:


- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-rose-essential-oil.html>
- <https://www.prettysimpleideas.com/2015/12/rose-almond-face-cleanser/>



Organic Oregano Essential Oil

- Highly potent and versatile essential oil
- Certified organic and contains no fillers or additives
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/AromaFirstAid





DIY CITRUS CLEANER WITH LIME ESSENTIAL OIL

Lime essential oil is steam distilled from the rind of fresh, organic limes. This citrus fruit is well-known for its amazing health benefits, which include supporting optimal immune and brain function, as well as healthy skin and hair.

Like other citrus fruits, lime and its essential oil is packed with antioxidants and other health-supporting phytonutrients. In fact, lime essential oil owes its natural cleansing properties to several active compounds, such as alpha- and beta-pinene, limonene, cineol and linalool.

In aromatherapy, lime essential oil is used to support emotional balance. It naturally uplifts mood and helps reduce stressful feelings. When properly diluted and applied topically, the oil can also help keep wounds clean and support the body's natural healing processes.

As an all-around cleaner, lime essential oil can soften tough grease stains and old sticker residue.

Follow this simple recipe to make your own all-natural surface cleaner using lime essential oil:

INGREDIENTS:

- 5 drops organic lime essential oil
- 5 drops organic lemon essential oil
- 5 drops organic orange essential oil
- 1/2 cup vinegar
- 1/2 cup distilled water
- 2 Tablespoons rubbing alcohol

DIRECTIONS:

1. Pour the ingredients into a clean spray bottle. Shake well to combine.
2. Spray directly onto dirty surfaces and wipe clean.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/lime-essential-oil.html>
- <https://theecohub.ca/homemade-all-purpose-cleaner-with-a-citrus-twist/>

ORGANIC LEMON ESSENTIAL OIL

- All-natural food grade oil that is extracted from the peel of the Citrus limon fruit
- Ideal for use as a non-toxic cleaner or air freshener
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/AromaLemon





HOMEMADE MARJORAM MASSAGE OIL

Marjoram essential oil is steam distilled from the leaves of *Origanum majorana*, a perennial herb from the mint family. The plant's fresh or dried leaves and flowering tops are often used to add a warm, slightly sharp and mildly bitter flavor to all kinds of foods.

Marjoram essential oil has a natural affinity with the skin's fluids, which makes it an ideal moisturizing ingredient. When diluted and applied topically, marjoram essential oil helps stimulate the production of lipids that lubricate and repair the skin, reducing dryness and locking in moisture.

Properly diluted marjoram essential oil can also help relieve pulled muscles and relax abdominal cramps when applied topically. When inhaled, marjoram essential oil can help relieve headaches and reduce stressful feelings.

With its sweet, calming aroma, marjoram essential oil also supports restful sleep. Here's a

simple recipe for a calming massage oil that you can use at night.

INGREDIENTS:

- 8 drops organic marjoram essential oil
- 4 drops organic lavender essential oil
- 4 drops organic frankincense essential oil
- 4 Tablespoons jojoba oil

DIRECTIONS:

1. Pour the essential oils into a tinted pump bottle.
2. Fill the rest of the bottle with jojoba oil. Shake well to combine.
3. Pour some of the oil into your palms and apply to your chest and neck before bed.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-marjoram-essential-oil.html>
- <https://www.lovingessentialoils.com/blogs/essential-oil-tips/sweet-marjoram-essential-oil-uses-benefits-recipes-eo-spotlight>




ORGANIC LAVENDER ESSENTIAL OIL

- Fragrant essential oil extracted from *Lavandula angustifolia* flowers
- Non-toxic, non-GMO, non-China and certified organic
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/AromaEssentialOils



NON-TOXIC BALSAM FIR AIR FRESHENER SPRAY

Balsam fir essential oil is derived from the needles of the balsam fir tree, a towering evergreen well-adapted to the cold climates of the United States. Its spiral-like crown, dark green color and fragrant needles have cemented balsam fir as a favorite Christmas tree for hundreds of years.

But balsam fir isn't just for the holidays. Its essential oil, in particular, provides plenty of benefits for your overall health and well-being. The warm fragrance of balsam fir essential oil can support relaxation, reduce stressful feelings and naturally uplift the mood.

Thanks to its abundance of antioxidants, balsam fir essential oil can also protect the skin from free radicals, which can trigger premature aging. When inhaled, balsam fir essential oil can also relieve headaches. When diluted and applied topically, balsam fir essential oil can help soothe tense muscles as well as other minor complaints.

Enjoy the wonderful benefits of balsam fir oil

while keeping your home smelling fresh with an all-natural balsam fir air freshener spray. Here's how to make it:

INGREDIENTS:

- 10 drops organic balsam fir essential oil
- 5 drops organic pine essential oil
- 3 drops organic cypress essential oil
- 3 drops organic cedarwood essential oil
- 2 Tablespoons rubbing alcohol
- Distilled water

DIRECTIONS:

1. Combine the essential oils and rubbing alcohol in a spray bottle.
2. Fill the rest of the bottle with distilled water. Secure the lid and shake well. Spray as needed.

REFERENCES:

- <https://www.wellnessaromas.com/balsam-fir-essential-oil/>
- <https://www.stillbeingmolly.com/2015/11/17/diy-homemade-air-freshener-spray/>



ALL-NATURAL BAY OIL INSECT REPELLENT

Bay essential oil is often confused with bay laurel essential oil. Although they share a number of broad aromatic similarities, they are two different oils. Rich, warming bay essential oil is a favorite during the colder months. When properly diluted, it can be used to soothe away minor complaints.

Bay essential oil also has natural cleansing properties that can help protect the skin from external threats. What's more, bay essential oil is an effective natural insect repellent.

Here's a simple recipe for an all-natural insect repellent made with bay essential oil:

INGREDIENTS:

- 10 drops organic bay essential oil
- 10 drops organic citronella essential oil
- 10 drops organic clove essential oil
- 1 cup distilled water
- 1 cup witch hazel

DIRECTIONS:

1. Pour the ingredients into a clean spray bottle. Shake well to combine.
2. Spray onto exposed skin or clothing. Avoid the eye area. Reapply as needed.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-bay-essential-oil.html>
- <https://www.meghantelpner.com/blog/natural-bug-repellent-recipe/>



Organic Immunity Essential Oil Blend

healthrangerstore.com/AromaImmunity



DIY HERBAL BATH SALT WITH BASIL ESSENTIAL OIL

Basil essential oil is derived from the leaves of the *Ocimum basilicum* plant and contains plenty of health-supporting compounds like linalool, which is also found in lavender.

Basil has long been used for medicinal purposes. Natural healers use the herb's leaves, seeds and essential oil to relieve digestive problems and nausea, and support strong and healthy hair.

Inhaling the aroma of basil essential oil or applying it, diluted, to the skin is thought to positively influence the nervous system, especially the region of the brain involved in controlling emotions.

To experience the health benefits of basil essential oil, try soaking in a hot bath prepared with an herbal bath salt made with basil essential oil. Here's how you can make this herbal bath salt:

INGREDIENTS:

- 5–10 drops organic basil essential oil
- 5 drops organic lavender essential oil

- 3 cups sea salt
- 1 cup Himalayan salt
- 1/2 cup baking soda
- 1/2 cup dried lavender flowers
- 1/2 cup dried basil leaves
- 2–4 Tablespoons sweet almond oil

DIRECTIONS:

1. Place basil leaves and lavender flowers in a food processor or coffee grinder. Pulse or grind into smaller bits. This will prevent them from getting clogged in the bath drain.
2. Combine the remaining ingredients in a bowl and add the ground leaves and flowers. Stir well. Spoon the contents into a container.
3. Run a hot bath and add the bath salt. Swirl with a hand to mix. Soak in the tub for 10 minutes. You can also use this as a salt scrub when taking a hot shower.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/basil-essential-oil.html>
- <https://mytinylagunakitchen.com/recipe/diy-simple-herbal-bath-salts-recipe/>



SOOTHING CARAWAY OIL ROLLER BLEND

Caraway essential oil is sourced from the “seeds” of the caraway plant, also known scientifically as *Carum carvi*. However, the seeds of this plant aren’t actually seeds but the plant’s dried fruits. They are commonly used to flavor breads, biscuits, cakes, stews and meat dishes.

Caraway essential oil is used in herbal medicine and aromatherapy because of its natural cleansing and soothing properties. When properly diluted and applied topically, it can help protect wounds from external threats. Caraway essential oil can also support the body’s natural healing process and help relieve cramps and spasms.

Experts attribute caraway essential oil’s beneficial properties to its array of active components, which include carvone, furfural, acetaldehyde and limonene. Caraway essential oil can also help relieve stomach issues.

Here’s how to make a soothing roller blend using caraway essential oil:

INGREDIENTS:

- 10 drops organic caraway essential oil
- 10 drops organic fennel essential oil
- 5 drops organic peppermint essential oil
- 2 Tablespoon sweet almond oil

DIRECTIONS:

1. Add sweet almond oil to a tinted roll-on bottle.
2. Add the essential oils. Shake to combine.
3. To use, apply to problem areas. Massage the oil with your fingers in a clockwise direction. When used on the stomach, start near the belly button and work your way outward.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-caraway-essential-oil.html>
- <https://redandhoney.com/essential-oils-for-digestion/>



DIY CHAMOMILE CLEANSING OIL

In the U.S., chamomile flowers are often brewed to make tea, which is said to help with sleep and relaxation. But the essential oil derived from chamomile flowers has been used in traditional medicine for thousands of years to reduce anxious feelings and treat digestive issues.

Known for its sweet and herbaceous, apple-like scent, chamomile essential oil can help ease both children and adults to sleep. When inhaled, chamomile essential oil exerts a calming effect on both the mind and body.

Chamomile essential oil also supports good blood circulation. Thanks to its natural cleansing and rejuvenating properties, it has also become an immensely popular ingredient in skincare products. Chamomile essential oil's beneficial components have been reported to support healthy, glowing skin as well as help protect wounds from external threats.

Here's how you can make an all-natural cleansing oil blend using chamomile essential oil:

INGREDIENTS:

- 6 drops organic chamomile essential oil
- 6 drops organic lavender essential oil
- 3 drops organic carrot seed essential oil
- 4 Tablespoons almond oil
- 1 Tablespoon rosehip seed oil
- 1 Tablespoon jojoba oil

DIRECTIONS:

1. Combine the ingredients in a glass jar. Shake well.
2. To use, apply onto dry face. Gently massage into skin for 1–2 minutes. Wipe off with a warm, damp washcloth.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/camomile-essential-oil.html>
- <http://www.naturallabeauty.com/2017/01/diy-cleansing-oil.html>



Organic Golden Jojoba Oil

- Highly therapeutic and versatile carrier oil
- Conveniently streamlines your skincare routine
- Non-GMO, non-China, glyphosate-tested and certified organic

healthrangerstore.com/AromaJojoba





DIY LEMON MYRTLE HAND SANITIZER

Lemon myrtle essential oil is derived from the leaves of *Backhousia citriodora*, a citrus-scented plant endemic to the coastal regions of Australia. For centuries, aboriginal people on the continent have used lemon myrtle in the kitchen and beyond. As a natural medicine, lemon myrtle is traditionally used to relieve cramps, treat insect bites, promote good sleep, boost immunity and eliminate bad breath.

Researchers attribute lemon myrtle's impressive health benefits to its active components. About 90 –98 percent of lemon myrtle essential oil is composed of citral, a plant chemical that can also be found in lemongrass. Citral is best known for its ability to relax stomach and intestinal muscles.

Lemon myrtle essential oil also has natural cleansing properties that make it a great

ingredient for homemade mouthwashes, facial cleansers and hand sanitizers. Here's a simple lemon myrtle hand sanitizer recipe:

INGREDIENTS:

- 20 drops organic lemon myrtle essential oil
- 2/3 cup rubbing alcohol
- 1/3 cup aloe vera gel

DIRECTIONS:

1. Combine the ingredients in a bowl.
2. Pour the mixture into a pump bottle. Shake well.

REFERENCES:

- <https://www.stylecraze.com/articles/health-benefits-of-lemon-myrtle/>
- <https://thecarousel.com/world/reduce-plastic-waste-with-this-diy-natural-lemon-myrtle-sanitiser/>

Organic Frankincense Serrata Essential Oil



- Pure, therapeutic grade essential oil packed with boswellic acids
- Supports healthy skin and mood, and combats threats
- Certified organic and lab-tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/AromaFrankincense





RELAXING MYRRH ROLL-ON FOR A GOOD NIGHT'S SLEEP

Myrrh has been used since ancient times as perfume and incense for medicinal and religious purposes. Myrrh essential oil, meanwhile, is traditionally used to support healthy immune function and as a natural remedy for respiratory and digestive complaints.

Myrrh essential oil comes from the gum of the *Commiphora myrrha* tree, which is native to Africa and the Arabian Peninsula. The oil contains several health-supporting compounds like terpenoids, which are known for their potent antioxidant properties.

Thanks to the presence of these antioxidants, myrrh essential oil can protect against free radicals and help you maintain healthy, glowing skin. Whether inhaled or diluted and applied topically, it can also support a healthy immune system as well as your body's natural ability to heal.

When used in aromatherapy, myrrh essential oil can support healthy sleep patterns. Try this relaxing roll-on made with myrrh essential oil to get good-quality sleep:

INGREDIENTS:

- 3 drops organic myrrh essential oil
- 3 drops organic sandalwood essential oil
- 2 drops organic frankincense essential oil
- 2 drops organic lavender essential oil
- Jojoba oil

DIRECTIONS:

1. Add the essential oils into a roller bottle.
2. Fill the rest of the bottle with jojoba oil. Leave enough space at the top for the roller ball.
3. Secure the roller ball. Shake well to combine the oils.
4. Use the roll-on on the soles of your feet. Gently massage your feet to prepare for a good night's rest. You can also apply the blend to the nape of your neck, chest and wrists.

REFERENCES:

- <https://www.ecowatch.com/myrrh-oil-2625993577.html>
- <https://oneessentialcommunity.com/roller-bottle-blend-recipes-with-free-printable-labels/>



DIY CEDARWOOD OIL INSECT REPELLENT

Cedarwood or cedar essential oil is sourced from the needles and bark of cedar trees. This large, coniferous tree is native to the mountainous regions of the Himalayas, but it can now be found growing throughout the Mediterranean region, where it is prized for its wood.

Cedarwood essential oil has a rich and woody aroma and is said to offer plenty of physical and mental health benefits. For instance, inhaling the aroma of cedarwood essential oil or applying the oil on the skin is reported to support a healthy heart and immune system, as well as healthy stress levels.

Cedarwood essential oil also has natural cleansing properties, which make it a great ingredient to use in homemade cleansers and skincare products. The oil can also be used to repel pesky bugs like mosquitoes and flies, as well as crawling pests like mites, ticks and fleas.

Here's how you can make an all-natural insect repellent using cedarwood essential oil:

INGREDIENTS:

- 30 drops organic cedarwood essential oil
- 15 organic lemongrass essential oil
- 1 cup distilled water
- 4 teaspoons witch hazel

DIRECTIONS:

1. Add witch hazel into a spray bottle.
2. Add the essential oils. Pour in the water.
3. Secure the lid and shake well to combine. Always shake before use.

REFERENCES:

- <https://www.healthline.com/health/cedarwood-essential-oil>
- <https://www.paintedteacup.com/diy-essential-oil-bug-spray/>



ORGANIC CARDAMOM ESSENTIAL OIL

- Certified organic and contains no fillers or additives
- Lab tested for glyphosate, heavy metals and microbiology

healthrangerstore.com/AromaCardamom





HOMEMADE ENERGIZING BATH SALT

After a long day, you can soothe away tiredness by stirring Health Ranger's Organic Energize Essential Oil Blend into a hot bath and soaking in it for a couple of minutes. Alternatively, you can make your own bath salt using our essential oil blend and dissolve it in hot water for a soothing bath soak. Bath salts have long been used as an easy and inexpensive way to treat mental and physical health ailments. Adding our energizing essential oil blend into the mix will also help reduce stressful feelings.

Here's how to make your own energizing bath salt:

DIY ENERGIZING MASSAGE OIL BLEND

Health Ranger's Organic Energize Essential Oil Blend is a combination of pure therapeutic-grade essential oils, namely: organic orange, lemon, grapefruit, eucalyptus and rosemary. Together, these essential oils encourage a sense of self-empowerment and naturally help uplift the mood.

Recharge and combat fatigue with this DIY energizing massage oil:

INGREDIENTS:

- 30 drops [Health Ranger Select Organic Energize Essential Oil Blend](#)
- 6 Tablespoons argan oil
- 6 Tablespoons jojoba oil
- 4 Tablespoons coconut oil

DIRECTIONS:

1. Mix argan, jojoba and coconut oil in a small container.
2. Add the energizing essential oil blend.
3. Pour the massage oil into a dark-colored glass bottle or container. Store in a cool, dark place.

INGREDIENTS:

- 8 drops [Health Ranger Select Organic Energize Essential Oil Blend](#)
- 1/2 cup sea salt
- 2 Tablespoons jojoba oil

DIRECTIONS:

1. Place the salt in a small glass bowl.
2. Mix in the jojoba oil, then add the energizing essential oil blend.
3. Mix the ingredients. Add dried herbs and flower petals if desired.
4. Run a hot bath and add the salt mixture. Swirl with your hand to mix. Soak in the tub for at least 10 minutes. You can also use the salt as a scrub when taking a hot shower.

REFERENCES:

- <https://www.soapqueen.com/bath-and-body-tutorials/lotion/make-essential-oil-massage-oil/>
- <https://www.lovingessentialoils.com/blogs/diy-recipes/7-fabulous-bath-salt-recipes-for-you-to-make>



DIY OREGANO OIL HEALING SALVE

As a culinary herb, oregano shines in Italian and Mediterranean dishes. But as an essential oil, it boasts a wealth of health benefits and uses.

Oregano essential oil is sourced from the fresh leaves of *Origanum vulgare*, a flavorful herb from the mint family. Oregano essential oil has natural cleansing properties and was used by the ancient Greeks to treat and protect wounds from external threats. The oil can also support your body's natural healing processes and may even be used to preserve food from spoilage.

When applied regularly to the face, properly diluted oregano essential oil can also help you maintain healthy, radiant skin.

Here's how to make an all-natural salve for cracked, damaged skin using oregano essential oil:

INGREDIENTS:

- 10 drops organic oregano essential oil
- 10 drops organic peppermint essential oil
- 1/4 cup shea butter


- 1/4 cup organic coconut oil
- 3 Tablespoons pure beeswax

DIRECTIONS:

1. In a double boiler, melt the coconut oil, beeswax and shea butter until combined. Pour into a mixing bowl and let cool to room temperature.
2. Add the essential oils and mix.
3. Place in the refrigerator for 15 minutes. Mix again until the mixture begins to resemble a cream. Store in the refrigerator.
4. To use, apply a thick coat on damaged skin.

REFERENCES:


- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-oregano-essential-oil.html>
- <https://jddonline.com/articles/oregano-extract-ointment-for-wound-healing-a-randomized-double-blind-petrolatum-controlled-study-eva-S1545961611P1168X>
- <http://sallysorganics.com/oregano-2/oregano-recipes/>



O3 Ozone-Infused Oil Pulling Solution

- Made with ozone-infused organic jojoba oil, organic coconut oil and organic peppermint oil
- Cleanses teeth and gums and freshens breath without toxic chemicals

healthrangerstore.com/AromaOilPulling





DIY LAVENDER OIL SUNBURN RELIEF SPRAY

People have been using lavender for hundreds of years for bathing, laundry, treating various ailments and more. More than just a delicate flowering plant, lavender produces one of the most gentle and aromatic essential oils around. This oil boasts just as many uses as lavender itself.

Known as the “swiss army knife of oils,” lavender essential oil is typically used in skincare because of its soothing properties. The oil is also widely used to relieve soreness. Lavender essential oil can support healthy respiratory function, thanks to its high percentage of monoterpenes, such as linalool, cineole and camphor.

Lavender essential oil can also support your body’s natural ability to heal, which is why it

is often used to soothe sunburned skin. Here’s how to make your own all-natural sunburn relief spray using lavender essential oil:

INGREDIENTS:

- 25–30 drops organic lavender essential oil
- 1/4 cup apple cider vinegar
- 1/4 cup distilled water

DIRECTIONS:

1. Mix all of the ingredients in a spray bottle.
2. Spray on sunburn blisters or rough, scaly patches of skin.

REFERENCES:

- <https://www.verywellmind.com/lavender-for-less-anxiety-3571767>
- <https://mommypotamus.com/lavender-essential-oil-uses/>



Organic Breathe Essential Oil Blend



- Calming and relaxing blend of 5 pure, organic essential oils
- Helps clear your mind and improve your focus
- Lab tested for glyphosate, heavy metals and microbiology

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HOMEMADE SPEARMINT OIL MOUTHWASH

Spearmint essential oil is sourced from the fresh leaves of *Mentha spicata*, a sweet-smelling herb from the mint family widely used in personal care products like toothpaste and cosmetics. Spearmint is said to have many beneficial properties, including potent antioxidant activities.

Spearmint essential oil offers a wide range of health benefits. When inhaled, it can help reduce stressful feelings. It can also support your body's natural healing processes when applied topically. Research attributes these benefits to the oil's many active components, which include menthol, limonene, linalool, cineole and carvone, among others.

The aroma of spearmint essential oil is remarkably similar to that of peppermint essential oil. But spearmint essential oil contains much less menthol than peppermint. This makes spearmint a better option for people who don't like the strong minty smell of peppermint essential oil.

Like peppermint, spearmint essential oil is also widely used in oral care products like toothpaste and mouthwash. Here's how to make your own all-natural mouthwash with spearmint essential oil:

INGREDIENTS:

- 5 drops organic spearmint essential oil
- 1 cup filtered water
- 1 teaspoon baking soda

DIRECTIONS:

1. Pour the water into an airtight glass container.
2. Stir in the baking soda and essential oil.
3. Secure lid and shake well.
4. Swish about 2 Tablespoons of the mixture in your mouth for 15 seconds, then spit out. Do not rinse with water.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/spearmint-essential-oil.html>
- <https://www.ouoilyhouse.com/homemade-mouthwash-with-spearmint/>



RELAXING PEPPERMINT MASSAGE OIL

Peppermint essential oil is steam distilled from the flowering parts and leaves of *Mentha x piperita*, a fragrant herb from the mint family known for its revitalizing properties. Besides having energizing effects, peppermint essential oil can also support mental alertness. So instead of sipping another mug of coffee at work, you can keep a small bottle of peppermint essential oil on your desk and sniff it whenever you're feeling drained.

Peppermint essential oil contains an active compound called menthol, which exerts a cooling effect on the skin when applied. The oil's crisp, cool scent can also help you refocus so you can get on with your day.

Peppermint essential oil is great for soothing tired and sore muscles. When diluted in a gentle carrier oil, peppermint essential oil can also help relieve minor skin problems like sunburn or irritation.

Here's how to make a relaxing massage oil blend using peppermint essential oil:

INGREDIENTS:

- 8 drops organic peppermint essential oil
- 8 drops organic lavender essential oil
- 4 drops organic grapefruit essential oil
- 4 drops organic lemongrass essential oil
- 1/4 cup organic coconut oil

DIRECTIONS:

1. Add all of the ingredients into a pump bottle.
2. Shake well to combine. Massage on full body or on chest, neck and arms to enjoy its relaxing effect.

REFERENCES:

- <https://signalscv.com/2020/09/more-than-tasty-9-peppermint-essential-oil-benefits/>
- <https://www.lovingessentialoils.com/blogs/diy-recipes/22-aromatherapy-massage-oils-free-recipe-guide>



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HOMEMADE ANISE OIL LIQUID HAND SOAP

Anise is one of the oldest spices around. It was cultivated by the ancient Egyptians and later used by the ancient Greeks and Romans. Today, this flavorful spice is typically used as a breath freshener and a digestive agent, and its essential oil is just as potent and versatile.

Anise essential oil is steam distilled from the dried fruits of anise. A whopping 90 percent of this oil is composed of anethol, which is responsible for the oil's sweet, full-bodied aroma. Other active ingredients in the oil include camphene, linalool, safrole and acetylanisole.

Anise essential oil has calming properties. As such, it can help slow blood circulation, respiration and nervous response. When applied topically, anise essential oil can also help relieve soreness.

Additionally, anise essential oil has natural

cleansing properties and can support your body's natural ability to heal. This makes it a wonderful ingredient for a homemade all-natural soap. Here's how to make a liquid hand soap using anise essential oil:

INGREDIENTS:

- 5 drops organic anise essential oil
- 5 drops organic black pepper essential oil
- 1 1/2 cups unscented liquid castile soap

DIRECTIONS:

1. Mix all of the ingredients in a pump bottle.
2. Shake well to combine.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-anise-essential-oil.html>
- <https://wellme.com/health/essential-oils/blends/anise-essential-oil-blends-well-with/>



CALMING FRANKINCENSE DIFFUSER BLEND

Frankincense serrata essential oil comes from the resin of the *Boswellia serrata* tree, a large tree typically found in the dry, mountainous regions of India. This ancient tree is carefully “bled” to produce high quantities of resin, which is then treated and processed to obtain frankincense serrata essential oil.

Known as the “king of essential oils,” frankincense serrata essential oil has been used since ancient times to encourage spiritual harmony and support healthy skin. This oil with an earthy scent is also ideal for aromatherapy because of its naturally soothing and mood-uplifting effects.

Follow these steps to make a calming diffuser blend with frankincense serrata essential oil:

INGREDIENTS:

- 5 drops [Health Ranger Select Organic Frankincense Serrata Essential Oil](#)
- 5 drops organic cedarwood essential oil
- 5 drops organic myrrh essential oil

DIRECTIONS:

1. Add the oils into a dark-colored glass bottle. Screw on the cap and shake well.
2. Fill your diffuser with clean tap water. Do not overfill. Add a few drops of your blend to the diffuser. Turn it on and enjoy the scent.



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DIY FRANKINCENSE OIL MOISTURIZING FACE SERUM

Frankincense serrata essential oil has natural cleansing properties that make it an ideal ingredient for all-natural skin or wound cleansing solutions. Frankincense serrata essential oil is also known to help rejuvenate damaged skin.

When diluted with a gentle carrier oil, frankincense serrata essential oil can be used to moisturize the skin. Here's a simple recipe for a moisturizing face serum made with frankincense serrata essential oil:

INGREDIENTS:

- 20 drops [Health Ranger Select Organic Frankincense Serrata Essential Oil](#)
- 10 drops organic lemon essential oil
- 10 drops organic lavender essential oil
- Jojoba oil

DIRECTIONS:

1. Add the essential oils into a dark-colored dropper bottle.
2. Fill the bottle to just below the neck with jojoba oil.
3. Screw on the cap and shake lightly to mix the oils.
4. Apply to entire face and neck morning and evening. Take note that lemon essential oil causes photosensitivity, so apply a natural sunscreen before going out.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-frankincense-essential-oil.html>
- <https://www.aromaweb.com/recipes/frankincensemeyrrh.asp>
- <https://www.byoillydesign.com/diy-essential-oil-face-serum-recipe/>



HOMEMADE GERANIUM OIL TICK REPELLENT SPRAY

Geranium essential oil is sourced from the clusters of pale pink flowers and fuzzy, deeply incised leaves of *Pelargonium graveolens*, a sweet-scented shrub native to South Africa.

Geranium essential oil was used by the ancient Egyptians to maintain beautiful, radiant skin. Because rose geranium is also an herb, its oil is traditionally used as a remedy for various ailments, such as acne and anxiety.

Today, geranium essential oil is used as a natural astringent and as an ingredient in deodorants and insect repellent sprays. When diffused, the oil can create an uplifting environment that can help relieve stressful feelings, thanks to its pleasant aroma, which has mint and floral undertones.

Here's an easy recipe for a homemade tick repellent spray that uses geranium essential oil:

INGREDIENTS:

- 30 drops [Health Ranger Select Organic Geranium Essential Oil](#)
- 30 drops organic cedarwood essential oil
- 10 drops organic garlic essential oil
- 6 Tablespoons distilled water
- 2 Tablespoons rubbing alcohol

DIRECTIONS:

1. Pour the rubbing alcohol into a dark-colored spray bottle.
2. Add the essential oils. Screw on the cap and shake well to combine the oils.
3. Open the bottle again and add the distilled water.
4. Screw on the cap and shake well.
5. Spray on clothing and shoes before going outdoors. Store in a cool, dark area when not in use to preserve the oils.



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ALL-NATURAL GERANIUM OIL CLEANSER

Geranium essential oil is commonly used in aromatherapy, but it is also fast becoming a popular ingredient in many skincare products, especially facial cleansers and acne treatments. That's because the oil has natural cleansing properties that can help keep your skin clear and healthy.

Follow this recipe to make your own all-natural facial cleanser using geranium essential oil:

INGREDIENTS:

- 8 drops [Health Ranger Select Organic Geranium Essential Oil](#)
- 3 drops organic carrot seed essential oil
- 1 Tablespoon safflower oil
- 1 Tablespoon rosehip seed oil
- 1 Tablespoon camelina oil
- 1 Tablespoon pure beeswax

DIRECTIONS:

1. Half-fill a pot with water. Place a glass bowl in the water and heat over medium heat.

2. Add the beeswax and safflower, rosehip and camelina oils to the bowl. Stir.
3. Remove from heat. Add the geranium and carrot seed essential oils.
4. Pour into a glass jar. Stir as the cleanser cools and thickens.
5. Massage the cleanser into your skin to remove dirt, buff away dead skin cells and encourage healthy blood flow. Rinse with water, then gently pat your face dry with a clean towel.

REFERENCES:

- <https://www.healthline.com/health/geranium-oil>
- <https://www.diynatural.com/homemade-tick-repellent-diy/>
- <https://jenniraincloud.com/diy-geranium-rosehip-anti-aging-oil-cleanser/>



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HOMEMADE CLOVE OIL MOUTHWASH

Clove bud essential oil is sourced from the aromatic flower buds of *Syzygium aromaticum*, a type of tropical, evergreen tree native to Indonesia. Today, the tree is grown commercially for its flower buds, which are picked as soon as they appear. The buds are dried to make cloves.

The ancient Romans and Greeks prized clove bud essential oil because of its potency against bad breath. In fact, clove and clove bud extracts have been used in holistic dentistry for centuries because of their natural sedative properties. They are also used to relieve teething pain in babies.

Clove bud essential oil can support good oral health and help freshen your breath. Here's

how to make your own natural mouthwash using clove bud essential oil:

INGREDIENTS:

- 10–15 drops [Health Ranger Select Organic Clove Bud Essential Oil](#)
- 10–15 drops organic cinnamon bark essential oil
- 3 cups distilled water

DIRECTIONS:

1. Mix all of the ingredients in a glass bottle or jar.
2. Swish the mixture around your mouth for 30–60 seconds then spit it out. Do not rinse with water.



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GENTLE CLOVE BUD OIL CLEANSE

Clove bud essential oil can help keep your skin healthy thanks to its active ingredient, eugenol. Eugenol has beneficial properties that can soothe irritation and help you maintain healthy, glowing skin. Eugenol also has a rejuvenating effect and can support optimal blood circulation, which greatly benefits your skin's appearance.

To keep your skin clear and healthy, cleanse your face regularly with a gentle oil blend containing clove bud essential oil. Here's how to make this gentle cleanser:

INGREDIENTS:

- 3–5 drops [Health Ranger Select Organic Clove Bud Essential Oil](#)
- 1 Tablespoon organic coconut oil

DIRECTIONS:

1. Mix the oils in a small dish or container.
2. Steam your skin for 5 minutes to relax your pores.
3. Apply the oil blend to your face. Gently massage it into your skin using circular motions. Focus on acne-prone areas. Do this for 10 minutes.
4. Rinse your face. Gently pat it dry with a clean towel.

REFERENCES:

- <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-clove-oil.html>
- <https://www.stylecraze.com/articles/how-to-use-clove-oil-to-treat-acne/>



RELAXING CLARY SAGE MASSAGE OIL

Clary sage essential oil is sourced from the leaves and small, pink flowers of *Salvia sclarea*, also known as clary sage. This plant is native to the Mediterranean region, but it is now also grown in various parts of North Africa and Central Asia.

Clary sage has a long history of use as a medicinal herb. Today, the plant is mainly grown for its essential oil, which is considered one of the most powerful natural relaxants on the planet. This essential oil's sweet, warming aroma is also great for relieving stress and supporting a positive mood.

Follow this recipe to make your own relaxing clary sage massage oil:

INGREDIENTS:

- 7 drops [Health Ranger Select Organic Clary Sage Essential Oil](#)
- 5 drops lavender essential oil
- 5 drops spearmint essential oil
- 2 Tablespoons sweet almond oil

DIRECTIONS:

1. Combine all of the ingredients in a glass bottle or jar.
2. Use the mixture to moisturize your skin after stepping out of the shower or before going to bed to induce relaxation. Don't use on damaged or sensitive skin.

HOMEMADE CLARY SAGE BATH SALT

Clary sage essential oil has a cooling and comforting effect on the body. Its beneficial properties can help soothe sore and tired muscles. Clary sage essential oil also has natural cleansing properties that can help you maintain healthy, radiant skin.

To enjoy the wonderful skin benefits of clary sage essential oil, prepare a moisturizing bath soak using clary sage bath salt. Here's how to make clary sage bath salt at home:

INGREDIENTS:

- 14 drops [Health Ranger Select Organic Clary Sage Essential Oil](#)
- 10 drops organic spearmint essential oil
- 10 drops organic lavender essential oil
- 1 cup sea salt

DIRECTIONS:

1. Combine all of the ingredients in a glass bottle or jar.
2. Scoop out some of the mixture and add it to a hot bath. Stir the water with your hand to help dissolve the salt. Soak in the tub for at least 10 minutes. You can also use it as a salt scrub when taking a hot shower.

REFERENCES:

- <https://balancespaboca.com/blog/2018/05/27/easy-diy-aromatherapy-essential-oil-blends-recipes-lavender-spearmint-clary-sage/>



DIY YLANG-YLANG HOT OIL HAIR TREATMENT

Ylang-ylang essential oil is sourced from the yellow flowers of *Cananga odorata*, also known as the Cananga tree. This tropical tree is native to the Philippines, Indonesia and Malaysia. Today, the Cananga tree can also be found in India and parts of Australia.

Widely used in aromatherapy, ylang-ylang essential oil can help reduce stressful or anxious feelings and relieves tension.

Ylang-ylang essential oil is also used in cosmetics. When applied topically, it can help balance oil production in your skin. It also supports healthy blood circulation to the scalp which is good for hair growth.

For stronger, healthier hair, treat your hair with ylang-ylang essential oil. Follow this recipe for a simple ylang-ylang hot oil hair treatment:

INGREDIENTS:

- 5 drops [Health Ranger Select Organic Ylang-ylang Essential Oil](#)
- 3 Tablespoons olive oil

DIRECTIONS:

1. Heat the olive oil in a small pan and add the Ylang-ylang essential oil.
2. Pour into a small jar or container. Let cool to room temperature before using.

HOW TO USE:

- Scoop out some of the mixture onto your palm and apply to your hair and scalp. Wrap a clean towel around your head and keep it on for 30 minutes. The warmth inside the towel will help the oil penetrate your hair follicles, strengthening them and boosting circulation.
- Rinse with lukewarm or cool water.
- For best results, use this hot oil hair treatment every week.



NATURAL YLANG-YLANG FACE CLEANSER

Ylang-ylang essential oil possesses natural cleansing and moisturizing properties. This potent oil can also help protect your skin against external threats. In addition, ylang-ylang essential oil can help soothe irritated skin.

For healthy, glowing skin, wash your face with an all-natural face cleanser made with ylang-ylang essential oil. Here's how to make one:

INGREDIENTS:

- 10 drops [Health Ranger Select Organic Ylang-ylang Essential Oil](#)
- 4 drops organic lemongrass essential oil
- 2/3 cup distilled water
- 1/3 cup unscented liquid castile soap
- 1/2 teaspoon sweet almond oil

DIRECTIONS:

1. Pour the castile soap and sweet almond oil into a small plastic container or glass jar.

2. Add the essential oils. Swirl to combine.
3. Add water. Screw on the lid.

HOW TO USE:

- Pour the mixture into your palm and gently massage it into your skin for one minute. Massage it down your neck as well. Don't scrub vigorously.
- Rinse with water. Pat your face dry with a clean towel. Do this once in the morning and once in the evening.

REFERENCES:

- <https://www.healthline.com/health/ylang-ylang>
- <https://scratchmommy.com/benefits-of-ylang-ylang-essential-oil-for-hair/>
- <https://whiteglovesocialmedia.com/2020/03/Ylang-Ylang-6-benefits-and-diy-recipes/>



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HOMEMADE EUCALYPTUS MOUTHWASH

Eucalyptus essential oil is derived from the leaves of *Eucalyptus globulus*, an evergreen tree native to Australia that is now grown all over the world. Aboriginal people in the dry outback used to chew the tree's water-rich roots to keep themselves hydrated. They also brewed the tree's leaves to relieve chills and ease muscle pain.

Today, eucalyptus essential oil is widely used in aromatherapy for its brain-supporting effects. It can help clear your mind and improve your focus. With its crisp, distinctive smell, eucalyptus essential oil can also freshen up the air inside your home.

In addition, eucalyptus essential oil's beneficial properties can help freshen your breath and support optimal oral health.

Follow this recipe to make an all-natural, non-toxic mouthwash with eucalyptus essential oil:

INGREDIENTS:

- 4 drops [Health Ranger Select Organic Eucalyptus Essential Oil](#)
- 3 drops peppermint essential oil
- 1 drop thyme oil
- 1/2 cup distilled water
- 1/2 cup hydrogen peroxide
- 1/4 cup aloe vera juice

DIRECTIONS:

1. Mix all of the ingredients in a small bowl or measuring cup. Stir well to blend.
2. Pour into a glass jar or food-grade plastic bottle with a lid. Shake well before using.

HOW TO USE:

- Use this mouthwash first thing in the morning. Swish for about 30–60 seconds, then spit. Try to swish it all over your teeth and gums to make sure all parts of your mouth get cleaned.
- Don't rinse your mouth with water after using the mouthwash. The mouthwash continues to work after you spit it out. If you rinse with water, you'll dilute its cleaning benefits.



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DIY EUCALYPTUS HAIR MASK

Eucalyptus essential oil can also stimulate hair growth by supporting blood circulation to your scalp. It also has beneficial properties that can help get rid of dandruff.

Support strong, shiny hair and nourish your follicles by regularly applying a hair mask made with eucalyptus essential oil. Here's how to make one:

INGREDIENTS:

- 10 drops [Health Ranger Select Organic Eucalyptus Essential Oil](#)
- 10 drops lemongrass essential oil
- 3 tablespoons aloe vera gel
- 2 tablespoons coconut oil

DIRECTIONS:

1. Melt the coconut oil in a small pan.
2. Combine the coconut oil and essential oils.
3. Stir in the aloe vera gel. Keep stirring for a few minutes. Your mixture should have a texture that's between a gel and a liquid.

HOW TO USE:

- Scoop out some of the mixture onto your palm and apply it to your scalp. Massage it in then move down the length of your hair. You can also use a brush for even application.
- Leave the hair mask on for 15 – 20 minutes so that it sinks into the follicles. Rinse with clean water after.
- Note that this hair mask should only be applied after shampooing. A hair mask works best when used on a clean scalp.

REFERENCES:

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- <https://www.gigisadventures.net/diy-hair-mask-for-dandruff-strength-and-hair-growth/>



HOMEMADE SWEET ORANGE LIQUID HAND SOAP

Sweet orange essential oil is often added to certain food products as a natural flavoring agent. It is also used as an ingredient in some cleaning products. This essential oil is derived from the rind of *Citrus sinensis*, which refers to all kinds of sweet oranges, such as blood oranges and navel oranges.

Sweet orange essential oil is typically used in aromatherapy because of its beneficial effects against stress and anxiety. When diluted and applied to the skin, this citrusy essential oil can help protect against external threats.

Thanks to its beneficial properties, sweet orange essential oil is a great addition to an all-natural liquid hand soap. Here's how you can make one:

INGREDIENTS:

- 10 drops [Health Ranger Select Organic Sweet Orange Essential Oil](#)
- 4 drops vanilla absolute

- 2 tablespoons distilled water
- 1 tablespoon unscented liquid castile soap

DIRECTIONS:

1. Pour the ingredients except for the water into a pump bottle.
2. Swirl the bottle to mix the ingredients.
3. Pour the water into the bottle. Screw on the cap. Swirl again.
4. To use, pump soap two to three times into the palm of your hand. Rub your hands together and wash thoroughly. Rinse with water and dry.

NOTES:

- Use this liquid hand soap within two to three weeks.
- Sweet orange essential oil is gentle enough for children. You can always customize yours by adding other essential oils, such as tea tree oil or lavender essential oil.



NATURAL SWEET ORANGE DEGREASER

Uplifting and refreshing, the scent of sweet orange essential oil can also dispel unpleasant odors in your home. You can even use sweet orange essential oil as a natural cleaner because of its powerful cleansing properties.

Here's how you can make your own natural kitchen degreaser using this sweet-smelling essential oil:

INGREDIENTS:

- 10 drops [Health Ranger Select Organic Sweet Orange Essential Oil](#)
- 1/4 cup unscented liquid castile soap
- 1/4 cup distilled water

DIRECTIONS:

1. Pour all of the above ingredients into a clean spray bottle.
2. Shake the spray bottle vigorously.

3. To use, spray onto any greasy surface, then wipe with a clean washcloth or sponge.

NOTES:

- This natural degreaser should work on all except old, caked-on grease spots. To deal with those, add some baking soda to the mixture to create a paste. Apply the paste to the grease spot and let dry. Remove the paste with a damp, clean sponge. Repeat until the grease spot is completely gone.

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DIY CARDAMOM ESSENTIAL OIL LIQUID HAND SOAP

Though not as popular as other essential oils, cardamom essential oil is not without benefits. This calming essential oil comes from cardamom seed, which has been dubbed the “queen of spices” in the cooking world.

Cardamom seeds are known as a versatile spice around the world. These seeds are often used in savory dishes, but they are also sometimes added to desserts. Aside from being a flavorful and distinctive spice, the essential oil extracted from cardamom seeds has many uses outside the kitchen.

For instance, cardamom essential oil helps promote clear breathing and respiratory health. It also has calming and soothing properties. When diluted in a carrier oil, cardamom essential oil can double as a massage oil for relieving stomach discomfort.

Cardamom essential oil can also help protect your skin against external threats. This effect can be attributed to the active compounds in it, such

as limonene, terpinene, eugenol, linalool and cineol, among several others.

Because of its protective properties, cardamom essential oil is a great ingredient to use in homemade hand soaps. Here’s a recipe for a natural hand soap that features this remarkable essential oil:

INGREDIENTS:

- 6 drops [Health Ranger Select Organic Cardamom Essential Oil](#)
- 4 drops orange essential oil
- 2 drops lime essential oil
- 1 1/2 Tablespoons filtered water
- 1 Tablespoon unscented liquid castile soap

DIRECTIONS:

1. Pour the ingredients into a pump bottle. Swirl bottle to mix the ingredients.
2. To use, pump into the palm of your hands and lather well. Rinse off. Use this soap within two weeks.



CARDAMOM ESSENTIAL OIL ALL-PURPOSE CLEANER

Cardamom essential oil boasts a warming, stimulating and head-clearing aroma. This aroma, together with the oil's cleansing properties, makes cardamom essential oil a great choice for an all-natural, all-purpose cleaner.

Follow the recipe below to make your own natural, all-purpose cleaner using cardamom essential oil. The best part about this cleaner is that you can use it to clean virtually any kind of surface, even your furniture.

INGREDIENTS:

- 20–25 drops [Health Ranger Select Organic Cardamom Essential Oil](#)
- 10 drops tea tree essential oil
- 4 tablespoons unscented liquid castile soap
- Water

DIRECTIONS:

1. Pour the ingredients into a glass spray bottle. Fill the bottle with water.
2. Shake well to blend. Spray on high-touch surfaces.

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ENERGIZING ROSEMARY DIFFUSER BLEND

Rosemary is a fragrant evergreen herb that belongs to the mint family. It's commonly added to Mediterranean dishes, especially savory ones. As an essential oil, rosemary has a characteristic woody fragrance.

In ancient times, rosemary was considered to be sacred by the ancient Greeks, Egyptians, Hebrews and Romans. It was used for both culinary and medicinal purposes. In ancient Greece and Rome, for instance, rosemary was thought to strengthen memory.

Researchers now know that rosemary can boost brain function because it helps prevent the breakdown of acetylcholine, a brain chemical that's important for thinking, concentration and memory.

This energizing blend that contains rosemary oil can be an instant pick-me-up when you're feeling tired:

INGREDIENTS:

- 2 drops [Health Ranger Select Organic Rosemary Essential Oil](#)
- 2 drops grapefruit essential oil
- 2 drops white fir essential oil
- 2 drops lemon essential oil
- Clean, room temperature tap water

DIRECTIONS:

1. Fill your diffuser with clean tap water. Do not overfill or your diffuser may not run properly. Most diffusers have a water level line inside that you can follow.
2. Add your essential oils.
3. Place the cap or top of your diffuser back on. Turn on your diffuser and enjoy the scent.

NOTES:

- Don't place your diffuser in direct sunlight or near sunny windows and fans.
- If you're using your diffuser in a small room like the bathroom or your bedroom, a small diffuser should do the trick. Larger, more open rooms may need a more powerful diffuser.
- Ideally, you should only diffuse essential oils over short periods of time. Doing so helps give your nose and your body a break from the strong fragrances. Diffuse for 10 –15 minutes then turn your diffuser off for the next 30 –60 minutes.
- You can also use this essential oil blend for a reed diffuser. Just swap the water for two tablespoons of rubbing alcohol or witch hazel. Pour this and the essential oils into a small glass jar and mix using one of the reeds. Add the rest of your reeds and fan them out.



HOMEMADE ROSEMARY INSECT REPELLENT

Pesky insects are the bane of outdoor activities, especially in the summer. Luckily, you can make your own natural insect repellent spray using rosemary essential oil. The oil's unique woody aroma can effectively repel mosquitoes and other insects.

Follow this recipe to make your own natural insect repellent using rosemary essential oil:

INGREDIENTS:

- 15–25 drops [Health Ranger Select Organic Rosemary Essential Oil](#)
- 1 1/2 tablespoons distilled water
- 1 teaspoon sweet almond oil
- 1 teaspoon witch hazel

DIRECTIONS:

1. Pour all of the ingredients into a spray bottle.
2. Shake well before spraying on your skin.

NOTES:

- You can easily double or triple this recipe for longer outdoor activities like camping trips.
- You can also use this recipe as a rub-on repellent instead of a spray. If making a rub-on, keep only the rosemary essential oil and sweet almond oil. Add them to a small bottle or jar. Shake the bottle and rub a small amount of the oil directly on your skin.

REFERENCES:

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DIY LEMON OIL ALL-PURPOSE CLEANER

Lemon essential oil is one of the most popular essential oils used today because of its refreshing, citrusy aroma. Derived from fresh lemon peel, this essential oil can help with morning sickness during pregnancy. It can also support your body's natural ability to heal.

Lemon essential oil has powerful cleansing properties. Limonene, an active component of lemon essential oil, can protect you from external threats. In addition, this versatile oil can also help you get rid of bad odors. Here's how to make your own all-purpose cleaner using lemon essential oil:

INGREDIENTS:

- 20 drops [Health Ranger Select Organic Lemon Essential Oil](#)
- 4 cups citrus peels
- 2 cups water
- White vinegar

DIRECTIONS:

1. Pack a large glass jar with leftover citrus peels. Fill the jar to the brim with white vinegar.
2. Close the jar and leave it in a sunny spot to infuse for at least two weeks.
3. Strain the vinegar, discard the peels and pour it back into the jar.
4. Pour 1/2 cup of the infused vinegar into a spray bottle. Add water and lemon essential oil. Screw on the lid and shake well.

HOW TO USE:

- Shake the spray bottle before each use. Spray onto hard surfaces and wipe clean with a damp cloth.
- Take note that the acid in vinegar can etch natural stone, so avoid using it on natural stone countertops, tiles and the like.
- The cleaner does smell like vinegar, but it should quickly dissipate, leaving you with a nice, citrusy scent.



GENTLE LEMON OIL SCRUB

Lemon essential oil is great for homemade skincare products because it contains vitamin C. This nutrient doubles as an antioxidant that can protect cells from oxidative stress.

Lemon essential oil can also help promote the growth of healthy, glowing skin. Just add a few drops of this oil to a gentle homemade facial scrub. Here's a simple recipe:

INGREDIENTS:

- 15–20 drops [Health Ranger Select Organic Lemon Essential Oil](#)
- 1 cup coconut sugar
- 1/2 cup jojoba oil

DIRECTIONS:

1. Mix the ingredients in a small glass jar or container using a wooden or stainless steel spoon.
2. The mixture should have a crumb-like texture. Stir in more sugar or oil if needed.

HOW TO USE:

- For silky-smooth skin, use 1–2 tablespoons of the lemon sugar scrub on your body while taking a shower. Don't scrub too vigorously.
- Rinse when done.

REFERENCES:

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- <https://wholefully.com/homemade-all-purpose-cleaner/>
- <https://www.essentialoilhaven.com/lemon-sugar-scrub-diy-recipe/>



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CITRONELLA ESSENTIAL OIL INSECT REPELLENT

Citronella essential oil is commonly used in aromatherapy. The oil is extracted from the tall, thin leaves of two varieties of lemongrass: *Cymbopogon nardus*, or the Ceylon variety, and *C. winterianus*, or the Java variety.

The Java variety is said to be of higher quality because it has more beneficial compounds, such as citronellal, limonene and geraniol. These compounds are responsible for citronella essential oil's powerful effects against pests. They also help protect cells from oxidative stress.

Citronella essential oil is well-known for its sweet, refreshing aroma. It is also commonly used as a natural insect repellent, especially in the summer when mosquitoes and other pests are most active. Here's a recipe for a natural insect repellent that makes use of citronella essential oil:

INGREDIENTS:

- 30 drops [Health Ranger Select Organic Citronella Essential Oil](#)

- 25 drops peppermint essential oil
- 15 drops tea tree essential oil
- 1/4 cup distilled water
- 2 tablespoons witch hazel extract
- 1 teaspoon jojoba oil

DIRECTIONS:

1. Pour the ingredients into a clean spray bottle. Shake to combine.
2. Spray onto exposed skin or clothing. Avoid the eye area. Reapply every 2 hours or as needed. Store in a cool, dark place when not in use.

NOTES:

- Only some essential oils are safe to apply directly on your skin. Avoid putting citronella essential oil on your skin without first diluting it in a carrier oil or lotion.
- You can spray this insect repellent on your dog's collar to repel pests like ticks. But this isn't safe for cats. Citrus essential oils are toxic to cats.



DIY CITRONELLA ESSENTIAL OIL HAND SANITIZER

Thanks to its numerous beneficial compounds, citronella essential oil can help uplift your mood and rid indoor air of any unpleasant odors.

The bioactive compounds in citronella essential oil can also help protect you from external threats. As such, this oil is a great ingredient to use in homemade cleaning solutions, as well as all-natural personal care products like hand sanitizers.

Follow this recipe to make your own safe and natural hand sanitizer using citronella essential oil:

INGREDIENTS:

- 5–10 drops [Health Ranger Select Organic Citronella Essential Oil](#)
- 5–10 drops ylang-ylang essential oil
- 5–10 drops eucalyptus essential oil
- 1 cup rubbing alcohol
- 1/3 cup fresh aloe gel

- 1/2 tablespoon rosehip oil
- 1/2 tablespoon sweet almond oil

DIRECTIONS:

1. To a small bowl, add aloe gel, alcohol and rosehip and sweet almond oil. Whisk to combine.
2. Whisk in the essential oils.
3. Pour the mixture into a clean plastic squeeze-top bottle. Don't overfill. Screw on the top and shake before each use.

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HOMEMADE CINNAMON BARK SOAP

When you think of cinnamon, you probably think of powdered cinnamon or strips of cinnamon bark. But cinnamon is also available in another form: as essential oil. In fact, humans have been using cinnamon bark essential oil for hundreds of years to support their overall health.

Cinnamon bark essential oil is made from the bark of *Cinnamomum verum*, a bushy, evergreen tree native to Sri Lanka. This aromatic essential oil is widely used in aromatherapy. Cinnamon bark essential oil is hailed today for its stress-relieving effects, among other benefits.

Cinnamon bark essential oil has a warming, soothing effect on the skin that helps stimulate circulation. Many people also find its aroma relaxing. Cinnamon bark essential oil is an

excellent ingredient to use for a homemade bath soap. Here's a simple recipe that combines the relaxing nature of aromatherapy with gentle exfoliation:

INGREDIENTS:

- 5 drops [Health Ranger Select Organic Cinnamon Bark Essential Oil](#)
- 1 cup natural oatmeal melt and pour soap base
- 1/4 tablespoon ground cinnamon
- 1/4 tablespoon ground nutmeg

DIRECTIONS:

1. Melt the soap base using a double boiler.
2. Remove the soap base from the heat and set it on a countertop. Stir in the cinnamon bark essential oil, ground cinnamon and nutmeg until the ingredients are evenly incorporated.
3. Pour the mixture into a soap mold of your choice.
4. Put the soap in the refrigerator for a few hours to let it set.



REJUVENATING CINNAMON BARK FACE MASK

Though not as popular as other essential oils commonly used in skincare products, cinnamon bark essential oil holds its own when it comes to supporting the growth of healthy, glowing skin. Plus, the relaxing aroma of cinnamon bark essential oil may provide stress relief and promote alertness.

Make your own rejuvenating cinnamon bark essential oil face mask with this recipe:

INGREDIENTS:

- 2 drops [Health Ranger Select Organic Cinnamon Bark Essential Oil](#)
- 2 drops nutmeg essential oil
- 1 tablespoon raw organic honey
- 1 tablespoon fresh lemon juice
- 1 tablespoon ground nutmeg
- 1 tablespoon ground cinnamon

DIRECTIONS:

1. Combine the ingredients in a clean, medium-sized bowl. It should form a thick paste.
2. If the mixture is too thick, add more lemon juice.

HOW TO USE:

- Apply the mixture to your entire face or to areas that are particularly red or dry.
- Let the paste sit on your face for 20 minutes before rinsing it off. Gently pat your face dry with a clean towel.

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NATURAL TEA TREE OIL ALL-PURPOSE CLEANER

You shouldn't have to put up with strong chemical odors whenever you clean around your home. Instead of using chemical cleaners, make your own using safe and effective natural ingredients like tea tree oil.

Tea tree oil comes from the leaves of *Melaleuca alternifolia*, a small tree endemic to Australia. Aboriginal people on the continent have used tea tree oil for hundreds of years to relieve all kinds of ailments. Today, tea tree oil is hailed for its cleansing and antiseptic properties.

As a natural cleaner, tea tree oil can rid your home of external threats. Follow this recipe to make your own all-purpose cleaner:

INGREDIENTS:

- 10 drops [Health Ranger Select Organic Tea Tree Essential Oil](#)
- 3 cups water
- 1/2 cup white vinegar

DIRECTIONS:

1. Pour the ingredients into a clean spray bottle.
2. Shake well to combine.

HOW TO USE:

- You can use this natural cleaner on any hard surfaces, such as kitchen countertops, floors, tables and sinks. Take note that the acid in vinegar can etch natural stone, so avoid marble and granite surfaces.
- To clean mirrors and windows without leaving streaks, use a microfiber cloth.



GENTLE TEA TREE OIL FACE CLEANSER

No natural skincare arsenal is complete without tea tree oil. Tea tree oil can help protect the skin against external threats. It also has natural soothing properties that help relieve minor skin problems, such as redness, clogged pores and breakouts. Tea tree oil also helps relieve bug bites.

Tea tree oil can support your skin's natural ability to heal. Its natural cleansing properties also make it a great ingredient for a homemade facial wash. Here's how you can make your own:

INGREDIENTS:

- 15 drops [Health Ranger Select Organic Tea Tree Essential Oil](#)
- 1/2 cup grapeseed oil
- 1/4 cup jojoba oil

DIRECTIONS:

1. Mix the ingredients in a clean bowl.
2. Pour into a clean glass jar with a lid.

HOW TO USE:

- Gently massage your skin with a small amount of the oil for one minute. Massage the oil down your neck as well. Don't scrub vigorously.
- Wet a clean washcloth with tolerably hot water and place it over your face. Let it sit until it cools.
- With the washcloth, wipe the excess oil off your face.
- Pat your face dry with a clean towel. Do this only once every day in the evening.

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HOMEMADE OREGANO OIL MOISTURIZING LOTION

Thanks to its abundance of antioxidants, such as thymol and carvacrol, oregano essential oil can help protect your cells from the damaging effects of oxidative stress.

Both thymol and carvacrol can also help repel bugs. Studies show that these natural chemicals are effective against mosquitoes and even some ticks. This is why you can find oregano essential oil in conventional insect repellent lotions and sprays.

For clean and moisturized skin, try slathering on a natural lotion made with oregano essential oil. It can even double as a moisturizing hand sanitizer. Follow this recipe to make your own lotion:

INGREDIENTS:

- 14 drops [Health Ranger Select Organic Oregano Essential Oil](#)
- 2 drops lemon essential oil
- 1/4 cup avocado oil
- 1/4 cup coconut oil

DIRECTIONS:

1. Pour the essential oils into a sanitized glass jar or container.
2. Melt the coconut oil. Pour it into the jar along with avocado oil.
3. Place the jar in the refrigerator to allow the oils to combine and set. Once set, you should be left with a nice, fragrant lotion.

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- <https://www.offthegridnews.com/how-to-2/cleaning-with-oregano-oil/>
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DIY OREGANO OIL ALL-PURPOSE CLEANER

Oregano is a staple of the Mediterranean diet. For thousands of years, humans have used it to enhance the flavor of many dishes and treat various ailments. The only thing better than oregano is oregano essential oil.

Oregano essential oil is loaded with antioxidants and other powerful compounds. According to studies, these components are behind oregano essential oil's long list of health benefits.

For instance, oregano essential oil can support your body's natural ability to heal. It can also protect against external threats. When used as a natural cleanser, oregano essential oil can even help dispel unpleasant odors. Follow this simple recipe to make your own all-purpose cleaner using oregano essential oil:

INGREDIENTS:

- 20 drops [Health Ranger Select Organic Oregano Essential Oil](#)
- 1 cup water
- 2 teaspoons unscented liquid castile soap

DIRECTIONS:

1. Pour the ingredients into a sanitized glass spray bottle.
2. Screw on the lid. Shake well before each use. Store in a cool, dry place.



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