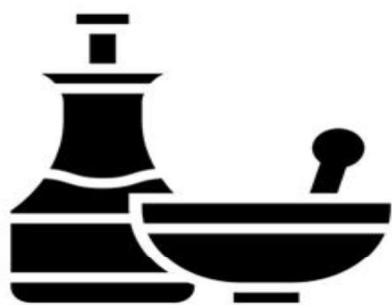




THE APOTHEQUEERY

A GAY MAN'S GUIDE TO ESSENTIAL OILS & HOW TO USE THEM



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CONTENTS

Oil Essentials

*Bergamot
Cedarwood
Cinnamon
Citronella
CLove
Copaiba Balsam
Eucalyptus
Fir Needle
Frankincense
Geranium
Grapefruit
Lavender
Lemon
Lemongrass
Lime
Orange
Oregano
Patchouli
Peppermint
Rosemary
Sage
Sandalwood
Spearmint
Tea Tree
Thyme
Ylang Ylang*

Rollers

*Custom Blends
Focus Blend
Prostate Health
Ballgame Serum
Members Only Serum
Eczema Relief Serum
Burn Relief Serum
Anti-aging Serum
Seasonal Allergy Serum
Lip Gloss
Lip Plumper*

CONTENTS

Household

*Lemon Water
General Cleaner
Sanitizing Spray
Glass Cleaner
Dusting Spray
Daily Shower Spray
Toilet Fizzers
Bathtub Paste
Liquid Stain Remover
Room Spray
Insect Spray
Grill Cleaner
Tire Cleaner
Car Interior Cleaner
Tool Cleaner*

Bath and Body

*Body wash
Shampoo
Deep Conditioner
Coffee Scrub
Facial Mist
Facial Toner
Facial Wash
After Shower Spray
Deodorant
Mouthwash
Toothpaste
Lip Balm
Hair Putty
Body Butter
Moisturizer
Nighttime Moisturizer
Sunscreen
Sprayable Sunscreen
Sore Muscle Rub
Tired Muscle Bath Blend
Toenail Serum
Hemorrhoid Pads
Athlete's Foot Spray
Jock Itch Serum*

Acknowledgements

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THE APOTHEQUEERY

WELCOME

For me, this book has been a long time coming. Over the last 20 years, I have been collecting knowledge I feel is being lost. Basic knowledge has given way to big box convenience. From growing my own food and learning to making cheese, to reducing my carbon footprint and starting down a sustainable path, I have come to appreciate knowledge in a different way. Now, it is time to start passing that information along to you, in an easy to use card system that will literally put this information at the tip of your fingers.

Essential oils have found their way into my home. This edition (more to come!) focuses on essential oils and their uses around my home. I have been able to eliminate the need to shop for cleaning supplies or bath and body products, by keeping a few base ingredients in my apothecary at home.

The first section of this book contains information about each of the essential oils that I currently use regularly. These cards are full of information I wish I had when I was starting off on this journey.

Following that is a section of aroma blends for use in rollers or inhalers. I took some time and designed each blend to hopefully leave a lasting impression, relax you in the right way, or to set the mood the way only a gay man can.

Then you will find recipes for the home and for the self that I use on a regular basis. Whether you are looking to clean the counter tops or clean your pores, there is a recipe that I am sure you will love. I hope this collection of cards will become a welcome edition to your apothecary.



THE APOTHECARY

OIL ESSENTIALS

- Bergamot
- Cedarwood
- Cinnamon
- Citronella
- Clove
- Copaiba Balsam
- Eucalyptus
- Fir Needle
- Frankincense
- Geranium
- Grapefruit
- Lavender
- Lemon
- Lemongrass
- Lime
- Orange
- Oregano
- Patchouli
- Peppermint
- Rosemary
- Sage
- Sandalwood
- Spearmint
- Tea Tree
- Thyme
- Ylang Ylang



OIL ESSENTIALS

This section contains information cards for the 26 essential oils that I currently use and keep in stock in my apothecary. I tried to include as much information per card as possible to put the greatest amount of information at the tip of your fingers. While each card is filled with information, I simply could not fit everything there is to know about each oil. Please do your own additional research so that you can fully understand the essential oils that you are working with and the benefits that each one can bring to the table.

If you are a creative type who likes to create their own blends, you will find helpful information listed. Some oils mix well with almost anything, while some may be better used alone. I have included the note level of each oil so you will be able to sort out your aroma levels. I have also included other oils that it may blend well with that particular oil. I took the guess work out so you can easily use these as suggestions to create your own custom blends.

Along with the scent characteristics, aroma family, and note, you will find several icons representing the season in which the oil may be best suited for use, based on the properties of the oil. There is also a special considerations box with icons representing a wide range of things that may require more investigation on your part. Certain essential oils can be toxic to pest, may cause interactions with medications, or may react negatively in direct sunlight. It is important to know these special considerations and how using these oils may positively (or negatively) affect your health. ALWAYS speak to your doctor before starting any kind of health regimen.



THE APOTHECARY



OIL ESSENTIALS

Suggest which season
is best for use:

Winter ❄️

Spring 🌸

Summer ☀️

Fall 🍂

BERGAMOT
Citrus, Fruity, Warm and Spicy, Focal

Aroma family: Citrus
Medium Note



Uses:

- Mental Health
- Mental Clarity
- Anxiety
- Skin Health
- Muscle Tension

Blends well with:

1. Sage
2. Eucalyptus
3. Frankincense
4. Lavender
5. Citrus oils
6. Patchouli
7. Rosemary
8. Sandalwood
9. Tea Tree
10. Thyme

Considerations

⚠️ 🐾

Suggests any issues or considerations:

⚠️ Dilute Oil

☀️ Photosensitivity

💊 Medication Interactions

👶 Kids

🐾 Pets

BERGAMOT

Citrus, Fruity, Warm and Spicy, Floral



AROMA FAMILY:
CITRUS

Medium Note



Uses:

- Mental Health
- Mental Clarity
- Anxiety
- Skin Health
- Muscle Tension

Blends well with:

- | | |
|-----------------|---------------|
| 1. Sage | 8. Sandalwood |
| 2. Eucalyptus | 9. Tea Tree |
| 3. Frankincense | 10. Thyme |
| 4. Lavender | |
| 5. Citrus oils | |
| 6. Patchouli | |
| 7. Rosemary | |

Considerations



CEDARWOOD

Balsamic, Smoky, Sweet, Tar-like



AROMA FAMILY:
WOODY

Base Note

Uses:

- Products for Men
- Deodorize
- Prevent Mildew
- Improve Cerebral Activity
- Mental Clarity
- Stress
- Concentration
- Insect Repellent

Blends well with:

1. Sage
2. Cinnamon
3. Clove
4. Fir
5. Frankincense
6. Patchouli



THE APOTHEQUARY

Considerations



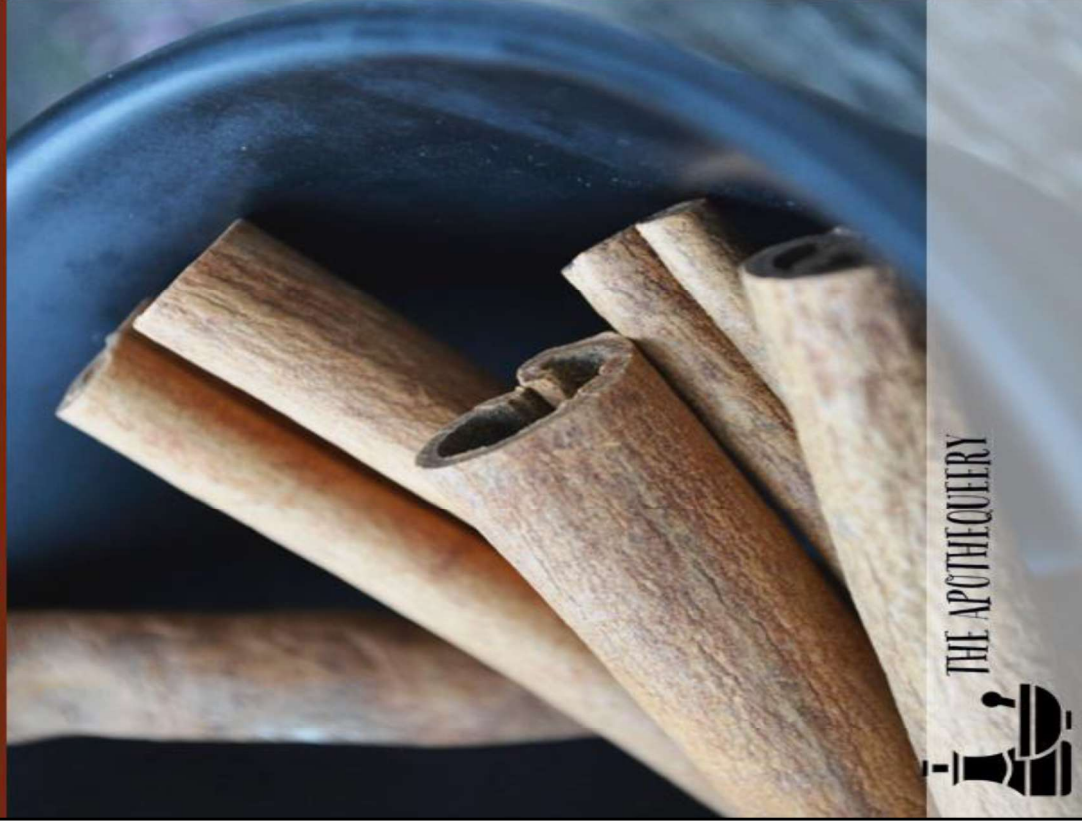
CINNAMON

Warm, Spicy, Sweet, Powerful



AROMA FAMILY:
SPICY

Middle Note



Uses:

- Products for Men
- Stimulate Circulation
- Aid Digestion
- Immune System Support
- Infections
- Reduce Stress
- Relieve Pain

Blends well with:

- 1.Sage
- 2.Cedarwood
- 3.Clove
- 4.Fir
- 5.Frankincense
- 6.Patchouli
- 7.Orange
- 8.Rosemary
- 9.Sandalwood

Considerations



CITRONELLA

Sweet, Lemony, Grassy, Woody



AROMA FAMILY:
HERBAL

Top Note

Uses:

- Insect Repellent
- Antifungal
- Parasites
- Wound Care
- Lift Mood
- Fight Fatigue

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Clove
5. Eucalyptus
6. Geranium
7. Lavender
8. Lemon
9. Lemongrass
10. Lime
11. Orange
12. Rosemary
13. Sage



THE APOTHECARY

Considerations



CLOVE

Warm, Spicy, Sweet, Rich



AROMA FAMILY:
SPICY

Middle Note

Uses:

- Products for Men
- Aid Digestion
- Infections
- Cleaning
- Relieve Pain

Blends well with:

- 1.Cinnamon
- 2.Bergamot
- 3.Geranium
- 4.Grapefruit
- 5.Lavender
- 6.Lemon
- 7.Orange
- 8.Oregano
- 9.Rosemary
- 10.Thyme

Considerations



THE APOTHECARY

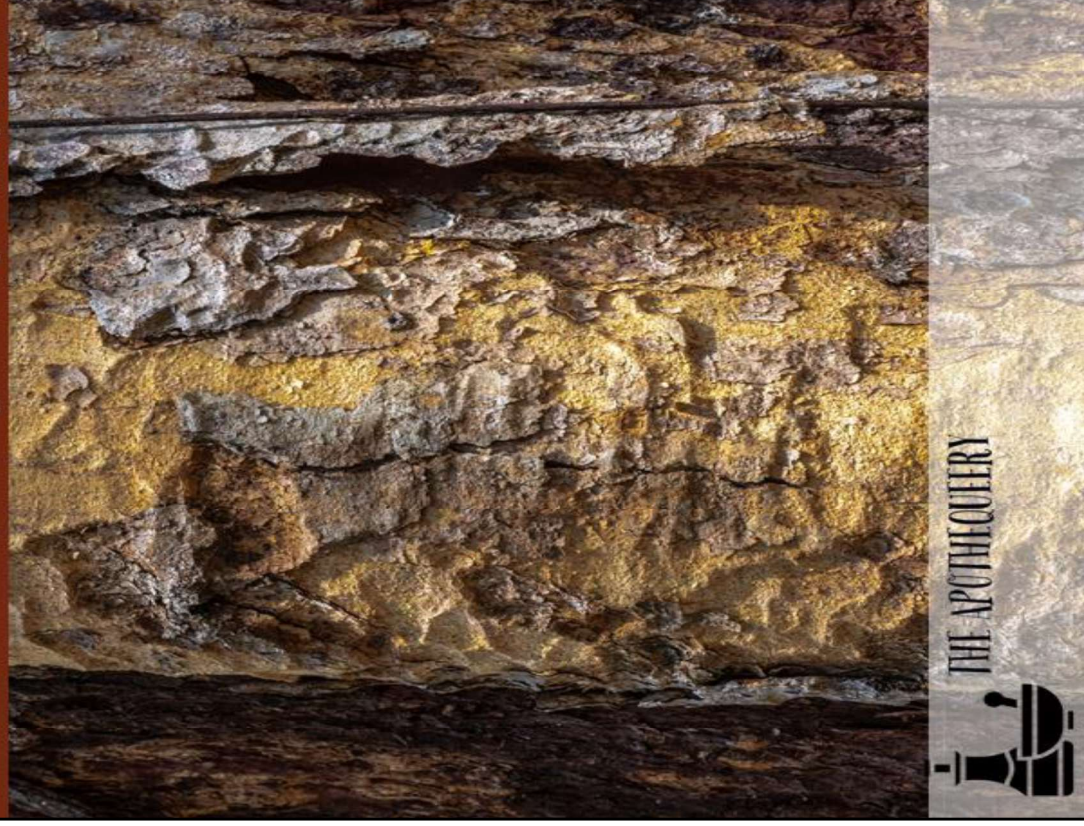
COPAIBA BALSAM

Sweet, Mild, Soft Woody, Slightly Peppery



AROMA FAMILY:
BALSAMIC, WOODY

Middle/Base Note



THE APOTHECARY

Uses:

- Anti-inflammatory
- Wound Care
- Pain Relief
- Infections
- Products for Men
- Aphrodisiac

Blends well with:

1. Cedarwood
2. Clove
3. Frankincense
4. Geranium
5. Lavender
6. Lemon
7. Patchouli
8. Sandalwood
9. Thyme

Considerations



EUCALYPTUS

Subtle Citrus, Slightly Peppery, Refreshing



AROMA FAMILY:
HERBAL

Middle Note

Uses:

- Antifungal
 - Candida Issues
 - Cuts/Wound Care
 - Viral Infections
 - Bacterial Infections
 - Cleaning
- Disinfecting
 - Ear Infections
 - Bug Repellent

Blends well with:

1. Cedarwood
2. Clove
3. Frankincense
4. Geranium
5. Lavender
6. Lemon
7. Patchouli
8. Sandalwood
9. Thyme

Considerations



THE APOTHECARY

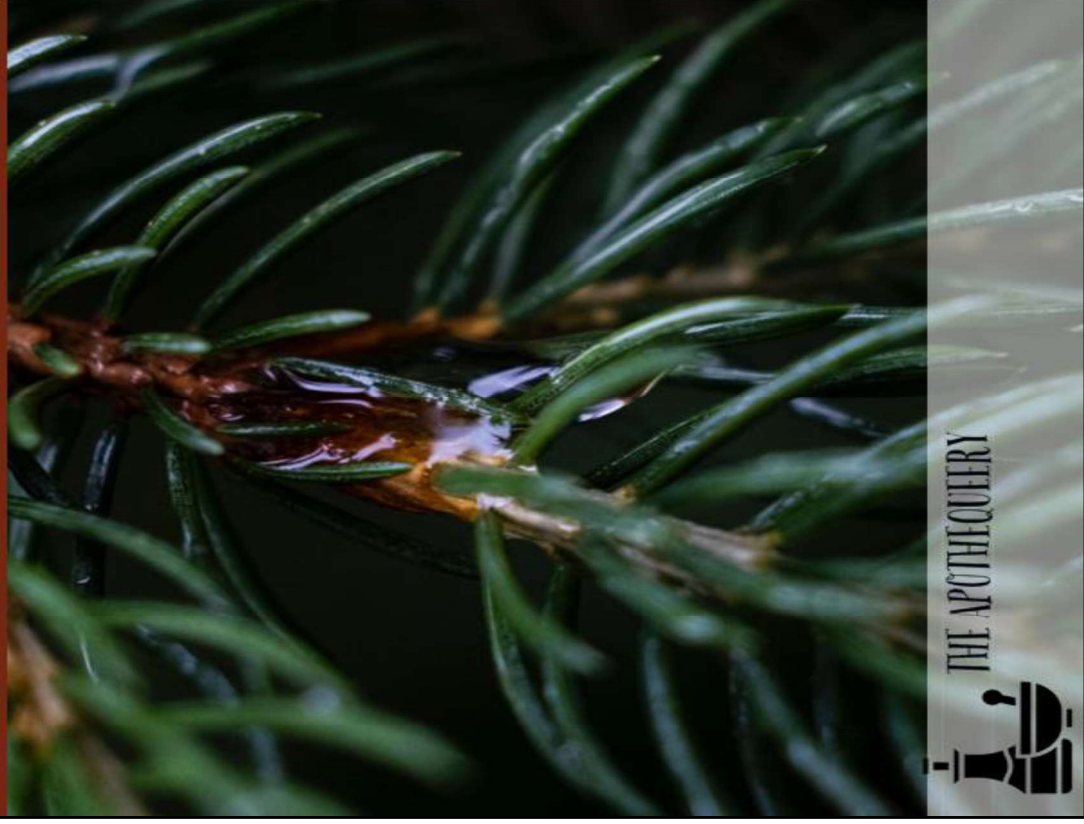
FIR NEEDLE

Green, Coniferous, Woody, Fruity



AROMA FAMILY:
CONIFER, BALSAMIC

Top/Middle Note



THE APOTHECARY

Uses:

- Respiratory Support
- Congestion
- Seasonal Allergies
- Pollen
- Pain Relief
- Fatigue
- Arthritis
- Sore Throat

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Eucalyptus
5. Frankincense
6. Lavender
7. Lemon
8. Lime
9. Orange
10. Patchouli
11. Thyme

Considerations



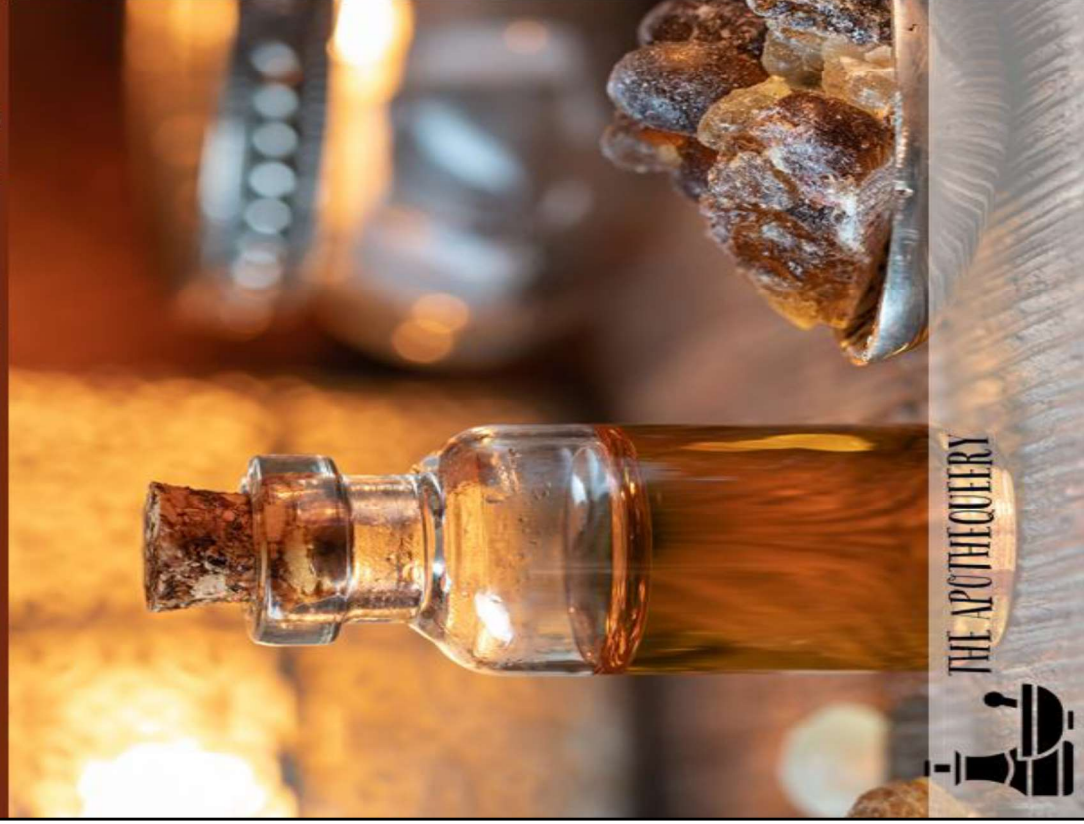
FRANKINCENSE

Fresh, Warm, Resinous, Coniferous, Peppery



AROMA FAMILY:
RESINOUS, WOODY

Base Note



THE APOTHECARY



Uses:

- Immune System Support
- Cellular Health
- Wrinkles
- Scars
- Depression

- Autoimmune Disorders
- Muscle Pain
- Headaches

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Clove
5. Geranium
6. Lavender
7. Lemon
8. Patchouli
9. Sage
10. Sandalwood
11. Thyme

Considerations



GERANIUM

Floral, Green, Rosy



*AROMA FAMILY:
FLORAL*

Middle Note

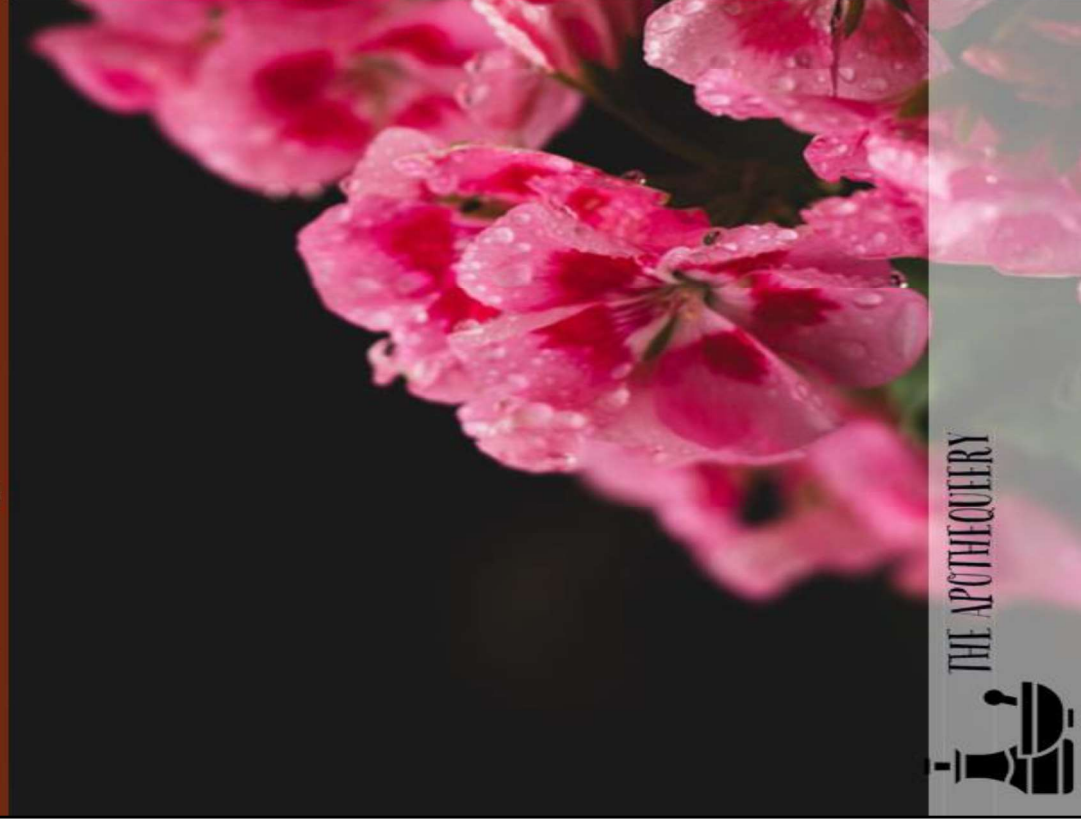
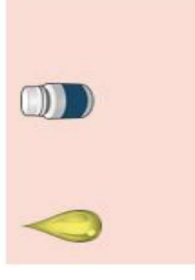
Uses:

- Anti-inflammatory
- Antiseptic
- Enhance Circulation
- Reduce Blood Pressure
- Pain
- Immune System Support

Blends well with:

- | | |
|-----------------|----------------|
| 1. Bergamot | 8. Lemon |
| 2. Citrus Oils | 9. Orange |
| 3. Cinnamon | 10. Patchouli |
| 4. Citronella | 11. Peppermint |
| 5. Frankincense | |
| 6. Grapefruit | |
| 7. Lavender | |

Considerations



THE APOTHECARY

GRAPEFRUIT

Citrus, Slightly Sweet, Sour



AROMA FAMILY:
CITRUS

Top Note



THE APOTHECARY

Uses:

- Suppress Appetite
- Promote Weight Loss
- Balance Mood
- Antibacterial
- Antimicrobial
- Cleaning
- Reduce Stress
- Reduce Blood Pressure
- Treat Acne

Blends well with:

1. Bergamot
2. Cinnamon
3. Citrus Oils
4. Clove
5. Frankincense
6. Geranium
7. Lavender
8. Lemon
9. Patchouli
10. Peppermint
11. Rosemary

Considerations



LAVENDER

Fresh, Floral, Green, Slightly Woody



AROMA FAMILY:
FLORAL

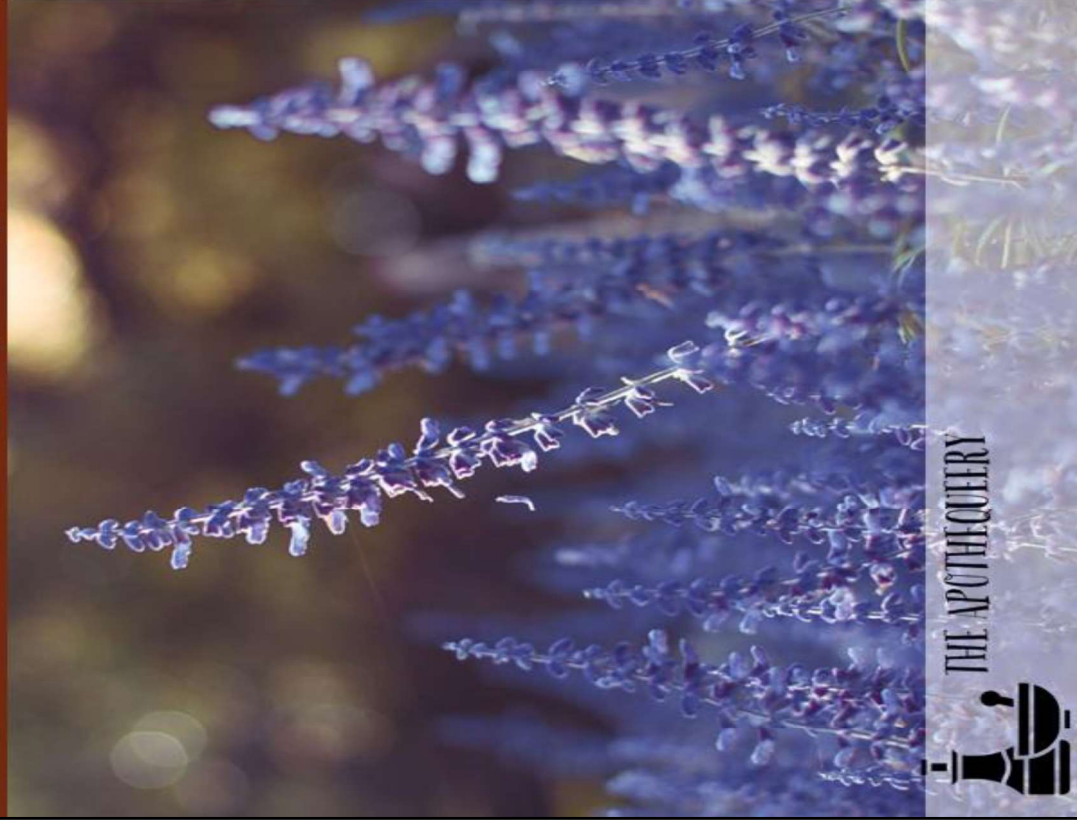
Top/Middle Note

Uses:

- Aids Sleep
- Relaxation
- Reduce Stress
- Reduce Anxiety
- Burns
- Scars
- Calming Mood
- Cuts
- Bug Bites

Blends well with:

1. Bergamot
 2. Citrus Oils
 3. Cedarwood
 4. Citronella
 5. Clove
 6. Frankincense
 7. Geranium
 8. Lemon
 9. Patchouli
 10. Rosemary
 11. Sandalwood
 12. Thyme
- Considerations



THE APOTHECARY



LEMON

Intense Citrus



AROMA FAMILY:
CITRUS

Top Note



Uses:

- Kidney Cleanse
- Liver Cleanse
- Runny Nose
- Allergies
- Disinfectant
- Cleaner
- Degreaser
- Some Bugs

Blends well with:

1. Bergamot
2. Citrus Oils
3. Frankincense
4. Geranium
5. Patchouli
6. Rosemary
7. Sage
8. Sandalwood

Considerations



THE APOTHECARY



LEMONGRASS

Fresh, Lemony, Grassy



AROMA FAMILY:
HERBAL

Top Note



Uses:

- Anti Bacterial
- Anti Fungal
- Anti Inflammatory
- Anti Oxidant
- Reduce Cholesterol

- Regulate Blood Sugar
- Nausea

Blends well with:

1. Bergamot
2. Citrus Oils
3. Geranium
4. Lavender
5. Patchouli
6. Rosemary
7. Tea Tree
8. Thyme

Considerations



THE APOTHECARY



LIME

Fresh, Citrusy



*AROMA FAMILY:
CITRUS*

Top Note



THE APOTHECARY

Uses:

- Wound Care
- Cold/Flu
- Toothache
- Acne
- Support Digestion

- Support Lung Function
- Boost Immune System

Blends well with:

1. Bergamot
2. Citrus Oils
3. Citronella
4. Geranium
5. Lavender
6. Lemongrass
7. Rosemary

Considerations



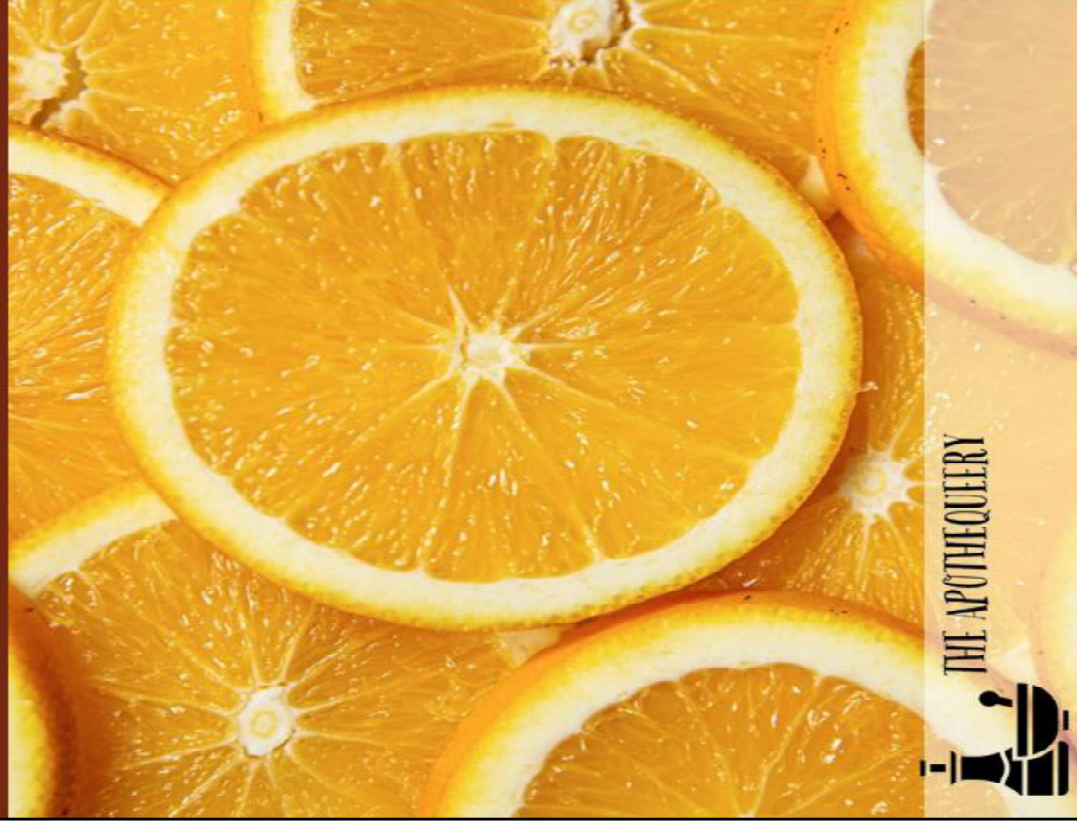
ORANGE

Fresh, Citrusy



AROMA FAMILY:
CITRUS

Top Note



THE APOTHECARY

Uses:

- Cleaner
- Boost Mood
- Face Cleaner
- Allergies
- Dental Health
- Aids Digestion
- Arthritis
- Disinfectant

Blends well with:

1. Bergamot
2. Cinnamon
3. Clove
4. Citrus Oils
5. Geranium
6. Lavender
7. Patchouli
8. Rosemary
9. Sage
10. Sandalwood
11. Thyme

Considerations



OREGANO

Woody, Herbaceous



AROMA FAMILY:
HERBAL

Middle Note



THE APOTHECARY

Uses:

- Strep Throat/Tonsils
- Viral Infections
- Bacterial Infections
- Warts and Moles
- UTI's
- Boost Immune System
- Skin Conditions

Blends well with:

- 1.Citrus Oils
- 2.Cedarwood
- 3.Cinnamon
- 4.Eucalyptus
- 5.Geranium
- 6.Lavender
- 7.Lemongrass
- 8.Peppermint
- 9.Rosemary
- 10.Tea Tree
- 11.Thyme

Considerations



PATCHOULI

Earthy, Rich, Herbaceous, Pungent



AROMA FAMILY:
WOODY, MUSKY

Base Note



THE APOTHECARY

Uses:

- Skin Conditions
- Colds
- Headaches
- Upset Stomach
- Depression
- Relaxation
- Control Appetite
- Oily Hair/Dandruff

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Frankincense
5. Geranium
6. Lavender
7. Lemon
8. Lemongrass
9. Sandalwood

Considerations



PEPPERMINT

Fresh, Cooling, Minty, Grassy



AROMA FAMILY:
MINTY, HERBAL

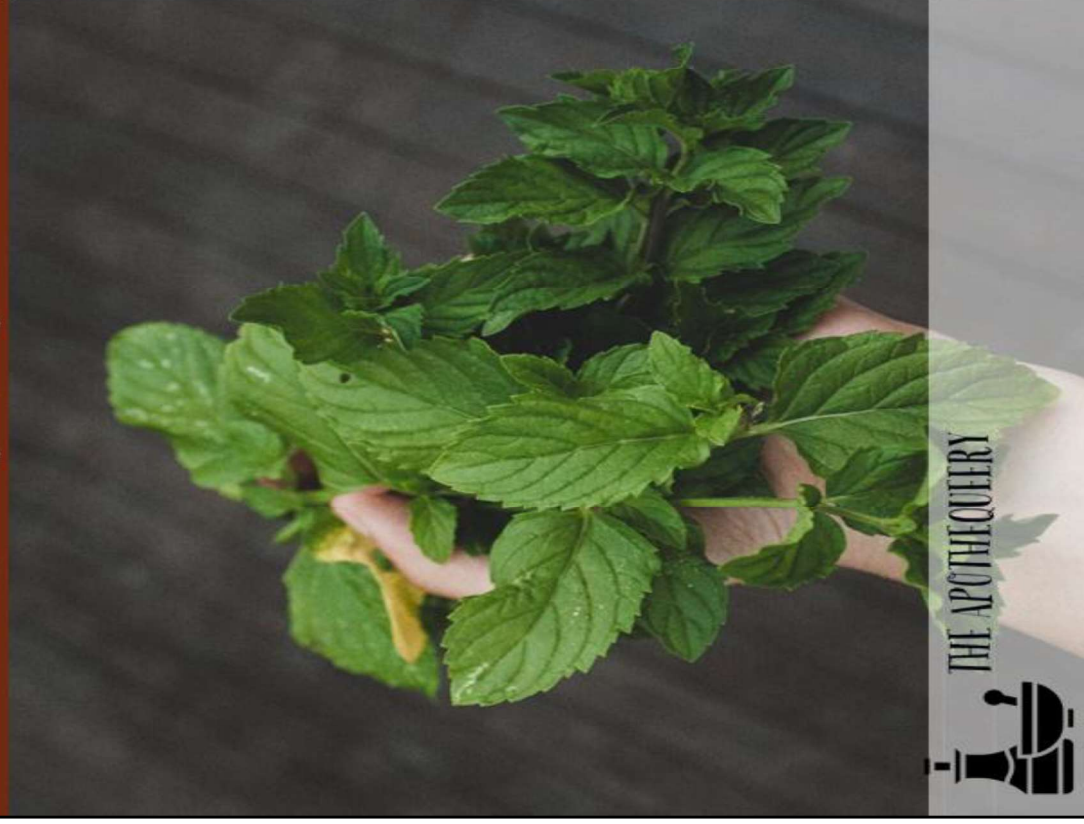
Top Note

Uses:

- Skin Conditions
- Colds
- Headaches
- Upset Stomach
- Depression
- Boost Energy
- Concentration
- Food Cravings
- Hot Flashes/Fever
- Muscles/Joints

Blends well with:

1. Cedarwood
2. Eucalyptus
3. Geranium
4. Lavender
5. Lemon
6. Rosemary



Considerations



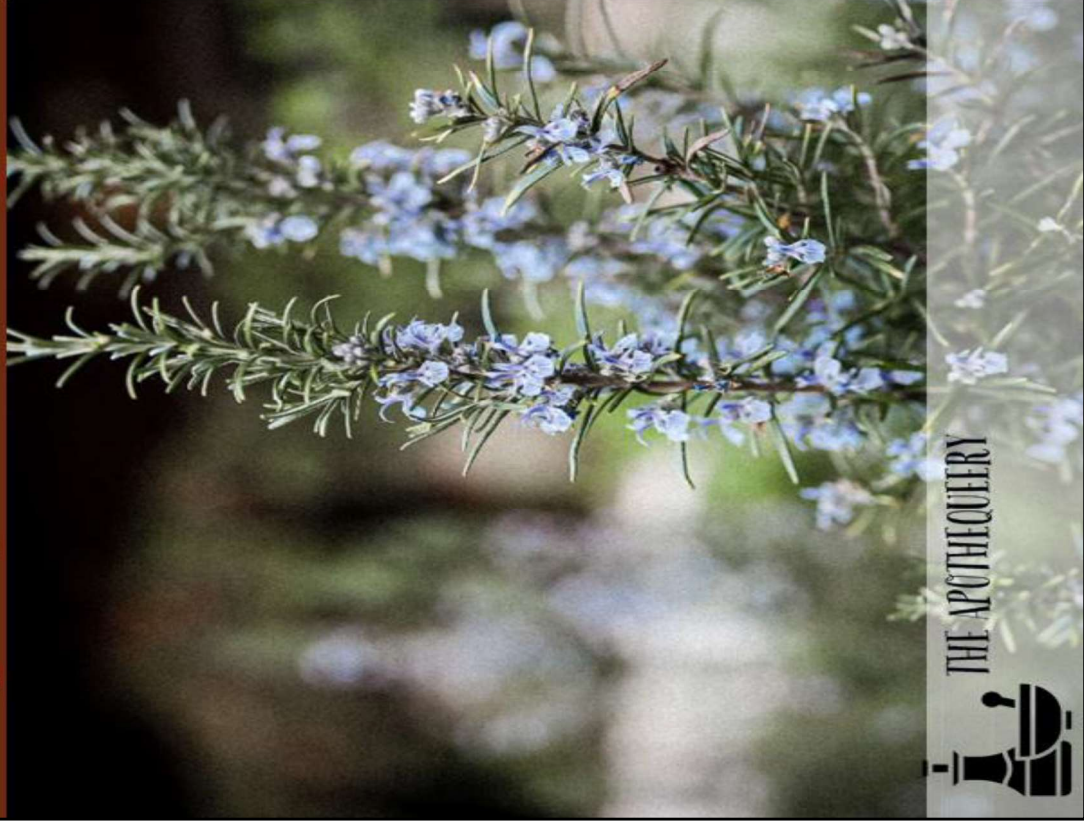
ROSEMARY

Earthy, Strong, Herbaceous



**AROMA FAMILY:
HERBAL, MEDICINAL**

Middle Note



THE APOTHECARY

Uses:

- Increase Brain Function • Bug Repellent
- Hair Growth
- Relieve Pain
- Relieve Stress
- Increase Circulation

Blends well with:

- | | |
|-----------------|----------------|
| 1. Bergamot | 8. Grapefruit |
| 2. Citrus Oils | 9. Lavender |
| 3. Cedarwood | 10. Lemongrass |
| 4. Cinnamon | 11. Oregano |
| 5. Citronella | 12. Thyme |
| 6. Frankincense | Considerations |
| 7. Geranium | |



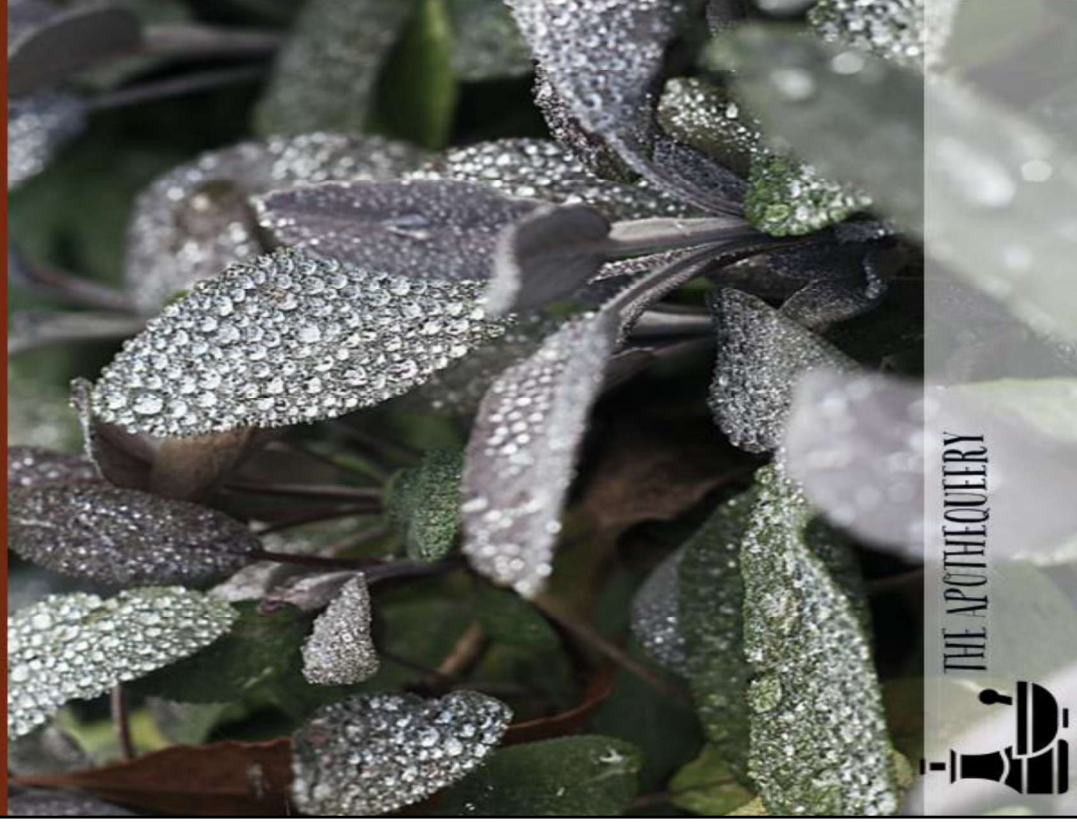
SAGE

Intense, Sweet/Bitter, Herbaceous



AROMA FAMILY:
HERBAL, MEDICINAL

Middle Note



THE APOTHECARY

Uses:

- Reduce Stress
- Antibacterial
- Depression
- Female Problems

Blends well with:

1. Bergamot
2. Citrus Oils
3. Geranium
4. Lavender
5. Lemon
6. Oregano
7. Rosemary
8. Thyme

Considerations



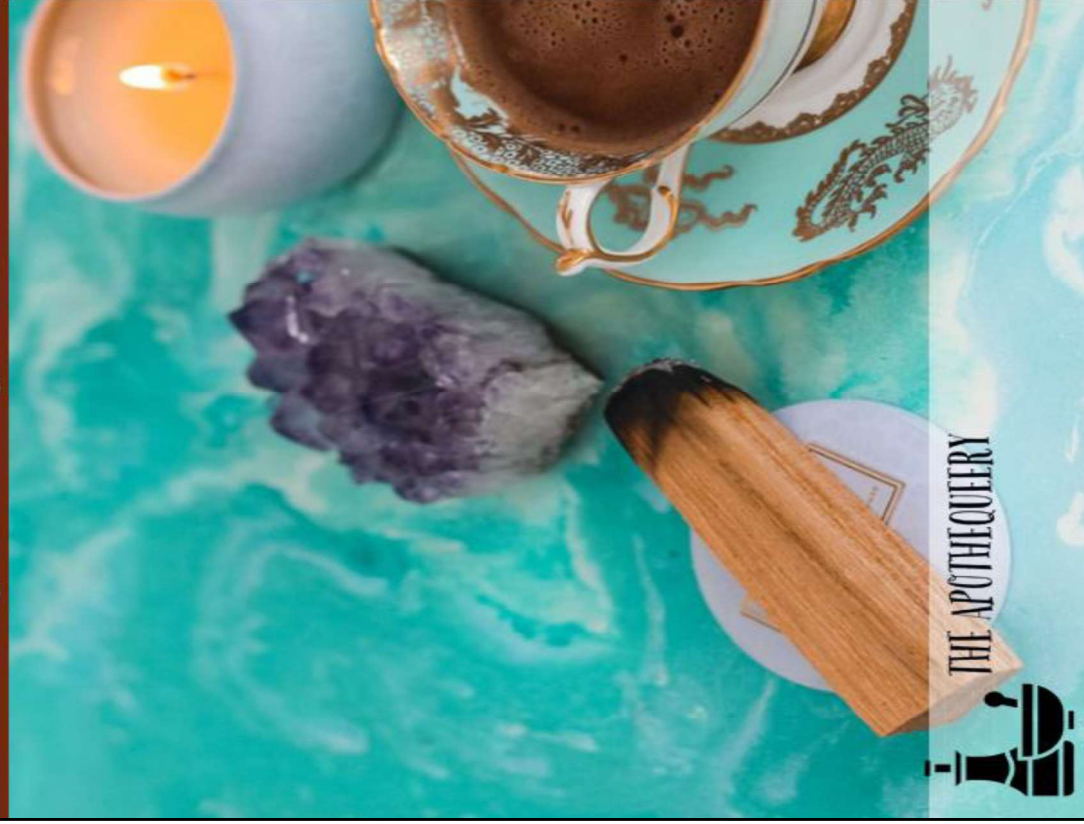
SANDALWOOD

Rich, Woody, Sweet, Baby Oil Scent



AROMA FAMILY:
WOODY

Base Note



Uses:

- Antiseptic
- Astringent
- Headache
- Stomachache
- UTI's
- Inflammation
- Skin Conditions
- Products for Men

Blends well with:

1. Bergamot
2. Citrus Oils
3. Clove
4. Frankincense
5. Geranium
6. Lavender
7. Lemon
8. Orange
9. Patchouli

Considerations



SPEARMINT

Fresh, Lightly Minty, Herbal



AROMA FAMILY:
HERBAL, MINTY

Top Note



Uses:

- Skin Irritations
- Athlete's Foot
- Antiseptic
- Support Digestion
- Nausea
- Inflammation
- Skin Conditions
- Relax Muscles/Nerves

Blends well with:

1. Eucalyptus
2. Grapefruit
3. Lavender
4. Lemon
5. Lime
6. Peppermint
7. Rosemary

Considerations



TEA TREE

Fresh, Medical, Slightly Spicy



AROMA FAMILY:
WOODY, MEDICINAL

Top Note



Uses:

- Hand Sanitizer
- Bug Repellent
- Deodorant
- Antiseptic
- Treat Acne
- Nail Fungus
- Cleaning

Blends well with:

1. Bergamot
2. Clove
3. Eucalyptus
4. Geranium
5. Lavender
6. Lemon
7. Peppermint
8. Rosemary
9. Thyme

Considerations



THYME

Woody, Herbaceous, Spicy, Peppery



AROMA FAMILY:
HERBAL
Base Note



THE APOTHEQUARY



Uses:

- Antibacterial
- Skin Conditions
- Bug Repellent
- Coughs
- Respiratory Infections

- Products for Men
- Hair Loss/Growth

Blends well with:

1. Bergamot
2. Eucalyptus
3. Geranium
4. Lavender
5. Lemon
6. Orange
7. Oregano
8. Peppermint
9. Rosemary
10. Tea Tree

Considerations



YLANG YLANG

Dense, Sweet, Floral



AROMA FAMILY:
FLORAL

Middle Note



THE APOTHECARY

Uses:

- Pain Relief
- Reduce Inflammation
- Improve Mood
- Enhance Libido
- Insect Repellent
- Wound Care
- Scars

Blends well with:

1. Bergamot
2. Cedarwood
3. Cinnamon
4. Citronella
5. Clove
6. Eucalyptus
7. Frankincense
8. Geranium
9. Grapefruit
10. Lavender
11. Patchouli

Considerations



ROLLERS

- Carpe Diem
- Grl Power
- Manimal
- Steamy nights
- Focus
- Prostate Health Serum
- Ballgame Serum
- Members Only Serum
- Eczema Relief Serum
- Burn Relief Serum
- Anti-aging Serum
- Seasonal Allergy Serum
- Lip Gloss
- Lip Plumper

ROLLERS

This section contains some custom blends I designed and some common rollers that are handy to keep around the house. Any of these blends could be used in a roller, in an inhaler, or any of your favorite products; however you prefer. You may need to adjust the number of drops depending on the strength of your oils.

The custom blends on the following cards were designed to have a layered effect on the senses. The aromas are listed with the top note on the top, the middle note in the middle, and the base note on the bottom.

Top notes tend to evaporate readily and tend to have antiviral properties. They generally have light, fast-acting scents. These notes are generally the first ones smelled. Citrus oils tend to be top notes. Mid notes fall between the top and base notes. These oils tend to lend balance to the blend. These notes are generally smelled second and can linger for a bit. Herbaceous oils tend to fall into this category. Base notes tend to be heavier in scent, linger longer, and are generally the last scent that is smelled. Woody and earthy oils tend to be base notes.

You will find several cards full of blends. The Carpe Diem and Girl Power cards were designed to use throughout various points in an active day. Use either of the Wake-up Right blends to put a little perk in your step. Mid-afternoon is a period where I could use a little pick me up. The Keep It Going blend was designed for those days when you have morning meetings that flow into a long heavy lunch, leaving you feeling lethargic. Shake off the day and begin to wind down for the evening with one of the Bring It On IN blends. Apply some to your wrists, grab a glass of wine or a good book, and all will be right with the world.

ROLLERS

Whatever your style, I am sure that you will find a blend that fits perfectly. From a day at the beach to a night on the town, there is a blend here that should stimulate the mind, invigorate the senses, and wake up the Manimal inside. I created the Manimal blend sets to have light, sweet, and refreshing notes hovering over deeper, richer, and manlier ones. Perfect to use all day long without being too heavy. These blends work perfectly in body and hair products and colognes.

The Steam Nights blends were designed to either help you have a great night sleep or put you in the mood. Either way, these blends contain oils that relieve stress, calm the senses, and stimulate the mind...and body.

After the blend cards you will find several common rollers that are handy to have around the house. From first-aid to testicular health, I am sure you will find a roller serum that you can't live without.

The Focus blend roller is a must for my long days in front of the computer. A roller full of this blend is a permanent fixture on my desk. I can spend hours sifting through data and this blend of oils helps me stay focused when it is really needed.

Next you will find several cards that support men's health. These cards cover prostate health, testicular health, and erectile dysfunction. These blends are intended to be for external use only; however, in certain circumstances, they could be used internally. Speak with your doctor before starting any health regimen that involves using essential oils internally.



THE APOTHECARY

CARPE DIEM



WAKE-UP RIGHT!

4 Dr. Peppermint
4 Dr. Bergamot
4 Dr. Frankincense



4 Dr. Orange
4 Dr. Bergamot
4 Dr. Cedarwood



KEEP IT GOING!

4 Dr. Eucalyptus
4 Dr. Fir Needle
4 Dr. Frankincense



4 Dr. Citronella
4 Dr. Ylang Ylang
4 Dr. Cedarwood



BRING IT ON IN!

4 Dr. Grapefruit
4 Dr. Rosemary
4 Dr. Patchouli



4 Dr. Geranium
4 Dr. Lavender
4 Dr. Patchouli

HOUSEHOLD

- 4 Thieves
- Lemon Water
- General Cleaner
- Sanitizing Spray
- Glass Cleaner
- Dusting Spray
- Shower Spray
- Toilet Fizzers
- Bathtub Paste
- Stain Remover
- Room Spray
- Insect Spray
- Grill Cleaner
- Tire Cleaner
- Tool Cleaner



HOUSEHOLD

This section contains some of recipes that I currently use everyday in the maintenance of my home. I have replaced many of the store-bought products in my home, especially when it comes to cleaners, with products that I make myself. From the kitchen to the garage, many products can be made with simple ingredients that are readily available. Most of these ingredients are probably already in your pantry.

Citrus and herbaceous essential oils are powerhouses when it comes to cleaning, so you will see them featured in most of my cleaning products. There is something about citrus aromas that just screams clean! You can also find special recipes on how to make what I call lemon water, along with the 4 Thieves blend that I use in some of my products. Lemon water can be used to clean just about anything and is a great place to start if you are new to using essential oils.

Most of the measurements are based on my needs, so feel free to play with the amounts to fit yours. Some of these products can do double duty! Try using the grill cleaner on your glass top range. Also, if you do not have an ingredient, or maybe have a sensitivity to one, experiment and create your own unique product. That is the fun part in all of this!

You will notice in the top right corner of the cards that they are divided into 'inside' and 'outside' of the house. I wanted to show you that you can use essential oils in unconventional ways. Not many people realize that you can clean most of the surfaces of your car with essential oils, but I will show you a few different ways to do just that.



THE APOTHECERY

INDOOR

LEMON WATER

MAKES ABOUT 16OZ.

INGREDIENTS

Lemon Peels
White Vinegar
(enough to cover)

1. Scrape as much of the flesh and pith from the lemon peel as possible.
2. Cut the cleaned peels into a jar or other container. Cover peels with vinegar.
3. Let sit 2 weeks in a cool, dry, dark place.
Once ready, strain into a storage container.



INDOOR

GENERAL CLEANER

MAKES ABOUT 16OZ.

INGREDIENTS

1 3/4 Cups Water	Castile Soap
1/8 Cup Lemon	20 Dr. of Thieves
Water	Blend
1/8 Cup Liquid	

1. Add water and lemon water to a 16oz. bottle.
2. Add castile soap and thieves blend to the bottle.
3. Add spray top. Shake well before using.





INDOOR

SANITIZING SPRAY

MAKES ABOUT 16OZ.

INGREDIENTS

1 Cup Water	10 Dr. Lemon
3/4 Cup Alcohol	10 Dr. Tea Tree
1/8 Cup Lemon	
Water	

1. Add water, alcohol, and lemon water to a 16oz. bottle.
 2. Add essential oils to the mixture.
 3. Add spray top. Shake well before using.
- Spray a light mist over surfaces and allow to air dry.

THE APOTHECARY





THE APOTHEQUARY

INDOOR

SHOWER SPRAY

MAKES ABOUT 16OZ.

INGREDIENTS

1 Cup Water	Soap
1/2 Cup Lemon Water	15 Dr. Lemon
1/4 Cup White Vinegar	15 Dr. Tea Tree
1/4 Cup Alcohol	
1 tsp. Liquid Castile	

1. Add water, lemon water, vinegar, and alcohol to a 16oz. bottle.
2. Add castile soap and essential oil to the mixture.
3. Add spray top. Shake well before using.
Spray on shower surfaces after showering to help cut down on buildup.

OUTDOOR

TOOL CLEANER

INGREDIENTS

Lemon Essential Oil

Lemon Water

1. Lemon water can be used on most tools to remove dirt and grime.
2. You may need to dilute the lemon water if needed.
3. Straight lemon oil can be used to remove extra tough grime.
4. Rinse clean with water.



THE APOTHECARY



BATH & BODY

- Body Wash
- Shampoo
- Deep Conditioner
- Coffee Scrub
- Green Tea Face Wash
- Green Tea Toner
- Green Tea Face Mist
- After Shower Spray
- Deodorant
- Mouthwash
- Toothpaste
- Lip Balm
- Hair Putty
- Moisturizer
- Nighttime Moisturizer
- Sunscreen
- Sprayable Sunscreen
- Sore Muscle Rub
- Tired Muscle Bath Blend
- Toenail Serum
- Hemorrhoid Pads
- Athletes Foot Spray
- Jock Itch Serum
- Cough Syrup
- Congestion Rub

BATH & BODY

This section contains some of recipes that I currently use everyday to maintain a healthy lifestyle. Like my cleaning products, I have replaced many of the store-bought products in my bathroom with products that I make myself. No more using pesticides or chemicals that no one can pronounce on my body. Yes, I said pesticides. Google some of the products on the back of your beauty products...or don't. You may not like what you find...

You will notice in the top right corner of the cards that they are divided into 'bath' and 'body' categories. The bath cards are generally products you would use during a shower or bath. The body recipe cards are going to generally be used outside of that activity. There are also some recipes for the active man. Athlete's foot, jock itch, hemorrhoids, and body odor can all be treated with simple readily available ingredients that you most likely already have in your kitchen.

I have never liked putting lotion on my skin, so I tried to develop these recipes to limit how much lotion I have to use. Hemp oil and coconut oil feature heavily in these recipes. I have become a fan of hemp oil recently as it is an inexpensive and light oil, is noncomedogenic, and leaves my skin feeling and looking its best. If you do not have hemp oil available, fractionated coconut oil can be substituted.

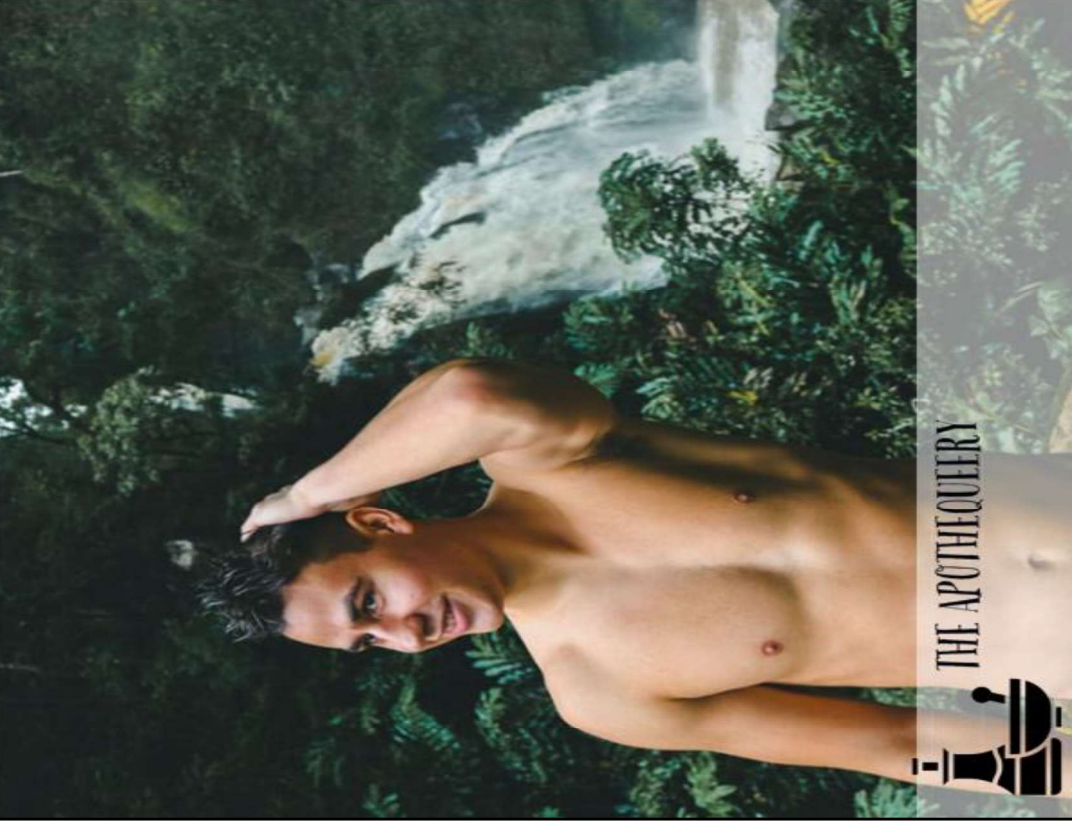
You will also see coconut oil heavily used in my recipes. When used as a base for scrubs and lotions, coconut oil cannot be beat when it comes to moisturizing your skin. Coconut oil can take a few minutes to fully absorb into your skin and will stain clothing, so exercise caution when getting dressed directly after your morning routine.



THE APOTHECARY

BODY WASH

BATH



THE APOTHEQUARY



MAKES ABOUT 8OZ

INGREDIENTS

1/3 Cup Liquid Castile Soap	Glycerin
1/3 Cup Hemp Oil	15 Dr. Lavender
1/3 Cup Honey	15 Dr. Rosemary
1 tsp. Vegetable	15 Dr. Tea Tree

1. Mix all ingredients together and blend well. Store in an airtight container. Best used with a foaming dispenser.
2. To use: Spread the luxurious foam from head to toe and rinse.

SHAMPOO

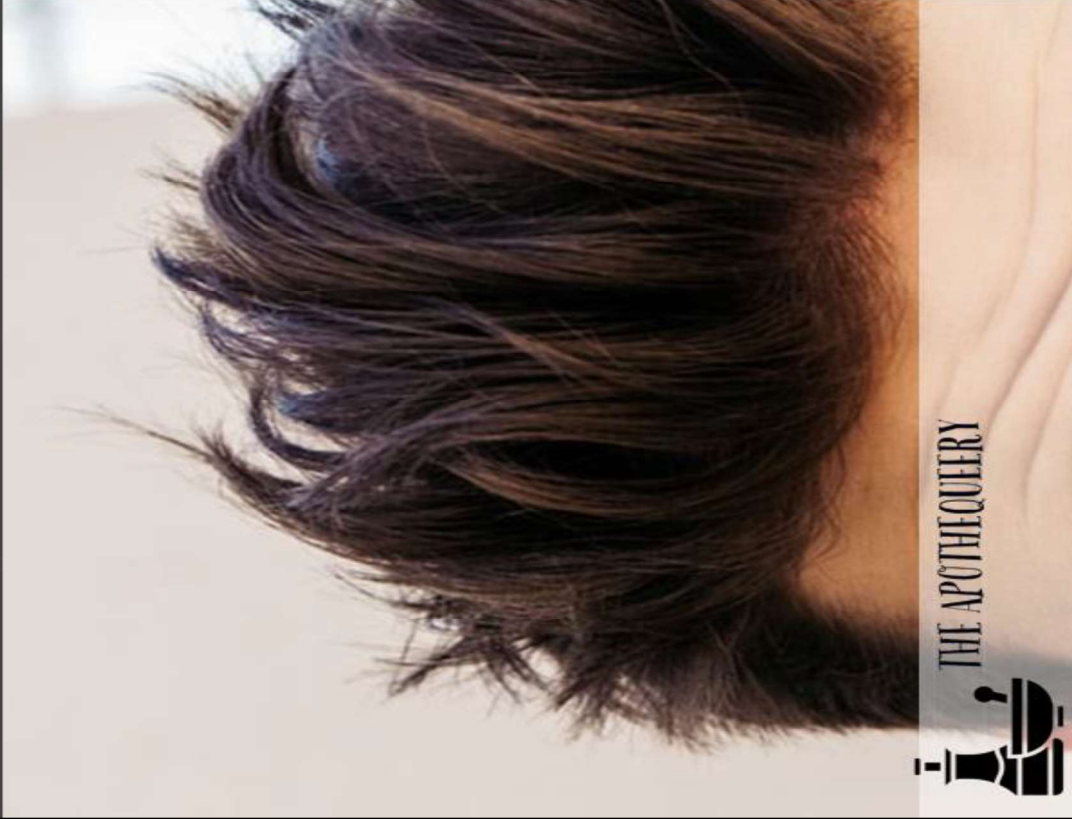
BATH

INGREDIENTS

MAKES ABOUT 100Z

1/4 Cup Liquid Castile Soap	20-40 Dr. Essential Oils
1/2 Cup Water	1 tsp. Glycerin
1/2 tsp. Hemp Oil	10 Dr. Vitamin E Oil

1. Combine water, hemp oil, vitamin E oil and glycerin in a bowl.
2. Add the castile soap and essential oils to the mixture. Mix well to incorporate.
3. Pour mixture into a bottle or jar with a foaming pumper. Shake well before using.



GREEN TEA FACIAL MIST

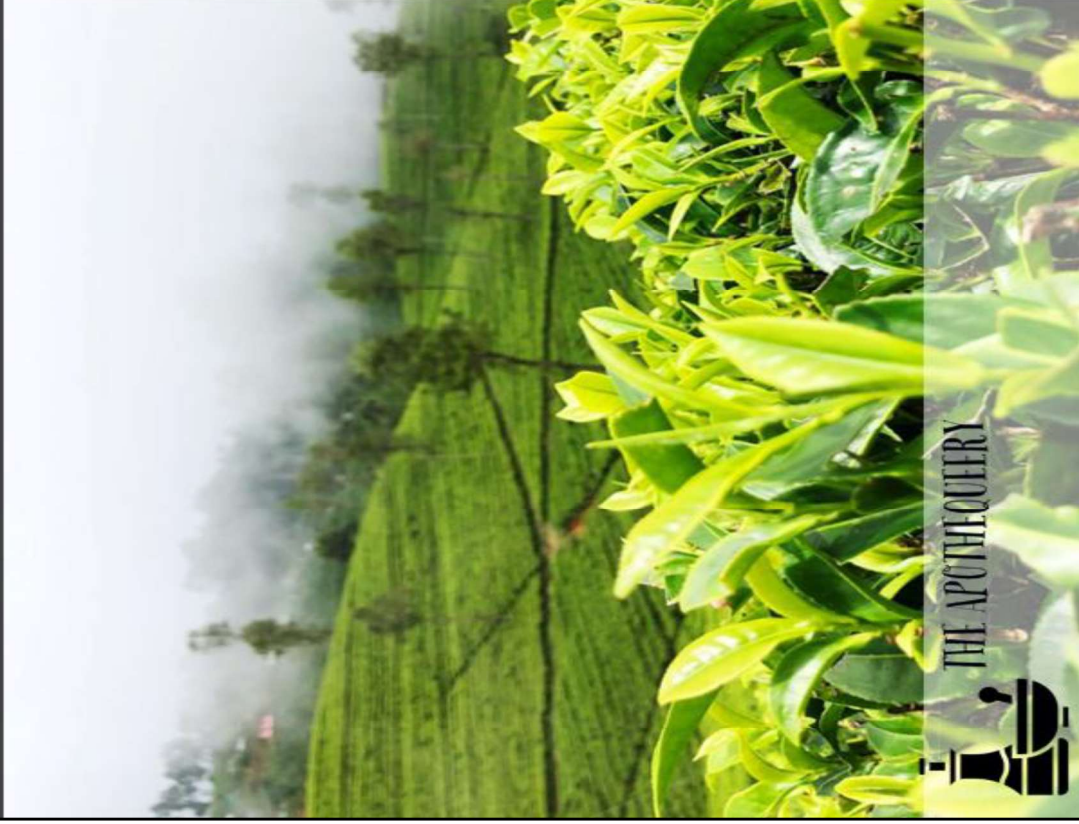
BODY

MAKES ABOUT 2OZ

INGREDIENTS

1/4 Cup Brewed Green
Tea (Cooled)
2 Dr. Lavender
2 Dr. Frankincense
2 Dr. Vitamin E Oil

1. Mix all ingredients into a bottle. Shake well before using.
2. Spray a light mist onto your face. Lightly massage into skin and allow to dry.



ATHLETE'S FOOT SPRAY

BODY



MAKES ABOUT 4OZ

INGREDIENTS

2 Tbsp. Apple Cider Vinegar	10 Dr. Cinnamon
2 Tbsp. Lemon Water	10 Dr. Tea Tree
1/4 Cup Witch Hazel	5 Dr. Rosemary

1. Add all ingredients to a spray bottle. Shake well before using.
2. Clean affected area well. Spray a small amount on the affected area.



THE APOTHEQUERY

GET THE T, AND LEARN TO GROW IT TOO!

