



# SUNLEAF

AROMATHERAPY BLENDS

100% Pure Essential Oils

## { RECIPES *for your body* }

### **Exfoliating Sugar Scrub** *with Honey*

- 1 tbsp conditioning plant oil\*
- 6-8 drops SunLeaf Aromatherapy Blend
- ½ cup organic sugar
- 1 tablespoon honey

Mix ingredients together. Use with a soft washcloth to exfoliate and soften skin. Rinse.

**We Suggest:** *Orange Ginger and Amyris Bergamot*

### **Relaxing Bath Soak**

- 1 tsp conditioning plant oil\*
- 4-6 drops Sunleaf Aromatherapy Blend
- 1/4 cup Epsom salts or coarse sea salt

Mix oils together and pour over salts. Add mixture to a warm bath. Enjoy.

**We Suggest:** *ClarySage Lavender or Rosy Geranium*

### **\*CONDITIONING PLANT OIL OPTIONS**

*Almond | Avocado | Grapeseed | Jojoba | Olive | Sunflower | Safflower*



## Exfoliating Peppermint Foot Scrub

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*2 tbsp green clay powder*

*2 tsp baking soda*

*1 tbsp conditioning plant oil \**

*10 drops of SunLeaf Aromatherapy Blend, Cedar Mint*

Mix all ingredients and apply as a mask to feet – careful, feet will be slippery! Scrub with loofah or soft brush. Rinse well and pat dry. Helps soften heels and condition feet.

## Aromatherapy Massage Oil

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*1/2 cup almond, apricot or grapeseed oil*

*6-8 drops of SunLeaf Aromatherapy Blend*

**We Suggest:** *Clarysage Lavender - soothing, Cedar Mint - cooling, Rosy Geranium - rejuvenating*

## Effervescent Bath Bombs Seltzers

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*1 cup baking soda*

*½ cup citric acid (found naturally in citrus / available in grocery stores)*

*½ cup epsom salt*

*2 teaspoons olive oil*

*3 teaspoons of water*

*SunLeaf Aromatherapy Blend, (15-20 drops)*

*Dried herbs to decorate the top of the bath bomb*

*Muffin tins, greased using olive oil*

Combine baking soda, citric acid, epsom salt, and mix well. In a separate bowl combine the olive oil, water, SunLeaf essential oils.

Add the dry ingredients to the wet mixture and quickly mix well. Mixture should hold together when squeezed without crumbling. Add a little more water if needed. Quickly push mix firmly into greased muffin tins. Add dried herbs (optional). As it expands, you can push mix down into mold while drying.

Allow bath bombs to harden for 24-48 hours and store in airtight container and use within 2 weeks. Drop in a bath and enjoy!



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