

simply earth®

Top 5 Natural Essential Oil Recipes To Promote Positivity



TABLE OF CONTENTS

What I Love About Uplifting Oils

The Science Behind Uplifting Oils

Natural Tips + Tricks to Incorporate
into Your Routine

Recipe 1: I Lava You Diffuser Blend

Recipe 2: Mood-Boosting Essential Oil Roll-On

Recipe 3: Uplifting + Calming Body Butter

Recipe 4: Happy Day Body Spray

Recipe 5: Citrus Face Mist





I'm Summer Wittneben. I'm one of Simply Earth's certified aromatherapists, and I love inspiring others to reach for their Essential Oils, and find new ways to incorporate them into their day to day lifestyle.

As someone close to me is highly allergic to many store-bought products, I understand the importance and value of using products that are safe and clean! While I've explored and learned more about essential oils, I know how overwhelming it can be to find recipes that you know will work.

Have you ever thought to yourself
Is this recipe actually safe?
Those ingredients look expensive
Can I make the recipes without them?
How do I know these recipes will work?

These obstacles are sadly all too common, and they can present a pretty bleak picture

for you and your essential oils. This is why I want to take the guesswork out of your creations, and created this guide just for you!

With my background in Essential Oils and experience, I can help you learn how to take your health back in a natural and effective way!

We have all been victim to the afternoon slump, lacking motivation, and just feeling blue. This guide is my proposed answer. In here, you'll find aromatherapist-guaranteed recipes with a list of the best essential oils to promote positivity. I also include some tips and tricks that you can incorporate into your daily routine to help keep your emotions feeling uplifted.

To learn more about how to promote positivity naturally, keep reading!



What I Love About Uplifting Essential Oils

We've all been there: you're feeling overwhelmed and stressed out and you are not feeling a positive outlook at all. When this happens to me, my husband usually calms me down and reminds me of what's important in life. But, if Jacob isn't around to remind me, "Summer, everything is going to fine; you just have to breathe", I keep a small arsenal of essential oils at my disposal.

As we're heading into longer days and warmer weather, it's pretty easy to take a more positive lease on life. But, as winter rolls around and we head into the cold season, I make sure to keep specific essential oils on hand to make sure I have what I need if I'm feeling blue.

Some of my favorite oils for positivity are: Happy Joy, Lava, Citrus Burst, Bergamot, Lemon, Sage, Geranium, Basil, Ravensara, Grapefruit (Pink), and Juniper (Berry). All of these essential oils (and many more may) provide a natural way to help support a positive outlook on life.





The Science Behind Uplifting Essential Oils

All essential oils are made up of chemical constituents and those constituents are what make essential oils so powerful. With our positivity guide, most of the essential oils we will talk about are predominantly in the Terpenes family. The main constituents of these essential oils are α -Pinene, B-Pinene, Linalool, and Limonene. The most effective constituents for boosting positivity is Limonene, which is most commonly found in citrus essential oils.





Natural Tips + Tricks to Support Your Daily Routine

One of the easiest ways to support your overall wellness is to reduce your artificial sugar intake. I started drinking more smoothies with fruits and vegetables and I feel more energized and positive.

- Omega-3 Fatty Acids
- Wild Salmon
- Coconut Oil
- Vitamin B-6
- Folic Acid
- Light Therapy (exposure to sun)
- Check in on your Hormone Balance
- Adequate Sleep
- Drinking Water
- Set Routines
- Take Up a New Hobby
- Avoid Caffeine



Recipe 1:

I Lava You Diffuser Blend

If you've ever felt blue or not quite yourself, this blend is perfect for you. The essential oils in this blend are carefully picked to blend together in a way that both complements the other aromas and encourages positive moods and feelings.

Our Lava Essential Oil consists of Grapefruit (Pink), Blood Orange, Ho Wood, and Sandalwood Essential Oils. It has a perfectly balanced aroma of floral and citrus notes that will keep you coming back for more! It also may remind you of a specific candle that everyone loves. The essential oils in this blend are reminiscent of the smell of summer and will leave you feeling refreshed and joyful! We also include Geranium in this diffuser blend as it has a floral and rosy aroma that fosters an atmosphere of calm and stability. Finally, incorporate Sweet Basil as it has properties that supports awareness, strengthens confidence, and uplifts the emotions.





Author and Joint Bookrunner

Recipe 1:

I Lava You Diffuser Blend

Ingredients:

2 drops Lava Essential Oil Blend

2 drops Happy Joy Essential Oil Blend

1 drop Geranium Essential Oil

1 drop Basil Essential Oil

1



Add essential oils to a diffuser and diffuse it in an open room.

2



To make a master blend of this recipe, add 32 drops Lava Essential Oil Blend, 32 drops of Happy Joy Essential Oil Blend, 16 drops Geranium Essential Oil, and 16 drops Basil Essential Oils in a 5 ml bottle from your Big Bonus Box.



Recipe 2:

Mood Boosting Essential Oil Roll-On

Bright, mood-boosting scents can be powerful when it comes to making us happier, especially when we need it the most! So we created an essential oil roll-on recipe that provides a powerhouse of positivity! If you're feeling down in the dumps and need something to brighten your mood, this blend is bound to make your day better!

This recipe has our [Happy Joy Essential Oil](#), [Bergamot Essential Oil](#), [Lemon Essential Oil](#), [Sage Essential Oil](#) and your favorite carrier oil. It has the perfect balance of Geranium, Orange (Sweet), Grapefruit (Pink), and Ylang Ylang Essential Oils. This positive roll-on recipe will positively boost your mood with its uplifting and citrusy aroma.



Recipe 2:

Mood Boosting Essential Oil Roll-On

Ingredients:

- 1 drop Happy Joy Essential Oil
- 1 drop Bergamot Essential Oil
- 1 drop Lemon Essential Oil

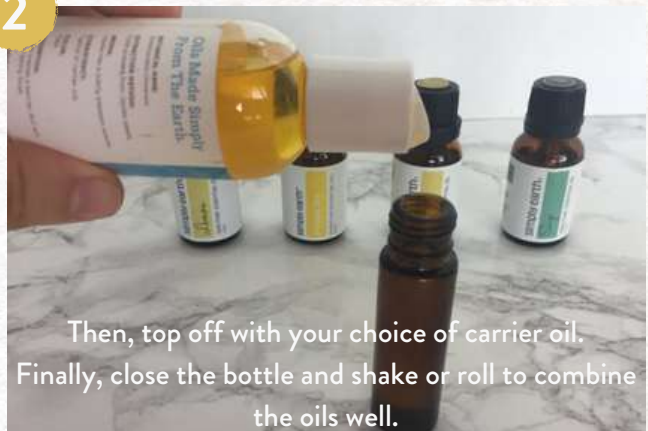
- 1 drop Sage Essential Oil
- 10 ml Carrier Oil
- 10 ml Roll-On Bottle

1



Add the appropriate amount of each essential oil into the roll-on bottle.

2



Then, top off with your choice of carrier oil. Finally, close the bottle and shake or roll to combine the oils well.

3

To use, roll over your pulse points for an instant pick-me-up!



Recipe 3:

Uplifting + Calming Body Butter

When I'm feeling overwhelmed, I love to stop and take a deep breath and put on some lotion. Even the act of slowing down and putting on lotion helps! But if you utilize this lotion, it will be even more impactful.

This recipe has Bergamot Essential Oil and Ravensara Essential Oil. Bergamot is known for its powerful properties in supporting positive emotions and provides a sense of calm during seasons of feeling overwhelmed. This body butter combines the best of Bergamot and Ravensara Essential Oils, which is sure to leave you feeling more like yourself and refreshed!





Recipe 3:

Uplifting + Calming Body Butter

Ingredients:

- 1/4 cup Coconut Oil (solid)
- 1 tsp Almond Oil
- 4 oz Jar (or similar container)

- 2 drops Ravensara Essential Oil
- 6 drops Bergamot Essential Oil

1



Place all your ingredients in bowl. Use an electric mixer with a whisk attachment and mix at a high speed for 7-8 minutes, or until whipped into a light and airy consistency.

2



Store whipped body butter in a sealable jar in a cool place. Enjoy naturally nourished skin and remember, a little goes a long way!

Recipe 4:

Happy Day Body Spray

Who doesn't love to start their day off with a happy body spray? I have always loved perfumes, but I had stopped wearing them because of how many chemicals are in them. However, Simply Earth had the solution. We created a body spray that is safe and will leave you feeling refreshed and happy!

This recipe contains two different essential oils: Lava Essential Oil Blend and Happy Joy Essential Oil Blend! In our Lava Essential Oil Blend, we have created the perfect balance of Grapefruit (Pink), Blood Orange, Ho Wood, and Sandalwood Essential Oils. The combination of citrus and woody aromas in this blend smells like a tropical escape even on the coldest days! I love our Lava Essential Oil blend so much, but I also am a fan of our beloved Happy Joy Essential Oil as well! It is infused with Geranium, Orange (Sweet), Grapefruit (Pink), and Ylang Ylang Essential Oils. Happy Joy Essential Oil provides a fresh and uplifting scent that will brighten your mood and your day. We struck a perfect balance of citrus and floral aromas that complement each other. Furthermore, the balance between Happy Joy and Lava Essential Oil Blends is going to leave you feeling speechless and constantly reaching for more!





...erwriter and Joint Bookrunner

Recipe 4:

Happy Day Body Spray

Ingredients:

10 ml spray bottle

1/2 tsp Fractionated Coconut Oil

7 ml distilled water

1 drop Lava Essential Oil Blend

1 drop Happy Joy Essential Oil Blend

1



Add fractionated coconut oil and essential oil to the bottle. Shake to mix.

2



Fill the rest of the bottle with water.

3



To use, shake and spray for an uplifting and energizing aroma to help support joy.

Tip: Heat your distilled water and dissolve 1/2 tsp of salt in your distilled water to help improve the shelf life of your perfume.

Recipe 5:

Citrus Face Mist

If you've ever hit a midday slump and wanted to click a reset button, you wouldn't be alone! Personally, making it through the afternoon slump can be a little bit of a challenge. If you've ever wanted a mid-day reset, this spray might be the solution!

This Citrus Face Mist is packed with citrusy goodness and our Juniper (Berry) complements the citrus aroma! This product uses two single essential oils and one essential oil blend. Simply Earth's Citrus Burst Essential Oil Blend consists of Bergamot, Grapefruit (Pink), Lemon, Lime, and Orange (Sweet). These essential oils are powerhouses of positivity! This recipe also includes an extra dose of Grapefruit (Pink) Essential Oil. This oil serves 3 powerful purposes: cleansing the surface of the skin, promoting the appearance of rejuvenated skin, and balancing your skin's natural oils. The last essential oil in this Refreshing Face Mist is Juniper (Berry). This essential oil comes from the little fruits of Juniper Trees, which gives it a slightly sweet, woody aroma. This oil is uplifting and supports energy levels! Combining the power of all three essential oils, you'll have a refreshing and energizing aroma that will turn you into a positively perky person!





...erwriter and Joint Bookrunner

Recipe 5:

Citrus Face Mist

Ingredients:

- 1/4 cup hot distilled water
- 2 oz spray bottle
- 1 coffee filter*

- 2 drops Grapefruit Essential Oil
- 2 drops Citrus Burst Essential Oil Blend
- 1 drop Juniper Berry Essential Oil

1

Add 2 drops Citrus Burst Essential Oil Blend



2

Add 2 drops Grapefruit Essential Oil



3

Add 21 drops Juniper Berry Essential Oil to hot water.

Cover. Let sit for 20 minutes or until water has cooled to room temperature.



4

Pour water mixture through a coffee filter to remove oil drops.





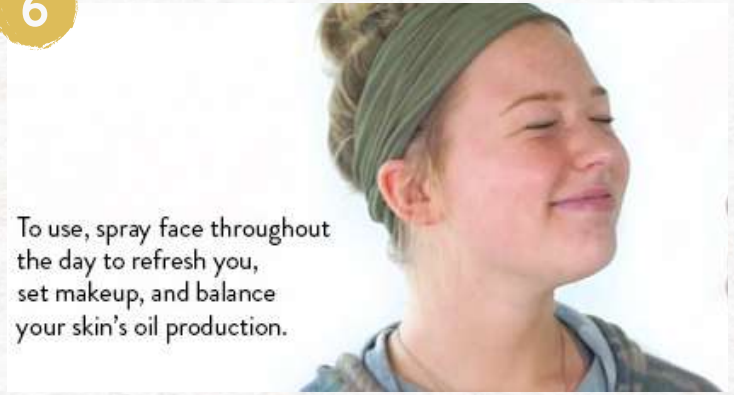
Recipe 5:

Citrus Face Mist

5



6



ESSENTIAL OILS MADE SIMPLE

We know how frustrating it can be to purchase products that you don't know how to use or that you're too overwhelmed to try out.

That's why Simply Earth has made it our mission to put an end to the confusion and teach people like you how to use essential oils with confidence and clarity.



We break down the myths, clear away confusion, and will leave you feeling empowered to take the next step in your essential oil journey. Furthermore, we don't charge an arm and a leg to get you 100% pure, therapeutic-grade essential oils at a fraction of the cost.

Don't wait, try out our pure essential oils today!



www.simplyearth.com