





## PRIMAVERA

Jojobači bio Haltstraffend & Festigeno Granice Jojoba Oil

BIO PFLEGEÖL

Mart

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## PRIMAVERA DIY RECIPES & RITUALS

Organic Orange

This sweet yet subtle, popular fragrance caresses your senses and imparts inner peace. Orange essential oil creates a relaxed and joyful atmosphere.

Fragrance Profile

Fruity, warm, sweet, fresh

Benefit

It has a mood-enhancing effect, imparts a zest for life and inner peace. In a Nutshell: Popular with young and old. The ideal introduction to aromatherapy.

"FRESH HAPPINESS"

## Body and Massage Oil

- 50 ml Organic Jojoba Oil
- 5 drops of Organic Orange
- 5 drops of Organic Red Mandarin
- 5 drops of Organic Ginger

Mix the essential oils into the jojoba oil and shake well. The body oil is more easily absorbed if massaged into slightly damp skin.

## "SUN FOR THE SOUL" Hand Massage Oil

- 50 ml Organic Jojoba Oil
- 8 drops of Organic Orange
- 3 drops of Neroli 10 %

Massage the oil mixture into fingers and hand surfaces, and continue applying. Finish by kneading and relaxing your hands.



Would you like more recipes and tips for using essential oils? Online courses and more DIY recipes at www.primaveralife.com