

Do-it-Yourself Supplies

AbundantHealth4u.com

DiscoverLSP.com

BulkApothecary.com

Amazon.com

<https://eo.tools>

Tips

- Always use glass or stainless steel containers
- When necessary, high grade plastics can be used when essential oils are diluted (High Density Polyethylene, HDPE, #1PETE, #2 or thick food grade plastics)
 - When shopping for carrier oils, choose organic and cold-pressed
- Cold-pressed organic coconut oil is awesome for creams and rubs, but keep in mind that it returns to a solid-state at 75 degrees and above. If you were wanting to use it in liquid form, choose fractionated coconut oil that never hardens
- NATURAL Vitamin E oil is listed as d-alpha tocopherol, d-alpha tocopheryl acetate, or d-alpha tocopheryl succinate in ingredient lists. In contrast, synthetic forms of vitamin E are labeled with a dl- prefix
- Save your empty Young Living bottles for future DIY projects, roll-ons etc.

