



# WHAT CAN YOU DO with a 15-ML BOTTLE OF EO?

Each 15-ml bottle contains approximately 250 drops of essential oil. Make the most of each and every one\*. Check out how we use 1 bottle in 21 different ways to prove how much one little bottle can do!

## Diffuse

TO ENJOY ITS PURE AROMA.

Add 15 drops to your Aria Diffuser 8 times.



## Customize

YOUR FAVORITE DIYS.

- 1 Add 2 drops to a body scrub.
- 2 Make shower fizzies with 30 drops.
- 3 Create a solid perfume with 15 drops.
- 4 Apply 2 drops as cologne or perfume.
- 5 Make 4 lotion bars with 4 drops each.
- 6 Include 1 drop in your homemade lip scrub.



## Use It

AROUND THE HOUSE.

- 7 Freshen 6 loads of laundry with 2 drops in the washing machine.
- 8 Make a cleaning scrub by mixing 3 drops with baking soda and water.
- 9 Add 1 drop to V-6™ Vegetable Oil Complex and use in massage after exercise.
- 10 Put 2 drops on a cotton ball at the bottom of your trash can.
- 11 Make a refreshing room spray with 18 drops.
- 12 Mix 5 drops with baking soda to make a carpet freshener.
- 13 Keep 2 drops around to remove sticky labels.
- 14 Aromatize homemade playdough with 3 drops.



## Up

YOUR SKIN & HAIR GAME.

- 15 Add 2 drops to your bath to enjoy its relaxing scent.
- 16 Apply 1 drop to your cuticles.
- 17 Mix 7 drops with your body lotion.
- 18 Enjoy a massage with 3 drops added to V-6 Vegetable Oil Complex.
- 19 Add a drop of oil to your favorite face moisturizer for 7 days.
- 20 Boost your shampoo with 4 drops.

And that's just topical and aromatic uses—don't forget about all the possibilities in a 5-ml bottle of our Vitality™ dietary essential oils!

\*May vary. Depends on the thickness/viscosity of the oil.