

30 Hacks in 30 Minutes Back to Basics

- USE THE BOTTOM OF THE BLACK CAP FROM AN OIL BOTTLE TO LIFT AND REMOVE THE PLASTIC ORIFACE. THIS ALLOWS YOU TO GET EVERY LAST DROP OUT.
- IF YOU HAVE A REACTION TO AN OIL OR ACCIDENTLY APPLY A HOT OIL WITHOUT DILUTING – NEVER WASH IT OFF! WATER AND OILS DO NOT MIX AND THE WATER WILL SPREAD THE OIL. APPLY LAYERS OF A CARRIER OIL AND DAB OR WIPE IT OFF IN THE FIRST INSTANCE. ALWAYS SPOT TEST OILS ON YOUR INNER WRIST – PARTICULARLY FOR CHILDREN AND THE ELDERLY.

DON'T HAVE A DIFFUSER?

- TAKE A SMALL BOWL OR CUP OF HIMALAYAN SALTS AND PUT A FEW DROPS OF ESSENTIAL OIL IN WITH A STIR - YOU NOW HAVE A PASSIVE DIFFUSER.
- POP A DROP OF OIL ON THE CARDBOARD SECTION OF YOUR TOILET ROLL BEFORE YOUR GUESTS ARRIVE FOR A FRESH SMELLING LOO.
- ADD A COUPLE OF DROPS OF YOUR FAVOURITE OIL TO YOUR VACUUM CLEANER BAG OR FILTER AND IT BECOMES A PORTABLE DIFFUSER WHILST YOU CLEAN.
- PLACE LAVA ROCKS ON TOP OF YOUR HOUSE HOLD SUCCULANTS / PLANTS POP SOME OIL INTO THE LAVA ROCKS.

SPILL AN OIL?

- USE A PIPETTE TO SUCK IT BACK UP.
- NO PIPETTE? SPRINKLE SOME BICARB ONTO THE SPILLAGE AND USE IT FOR CLEANING/ PUT IT IN A CONTAINER (PIERCE SOME HOLES IN IT AND PLACE IT IN THE WARDROBE - INSTANT DEHUMIDIFER AND FRESHENS IT UP.
- CONSTIPATED? PLACE A COUPLE OF DROPS OF PEPPERMINT INTO THE TOILET BOWL BEFORE YOU SIT. THE AROMA OPENS EVERYTHING UP ALLOWING FLOW. IN ADDITION TO MASSAGING ZENGEST (FORMALLY DIGESTZEN) CLOCKWISE ON YOUR TUMMY.
- THICK OIL TAKING TOO LONG TO COME OUT? POP IT IN YOUR BRA OR WARM IT IN YOUR HANDS, AS THE OIL WARMS IT WILL THIN OUT MAKING IT EASIER TO POUR.



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UPCYCLE YOUR OLD BOTTLES

- MAKE YOUR FAVOURITE DIFFUSER BLENDS READY TO GO. PUT A SPRAY TOPPER ON THEM (MAKE UP AN AFTER SUN SPRAY / PEPPERMINT COOLING SPRAY / JUJU SPRAY / AIR FRESHENER).
- MAKE YOUR FAVOURITE ROLLER BLENDS AND REPLACE THE ORIFACE WITH A ROLLER BALL.
- USE AN OIL LIKE BALANCE REGULARLY? POP A ROLLER TOP ON THE BOTTLE AND UPCYCLE.
- PLACE A DROP OF PURIFY ON A COTTON BALL/ FELT PAD OR TISSUE AND POP IN THE BOTTOM OF YOUR INSIDE BIN OR STINKY SHOES – ODOURS GONE!
- ADD 1-2 DROPS OF PEPPERMINT ESSENTIAL OIL TO A TUBE OF LIP GLOSS. MIX WELL USING THE LIP GLOSS WAND. APPLY AS NORMAL. THANKS TO THE PEPPERMINT, YOU'RE LIPS WILL FEEL SLIGHTLY TINGLY AND LOOK MORE PLUMP!
- CAREFULLY OPEN THE CARDBOARD SIDES OF A TISSUE BOX. ADD 2 DROPS OF ESSENTIAL OIL TO EACH CARDBOARD FLAP OF THE TISSUE BOX. CLOSE THE FLAPS AND TAPE SHUT. THIS WILL INFUSE ALL THE TISSUES WITH THE SCENT (AND THERAPEUTIC BENEFITS) OF THE ESSENTIAL OIL.
- SIMPLY MICROWAVE A BOWL WITH ABOUT A CUP OF WATER AND 5 DROPS OF LEMON ESSENTIAL OIL FOR ABOUT 3 MINUTES. REMOVE THE BOWL AND WIPE OUT THE WALLS OF THE MICROWAVE.
- CREATE YOUR OWN FABRIC SOFTENER BY FILLING A GLASS BOTTLE OR JAR (ABOUT 1LTR) WITH WHITE VINEGAR AND 20-30 DROPS OF YOUR FAVOURITE ESSENTIAL OIL. OR ONCE YOU HAVE FINISHED AN OIL PUT THE WHOLE BOTTLE INTO THE VINEGAR, THIS WILL INFUSE THE VINEGAR AND CLEAN THE BOTTLE.
- GET YOURSELF SOME WOOL DRYER BALLS AND SAY GOODBYE TO CHEMICAL FILLED DRYER SHEETS FOR GOOD. PUT YOUR FAVORITE ESSENTIAL OIL ON THE DRYER BALLS TO SCENT YOUR LAUNDRY.
- PLACE A COUPLE OF DROPS OF TEA TREE INTO YOUR VASE OF FLOWERS – IT WILL PREVENT THE WATER FROM TURNING YELLOW, PREVENT ANY ODOUR FROM THE WATER AND KEEP YOUR FLOWERS ALIVE FOR SEVERAL EXTRA DAYS.
- CRYING WHEN CUTTING ONIONS? OPEN YOUR BOTTLE OF OILGUARD, PLACE IT INFRONT OF YOUR BOARD AND CONTINUE TO SLICE AND DICE WHILST INHALING THE AROMA.



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- APPLY EASY AIR TO YOUR BIG TOES, 30MINUTES PIROR TO GOING TO BED AND THEN ONCE SNUGLING IN TO ASSIST IN MINIMISING SNORING.
- ENJOY A WARM BEVERAGE? JAZZ IT UP WITH YOUR OILS: LEMON/PEPPERMINT/LAVENDER/ TURMERIC TO YOUR TEA CINNAMON / VANILLA/ WILD ORANGE/ PEPPERMINT IN YOUR CACAO OR COFFEE.
- PUT SOME ONGUARD ON A COTTON TIP AND APPLY IT NEAT TO SUPPORT COLD SORES HEALING.
- OPEN YOUR HEART CHAKRA WITH ROSE OIL. APPLY OVER YOUR HEART MERIDIAN AND UP THE INSIDE OF YOUR ARM DURING MEDITATION.
- ROLL DDR PRIME® & OR PINK PEPPER DOWN TOUR SPINE DAILY TO HELP PROMOTE CELLULAR HEALTH.
- ADD COPAIBA TO YOUR FACIAL TONER TO AID TIGHTENING OF YOUR PORES.
- APPLY DILUTED CLOVE OIL TO YOUR SPLINTER, LEAVE FOR 2-3 HOURS COVERD WITH A BANDAID, THE SKIN WILL SOFTEN AND MAKE IT EASIER FOR THE SPLINTER TO BE EXTRACTED.
- PLACE A SMALL CONTAINER OF BICARB SODA AND SOME LEMON ESSENTIAL OIL IN YOUR FRIDGE TO KEEP IT SMELLING FRESH.
- APPLY TEA TREE TO NEW EARRINGS TO AVOID INFECTION.
- USE THE VERAGE TONER AS A MAKE UP SETTING SPRAY.
- USE ARROWROOT & CACAO POWER TO MAKE A DIY DRY SHAMPOO.
- APPLY FCO TO A COTTON PAD AND USE AS A MAKE UP REMOVER.
- DO YOU KNOW HOW HARD IT IS TO GET THOSE TINY RUBBER BANDS OUT OF HAIR? I HAVE FOUND THAT A LITTLE BIT OF LAVENDER OIL MAKES THIS EASY! PUT A COUPLE OF DROPS OF LAVENDER OIL ON YOUR FINGERS, RUB GENTLY ON THE BAND, AND WATCH IT POP RIGHT OFF! LAVENDER IS ALSO GREAT FOR HAIR!

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

