

# UPCYCLE LABELS RECIPES

## FIRST AID

- 5 drops Lavender
- 5 drops Frankincense
- 5 drops Melaleuca

Fill with water or FCO

– or –

- 10 drops Frankincense
- 5 drops Myrrh

Fill with water or FCO

## CLEAN HANDS

- 10 drops On Guard
- 10 drops Lemon

Fill with vodka or water

– or –

- 10-15 drops Purify

Fill with vodka or water

## DETANGLER

1 “dime-sized” squirt of dōTERRA’s Smoothing Conditioner plus

- 5 drops Rosemary
- 5 drops Melaleuca

Fill with water

– or –

Conditioner plus

- 5 drops Geranium
- 5 drops Rosemary

## HAIR SPRAY

Add 1 teaspoon sugar

- 5 drops Lavender
- 5 drops Rosemary

Fill with water

– or –

Add 1 teaspoon sugar

- 5 drops Melaleuca

Fill with water

## SOOTHE THE THROAT

- 1 drop Sandalwood
- 1 drop Myrrh
- 2 drops Frankincense
- 2 drops Cinnamon
- 5 drops Lemon
- 2 drops Melaleuca
- 1 drop Thyme
- 1 drop Clove

Fill with water

– or –

- 5 drops On Guard
- 5 drops Lemon
- 2 drops Myrrh
- 2 drops Frankincense

## SIGNATURE SCENT

- 3 drops Citrus Bliss
- 3 drops Wild Orange
- 3 drops Serenity
- 3 drops Lavender

Fill with water

– or –

- 5 drops Ylang Ylang
- 5 drops Sandalwood
- 3 drops Grapefruit

Fill with water

## AFTER SUN CARE

- 10 drops Lavender
- 5 drops Frankincense
- 5 drops Peppermint

Fill with water

– or –

- 15 drops Lavender
- 5 drops Peppermint

Fill with water

## NO MORE STAINS

- 15 drops Purify

Fill with water

– or –

1 teaspoon On Guard Concentrate

Fill with water

## FRESH BREATH

- 5 drops Lemon
- 2 drops Peppermint
- 2 drops Spearmint

Fill with water

– or –

- 5 drops Peppermint
- 5 drops Wild Orange

Fill with water

## AIR FRESHENER

- 10 drops Holiday Joy
- 10 drops Cheer

Fill with water

– or –

- 10 drops Peppermint
- 10 drops Wild Orange

Fill with 1/2 water and 1/2 vodka