

30 Hacks in 30 Minutes

June 22' Bogo Special

LAVENDER PEACE

Blend of Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute and Hawaiian Sandalwood Wood.

also known as serenity

- Apply a few drops of Lavender peace to your nightly body moisturiser, in a circular motion working from your toes up, massage the cream into your skin, saying affirmations of self appreciation.
- Add Lavender peace to your bath salts
2 cups Epsom salts : 1 cup bicarb : 5-8 drops e.o.
- Calm the farm Blend:
5 drops lavender peace, 5 drops vetiver, 5 drops balance, 5 drops bergamot
great for temper tantrums, exhausted parents and those who work in highly strung work places.

TURMERIC

- Skin care: DIY facemask or as a spot treatment to help reduce the appearance for blemishes and welcomed glow.
- Internal use: daily in a veggie cap for metabolic, antioxidants, inflammation support and to help fight free radicals. pairs nicely with pink pepper.
- Turmeric is great for detoxing and helps to support the liver.
- Anti-Inflammatory and anti-microbial ability can support sinus congestion- inhale the essential oil to help clear the sinus area and allow the oils to help fight off the "germs" bringing you down.
- research has shown turmeric to be a benefit for neurological diseases such as Parkinson's, Alzheimer's, spinal cord injuries and strokes.



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TEA TREE

- Mermaid hair spray: 100ml bottle : distilled water : 15 drops tea tree oil : 10 drops rosemary : 10 drops lavender.
- Skin care: Tea tree is great in a DIY body butter to support eczema, psoriasis.
- Use tea tree to help cleanse the skin, this is great to support oily skin and those who suffer with acne.
- DIY baby/skin wipes: 5 drops tea tree : 5 drops Frankincense: 2tbl spoons coconut oil : 1/2 roll paper towel.

FRACTIONATED COCONUT OIL (FCO)

- Combine FCO with tea tree or lemon to clean make up brushes.
- Great to support your plants to thrive and shine.
- Apply to dry cuticles to help soften and nourish, especially before a manicure.
- FCO is good to support the condition of your leather.
- FCO removes crayon from your walls.
- FCO is odourless, stable, non-staining, has a long shelf life and ethically sourced.

ROSEMARY

- Add Tea Tree & Rosemary to your shampoo & conditioner to assist with nourishing the hair, dry scalps and suffocating creepy crawlies.
- Boosts cognitive abilities & improves memory function, diffuse with Lemon and Litsea when working/studying/ needing to focus.
- Rosemary is great for digestive support and constipation.
Is to scent your laundry.



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BALANCE

Blend of: Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower

- Apply Balance to the soles of your feet daily to help you start the day feeling grounded and balanced.
- Apply 2 drops topically over the heart to support grief and loss.
- Diffused with lavender peace will help promote peaceful dreams and relax.
- Apply one drop daily at the nape of the neck to support hyperactivity.
10 Balance : 10 Frankincense : 10 Vetiver : 10 Copaiba
mix together in a bottle and add dropper top.

LEMON MYRTLE

- Immune support! - Great to help with sore throats, respiratory support and oral health, molluscum contagiosum.
- Provides muscular relief, massages affected into areas topically.
- Add to your basic cake/ scone/ pancake/ icing recipe to give a Australia touch
- Memory Jogger roller:
8 drops Lemon Myrtle : 5 drops Rosemary : 5 drops of Lemon top with FCO

HINOKI

The oil of natural harmony, releases feelings of disappointment, discouragement and comparisons.

- Apply topically to the chest and reflexology points on the body to release and break down mucus.
- Add 4-5 drops to your hardwood floor cleaner for a cleaner and shinier finish.
- Hinoki is an antibiotic, anti-inflammatory, immunostimulant & it can support respiratory issues.



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EUCALYPTUS

- Combine with Lemon Myrtle, distilled water and white vinegar for a natural cleaning agent.
- Apply nightly to the soles of your feet - Eucalyptus is the oil of Wellness.
- Mix with FCO, rub over your abdomen to help support a healthy menstrual cycle.

NEROLI

- Diffuse or inhale to assist with heart and blood pressure balancing.
- Good for libido, child birth and pregnancy.
- Amazing PURE-fume.

MAGNOLIA

- Great PURE-fume.
- Magnolia has a high linalool content than lavender and is great to support calming, relaxation and sleep.
- Magnolia calms worry intention for the mind and body.
- Magnolia relieves congestions.
- Inhale Magnolia to help increase your appetite.
- Magnolia is good for skin cell and pigmentation care support post sun damage.

FOR MORE HACKS WATCH OUT FOR OUR NEXT 30 IN 30 EVENT AND FOLLOW ALONG ON FACEBOOK AND INSTAGRAM VIA THE HANDLES BELOW.

