

## Printing Instructions:

1. Insert cardstock in your printer.
2. Select the last two pages of this PDF and Print double sided.
3. Cut on the dotted lines using scissors or a cutting board.
4. Make sure to cut excess white areas around the boarder of each card.



*essential oils*  
and personal care

Host: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_



*essential oils*  
and personal care

Host: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_



*essential oils*  
and personal care

Host: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_



*essential oils*  
and personal care

Host: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_





# essential oil bath salts

### YOU WILL NEED

- 2 cups Epsom salt
- Natural dyes (optional)
- 10 drops essential oil of choice

### TO MAKE

- Mix all ingredients in medium size bowl.
- Add ¼ cup of salt to warm bath water.

### Recommended dōTERRA Essential Oils:

- |                   |                   |
|-------------------|-------------------|
| <i>Relaxing</i>   | <i>Uplifting</i>  |
| Lavender          | dōTERRA Cheer®    |
| Roman Chamomile   | Citrus Bliss®     |
| Sandalwood        | Elevation®        |
| Vetiver           | Grapefruit        |
| Blue Tansy        | Lemon             |
| Cedarwood         | Lime              |
| dōTERRA Serenity® | dōTERRA Motivate® |
| dōTERRA Balance   | Spearmint         |
| Copaiba           | Ylang Ylang       |



# essential oil bath salts

### YOU WILL NEED

- 2 cups Epsom salt
- Natural dyes (optional)
- 10 drops essential oil of choice

### TO MAKE

- Mix all ingredients in medium size bowl.
- Add ¼ cup of salt to warm bath water.

### Recommended dōTERRA Essential Oils:

- |                   |                   |
|-------------------|-------------------|
| <i>Relaxing</i>   | <i>Uplifting</i>  |
| Lavender          | dōTERRA Cheer®    |
| Roman Chamomile   | Citrus Bliss®     |
| Sandalwood        | Elevation®        |
| Vetiver           | Grapefruit        |
| Blue Tansy        | Lemon             |
| Cedarwood         | Lime              |
| dōTERRA Serenity® | dōTERRA Motivate® |
| dōTERRA Balance   | Spearmint         |
| Copaiba           | Ylang Ylang       |



# essential oil bath salts

### YOU WILL NEED

- 2 cups Epsom salt
- Natural dyes (optional)
- 10 drops essential oil of choice

### TO MAKE

- Mix all ingredients in medium size bowl.
- Add ¼ cup of salt to warm bath water.

### Recommended dōTERRA Essential Oils:

- |                   |                   |
|-------------------|-------------------|
| <i>Relaxing</i>   | <i>Uplifting</i>  |
| Lavender          | dōTERRA Cheer®    |
| Roman Chamomile   | Citrus Bliss®     |
| Sandalwood        | Elevation®        |
| Vetiver           | Grapefruit        |
| Blue Tansy        | Lemon             |
| Cedarwood         | Lime              |
| dōTERRA Serenity® | dōTERRA Motivate® |
| dōTERRA Balance   | Spearmint         |
| Copaiba           | Ylang Ylang       |



# essential oil bath salts

### YOU WILL NEED

- 2 cups Epsom salt
- Natural dyes (optional)
- 10 drops essential oil of choice

### TO MAKE

- Mix all ingredients in medium size bowl.
- Add ¼ cup of salt to warm bath water.

### Recommended dōTERRA Essential Oils:

- |                   |                   |
|-------------------|-------------------|
| <i>Relaxing</i>   | <i>Uplifting</i>  |
| Lavender          | dōTERRA Cheer®    |
| Roman Chamomile   | Citrus Bliss®     |
| Sandalwood        | Elevation®        |
| Vetiver           | Grapefruit        |
| Blue Tansy        | Lemon             |
| Cedarwood         | Lime              |
| dōTERRA Serenity® | dōTERRA Motivate® |
| dōTERRA Balance   | Spearmint         |
| Copaiba           | Ylang Ylang       |

