



HOMEAID

create your own essential oil first response kit

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This product is not intended to diagnose, treat, cure, or prevent disease.



Quick Use Cheat Sheet

FEVER TAMER

Use on the back of the neck, behind the ears, and on the feet to help gently bring down a high fever and to aid in relaxation when not feeling well.

HEADACHE HELPER

Apply to the back of the neck and behind the ears. Keep away from the face of young children. If using on children 10+ you may also apply to the temples.

AFTER-SUN SPRAY

Spray on skin after being out in the sun too long or for minor household burns. Do not spray on face. You may spray on your hand and carefully apply to face, keeping away from your eyes.

BOO-BOO BLEND

Spray the boo-boo right after it happens. Repeat several times a day as needed. Keep away from the face.

BUG BITE SOOTHER STICK

Apply directly to insect bites as needed. May be repeated several times throughout the day.

ALL-NATURAL VAPOR RUB

Rub vapor rub on the chest and/or the soles of the feet. Avoid putting on the face, especially near the nose.

TUMMY TAMER

Rub on your abdomen and/or lower back anytime you experience stomach distress, nausea, cramping, or indigestion.

ACHY EAR RUB

Massage cream on the outside of the ear, behind the ear, and around the jaw and neckline. Apply pressure in the front of the ear and move your hands towards the cheeks to help relieve pressure and drain fluid buildup. Do not insert the ear rub inside the ear.

Supply List

Go <http://intoxicatedonlife.com/EOSupplies> for direct links to supplies on this list.

ESSENTIAL OILS

acceptable substitutions for most oils are listed on each individual recipe.

- FRANKINCENSE
- LAVENDER
- PEPPERMINT
- ROSEMARY*
- TEA TREE
- EUCALYPTUS RADIATA
- CHAMOMILE
- GINGER
- SWEET ORANGE

*Do not use rosemary on individuals with seizure disorders.

OTHER SUPPLIES

- FRACTIONATED COCONUT OIL (OR OTHER CARRIER OIL)
- ALOE VERA GEL
- COCONUT OIL
- BEESWAX PASTILLES
- COCOA BUTTER OR SHEA BUTTER
- UNSCENTED NON-TOXIC LOTION
- PIPETTES
- 2 - 10 ML ROLLER BOTTLE
- 2 - 4 OZ SPRAY BOTTLES
- 9-10 EMPTY CHAPSTICK TUBES OR BALM TINS
- 2 SMALL TIN OR OINTMENT CONTAINERS





Fever Tamer Roller Bottle

Supplies

- 10 mL roller bottle
- Pipette
- 2 drops lavender essential oil
- 1 drop peppermint essential oil
- Fractionated coconut oil or other carrier oil

Directions

1. Place 2 drops of lavender and 1 drop of peppermint in your roller bottle. Fill up with fractionated coconut oil or other carrier oil of your preference.
2. Place the roller on the top of the bottle and then screw the cap on. Unscrew to ensure the roller is securely fastened and then screw the top on again.
3. Invert the bottle a couple of times to make sure the oils are mixed.

Usage

Use on the back of the neck, behind the ears, and on the feet to help gently bring down a high fever and to aid in relaxation when not feeling well.

notes & substitutions

Spearmint may be substituted for peppermint.

USE WITHIN 2 YEARS





Headache Helper Roller Bottle

supplies

10 mL roller bottle
Pipette
2 parts lavender essential oil
2 parts frankincense essential oil
1 part peppermint essential oil
1 part rosemary essential oil
Fractionated coconut oil or other carrier oil

directions

1. In a very small bowl, or in an empty essential oil bottle, mix 2 parts lavender, 2 parts frankincense, 1 part peppermint, and 1 part rosemary.
2. Swirl your bottle or bowl around to mix all of the oils together.
3. Put 2 drops of the mixture in your roller bottle and fill with fractionated coconut oil or other carrier oil of your preference.
4. Place the roller on the top of the bottle and then screw the cap on. Unscrew to ensure the roller is securely fastened and then screw the top on again.
5. Invert the bottle a couple of times to make sure the oils are mixed well.

usage

Apply to the back of the neck and behind the ears. Keep away from the face of young children. If using on children 10+ you may also apply to the temples.

notes &
substitutions

Spearmint may be substituted for peppermint.
Basil may be substituted for rosemary.

USE
WITHIN
2
YEARS





After-sun Spray

I supplies I

4 oz. spray bottle
Pipette
20 drops lavender essential oil
2 tablespoons fractionated coconut oil
Scant 6 tablespoons aloe vera gel

I directions I

1. To your 4 oz. spray bottle add 20 drops of lavender, 2 Tablespoons of fractionated coconut oil, and finish filling the bottle with aloe vera gel.
2. Invert the bottle a few times to get the mixture combined well.

I usage I

Spray on skin after being out in the sun too long or for minor household burns. Do not spray on face.
You may spray on your hand and carefully apply to face, keeping away from your eyes.

USE
WITHIN
18
MONTHS





Boo-Boo Blend

Supplies

- 4 oz. spray bottle
- Pipette
- 8 drops lavender essential oil
- 8 drops tea tree essential oil
- 8 drops frankincense essential oil
- Scant 1/2 cup aloe vera gel

Directions

1. To your 4 oz. spray bottle, add 8 drops each of lavender, tea tree, and frankincense essential oils. Fill the remainder of your bottle with aloe vera gel.
2. Invert the bottle a few times to get the mixture combined well.

Usage

Spray the boo-boo right after it happens. Repeat several times a day as needed. Keep away from the face.

notes & substitutions

Equal parts lavender and white camphor may be substituted for tea tree oil.

USE
WITHIN
18
MONTHS





Bug Bite Soother Stick

Supplies

- 3 tablespoons coconut oil (not fractionated)
- 2 tablespoons beeswax pastilles
- 8 drops lavender essential oil
- 8 drops tea tree essential oil
- 4 drops rosemary essential oil
- 9-10 empty chapstick tubes or balm tins
- Pipette
- Double boiler

Directions

1. Add approximately 2 inches of water to the bottom of a double boiler. To the top add 3 tablespoons of coconut oil and 2 tablespoons of beeswax pastilles.
2. Gently melt the coconut oil and beeswax. Remove from heat as soon as it's completely melted. Do not leave on the stove longer than necessary.
3. Allow the mixture to cool, but not cool enough to harden, then mix in 8 drops of lavender, 8 drops of tea tree, and 4 drops of basil essential oils. Mix well.
4. Use a pipette to carefully fill the empty chapstick tubes. If you don't want to use chapstick tubes, you can use a small tin or other container to hold the ointment.
5. Allow the tubes to harden.

Usage

Apply directly to insect bites as needed. May be repeated several times throughout the day.

Notes & Substitutions

Basil may be substituted for rosemary.
Equal parts lavender and white camphor may be substituted for tea tree oil.

USE WITHIN **18** MONTHS





All-Natural Vapor Rub

Supplies

- 4 teaspoons beeswax pastilles
- 3 Tablespoons cocoa butter or shea butter
- 7 Tablespoons coconut oil (not fractionated)
- 5 drops eucalyptus radiata essential oil
- 5 drops peppermint essential oil
- 10 drops tea tree essential oil
- 10 drops chamomile essential oil
- Pipette
- Double boiler
- Small tin or ointment container

Directions

1. Add approximately 2 inches of water to the bottom of a double boiler. To the top add 4 teaspoons of beeswax pastilles and 3 Tablespoons of cocoa or shea butter. Gently melt.
2. Remove the double boiler from the heat as soon as the mixture is melted and immediately add 7 Tablespoons of coconut oil.
3. Then add 5 drops of peppermint essential oil, 5 drops of eucalyptus essential oil, 10 drops of tea tree essential oil, and 10 drops of chamomile essential oil.
4. Mix together and pour into container in which you'll be storing the vapor rub. Allow to cool and harden.

Usage

Rub vapor rub on the chest and/or the soles of the feet. Avoid putting on the face, especially near the nose.

notes & substitutions

Eucalyptus smithii may be substituted for eucalyptus radiata essential oil.
Spearmint may be substituted for peppermint essential oil.
Extra lavender may be used in place of chamomile essential oil.
Equal parts lavender and white camphor may be substituted for tea tree oil.

USE
WITHIN
1
YEAR





Tummy Tamer Rub

Supplies

- 4 drops ginger essential oil
- 3 drops chamomile essential oil
- 3 drops sweet orange essential oil
- 1/4 cup unscented lotion
- Pipette
- Tin or ointment container

Directions

1. Place 1/4 cup of lotion in a small bowl.
2. Add 4 drops of ginger, 3 drops of sweet orange, and 3 drops of chamomile essential oil to the bowl.
3. Mix together and scoop into a tin or ointment container for later use.

Usage

Rub on your abdomen and/or lower back anytime you experience stomach distress, nausea, cramping, or indigestion.

Notes & Substitutions

Tangerine may be used instead of sweet orange.
Cardamom may be used instead of ginger.

USE
WITHIN
1
YEAR





Achy Ear Rub

Supplies

- 4 drops lavender
- 2 drops chamomile
- 2 drops tea tree
- 1/4 cup unscented lotion
- Pipette
- Tin or ointment container

Directions

1. Place 1/4 cup of lotion in a small bowl.
2. Add 4 drops of lavender, 2 drops of chamomile, and 2 drops of tea tree essential oil.
3. Mix together and scoop into a tin or ointment container for later use.

Usage

Massage cream on the outside of the ear, behind the ear, and around the jaw and neckline. Apply pressure in the front of the ear and move your hands towards the cheeks to help relieve pressure and drain fluid buildup. Do not insert the ear rub inside the ear.

Notes & Substitutions

Equal parts lavender and white camphor may be substituted for tea tree oil.
Extra lavender may be used as a substitute for chamomile.

USE
WITHIN
1
YEAR





**ACHY EAR
RUB**



**ALL-NATURAL
VAPOR RUB**



**TUMMY
TAMER**



**TUMMY
TAMER**



**ACHY EAR
RUB**



**ALL-NATURAL
VAPOR RUB**



**BUG BITE
SOOTHER**



**BUG BITE
SOOTHER**



**AFTER-SUN
SPRAY**



**HEADACHE
HELPER**



**BUG BITE
SOOTHER**



**BUG BITE
SOOTHER**



**AFTER-SUN
SPRAY**



**HEADACHE
HELPER**



**BUG BITE
SOOTHER**



**BUG BITE
SOOTHER**



**BOO BOO
BLEND**



**FEVER
TAMER**



**BUG BITE
SOOTHER**



**BUG BITE
SOOTHER**



**BOO BOO
BLEND**



**FEVER
TAMER**



**BUG BITE
SOOTHER**



**BUG BITE
SOOTHER**