



Lavender is one of Young Living's most versatile oils. It is often called the "Swiss Army Knife" of oils.

I've used it for everything from burns & scabs to sleep creams to allergy relief and even use it in my mascara!



Stop the Snot

A favorite recipe of our very own Lisa Runkel, this combo is sure to help you out throughout the year. Drippy nose in the fall? Got it. Cold air making for a sniffly morning? No problem. Blooming spring an issue? This will have you covered. Ragweed overload? Problem solved.

Combine into a roller: 20 Drops Lavender, Thieves, RC, Oregano, and Carrier Oil. Roll on back of the ears, wrists, and even just take a big 'ol whiff. That snot will stop in no time.

Sleepytime

It's no secret that lavender promotes relaxation. Relaxation is exactly what the Doctor calls for when falling into you bed in evening hours. You brain is too full, you hear the tick-tock of the clock, your feet cannot stop wiggling. Give one of these combos a try in your diffuser.. Equal amounts lavender and cedarwood.

Equal amounts lavender, cedarwood, and vetiver.

Equal amounts lavender, stress away, and copaiba

Fabric Softener

2 C. Cupson Salts

½ C. Baking Soda

20-30 Drops of Lavender Oil

Add oils drops to Epsom salts. Mix and add baking soda. Throw a couple tablespoons into each load. =

Rashes & Burns

Add lavender neat (no diultion) to a burn from the stove or curling iron. Have a rash? Add 2-3 drops of lavender to ease the itch and promote healing.

Diaper Rash Cream

A wonderful gift for new parents - all natural diaper rash cream infused with essential oils that soothe and promote healing. Melt together 1/4 C. Shea Butter, 1/4 C. Coconut Oil, and 1 T. Beeswax in double boiler. Allow to cool and add 10 Drops of Lavender, Melrose, Frankincense, and Gentle Baby.

Bite Relief

Bugs got you down? In a roller mix 8 drops purification, lavender, and peppermint. Roll on itchy bites for relief!



Add a drop of lavender and cedarwood to your new tube of mascara for a boost in lash growth and health! (Not to mention the great smells in the morning:))

Liquid Ambien

In a roller bottle mix together: 20 drops of Lavender, Copaiba, Cedarwood, Orange, Vetiver, Frankincense, Ylang Ylang, and Carrier Oil.

Rub on your wrists, feet, and behind ears. Rub onto hands and smooth pillows and blankets.

Sun Goddess Relief

While I love the sun...the sun doesn't always love me. Use these two recipes to help find relief from those beautiful rays!

Sunburn Relief Gel (For 'crispy' skin)

1/2 C. Pure Aloe Vera Gel. 10 Drops Lavender, 5 Drops Copaiba and Peppermint. Store in mason jar.

Sun Relief Spray (For 'hot' skin)

1/2 C. Witch Hazel, 2 T. Pure Aloe Vera Gel, 10 Drops lavender, and Peppermint. Store in spray bottle

#oilforthat