

■ Wellness & Light Essential Oil Recipes

Food & Drink Recipes

■ Always use food-safe essential oils. For strong flavours (Lemongrass, Bergamot, On Guard), start with the toothpick method.

Everyday ■

- Sparkling Citrus Water (Lemon, Lime, Grapefruit)
- Citrus Vinaigrette (Lemon, Lime, Bergamot + honey & olive oil)
- Chicken or Fish Marinade (Lime + Lemongrass)
- Guacamole (Lime oil)
- Smoothies (Clementine + Mango / Lemon + Berries)
- Citrus Cupcakes with Light Glaze (Lemon or Clementine)
- Herbal Tea Infusions (Peppermint + Lemon or Lemongrass)
- Energy Bites (Dates, oats, coconut + Clementine)
- Sorbet (Lemon or Grapefruit)

■ Autumn

- Spiced Apple Cider (Lemon or Bergamot)
- Pumpkin Bread (Tangerine)
- Roasted Root Vegetables (Maple + White Grapefruit)
- Butternut Squash Soup (Lime + Lemongrass)
- Baked Pears with Honey & Nutmeg (Clementine)
- Autumn Granola (Pecans, dried apple + Lemon)

■ Festive

- Cranberry & Clementine Punch
- Festive Shortbread with Lemon Glaze
- Mulled Wine or Mocktail (On Guard + Clementine)
- Chocolate Truffles (Bergamot)

Cleaning Recipes

■ Use glass spray bottles where possible. Shake before each use. These recipes are safe, effective, and eco-friendly.

Everyday ■

- All-Purpose Spray (Water, vinegar, Lemon + Wild Orange)
- Glass Cleaner (Water, vinegar, Lemon or Lime)
- Surface Scrub (Baking soda, Lemon + Lime)
- Floor Cleaner (Bucket of hot water + White Grapefruit)
- Laundry Freshener (Wool dryer balls + Wild Orange or Lemon)
- Bin Deodoriser Tabs (Baking soda + Lemongrass)
- Toilet Freshener Bombs (Citric acid, bicarb, Lemon + On Guard)
- Kitchen Degreaser (Vinegar, Lemon + On Guard)

■ Autumn

- Wood Polish (Olive oil + Lemon, optional drop of On Guard)
- Carpet Refresher (Baking soda + Wild Orange)
- Seasonal Surface Spray (Water, vinegar, Clementine + Cinnamon bark)
- Cozy Room Spray (Lime + Clove)
- Wardrobe Freshener Sachets (Cotton bags + Grapefruit)

■ Festive

- Holiday Counter Spray (On Guard + Clementine in vinegar solution)
- Festive Diffuser Blend for Air Cleaning (Wild Orange + On Guard + Clove)
- Christmas Linen Spray (Lemon + Bergamot + Frankincense)

Beauty & Self-Care Recipes

■ Use a carrier oil (fractionated coconut, jojoba, almond) for all skin recipes. Always patch-test first.

Everyday ■

- Lemon Sugar Scrub (Coconut oil + sugar + Lemon)
- Citrus Lip Balm (Beeswax, shea butter, coconut oil + Wild Orange)
- Soothing Bath Soak (Epsom salts + Bergamot or Lemon)
- Facial Steam (Hot water bowl + Lemon + Grapefruit)
- Hair Shine Rinse (Water + apple cider vinegar + Lemon)
- Hand Cream Boost (Unscented cream + Tangerine)
- Deodorant Balm (Coconut oil, bicarb + Lemongrass)
- Citrus Roller Blend (Coconut oil + Grapefruit & Bergamot)

■ Autumn

- Pumpkin Spice Lip Scrub (Sugar, honey + Wild Orange + Cinnamon)
- Spiced Foot Soak (Epsom salts + Lemon + On Guard)
- Autumn Glow Face Mask (Oats, honey + Lemon)
- Cozy Body Butter (Shea butter + Coconut oil + Clementine)
- Seasonal Hair Oil (Jojoba + Bergamot)

■ Festive

- Holiday Bath Salts (Epsom salts + Wild Orange + On Guard)
- Festive Lip Balm (Beeswax, coconut oil + Clementine)
- Christmas Glow Serum (Rosehip oil + Bergamot + Frankincense)