



— HOW TO: MAKE —
NATURAL SOLUTIONS
— FOR 10 COMMON AILMENTS —

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**HOW TO: MAKE NATURAL SOLUTIONS FOR 10
COMMON AILMENTS**

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DEDICATION

I dedicate this book to my sisters Sharon and Angie and to my Dad, who are now gone to be with Jesus in Heaven. I truly believe that natural alternative medicines would have been a great help to them with regards to their health. Thus, it is my goal to help as many people as I can with the knowledge that I have. Natural Solutions for Health, Beauty and Home.

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PROLOGUE

Thank you so much for grabbing your copy of "**How to: Make Natural Solutions for 10 Common Ailments**".

This easy to follow "How to" is just what you need for making natural solutions for some of the most common everyday ailments. Anyone with basic Aromatherapy knowledge can use this book and will be able to start using it today.

For your information, we will be measuring by drops and blending by notes in this eBook. However, each recipe blend may be adapted for blending by chemistry or botany.

I highly recommend that you ensure the use of therapeutic grade Essential Oils (EOs) when making blends for therapeutic use. One way is by ensuring that GC/MS testing of the oils that you are purchasing, has been performed. These tests for purity of the oils.

Disclaimers. The content expressed within this eBook are for educational purposes only. All information presented here is not meant as a substitute for or alternative to information from health care practitioners. Please consult your health care professional about potential interactions or other possible complications before using any product. We assume no responsibility or liability for any person or group for any loss, damage or injury resulting from the use or misuse of any information in this book. No express or implied guarantee is given with regards to effects using the information presented herein.

BURNS

MATERIALS:

- 1 drop Frankincense Essential Oil
- 3 drops Lavender Essential Oil
- 2 drops Peppermint Essential Oil
- 2 drops Tea Tree Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Use on affected area, as needed.

COLD/COUGH CONGESTION

MATERIALS:

- 2 Frankincense Essential Oil
- 2 Lavender Essential Oil
- 3 Peppermint Essential Oil
- 4 Eucalyptus Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to wrists, behind the ears and to chest, as needed.

CONSTIPATION

MATERIALS:

- 2 drops Ginger Essential Oil
- 2 drops Cinnamon Essential Oil
- 2 drops Orange Essential Oil
- 4 drops Anise Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to stomach before each meal, as needed.

CUTS

MATERIALS:

- 2 drops Myrrh Essential Oil
- 4 drops Lavender Essential Oil
- 4 drops Tea Tree Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply affected area, as needed.

HEADACHES

MATERIALS:

- 1 drop Helichrysum Essential Oil
- 2 drops Lavender Essential Oil
- 3 drops Peppermint Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to temples, behind the ears, and/or back of neck (as needed).

JOINT PAIN

MATERIALS:

- 1 drop Helichrysum Essential Oil
- 2 drops Juniper Berry Essential Oil
- 2 drops Lavender Essential Oil
- 3 drops Peppermint Essential Oil
- 3 drops Eucalyptus Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to affected area as needed.

MUSCLE ACHES

MATERIALS:

- 1 drop Helichrysum Essential Oil
- 2 drops Juniper Berry Essential Oil
- 2 drops Lavender Essential Oil
- 3 drops Peppermint Essential Oil
- 3 drops Eucalyptus Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to affected area as needed.

NAUSEA

MATERIALS:

- 2 drops Ginger Essential Oil
- 3 drops Lavender Essential Oil
- 5 drops Peppermint Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to wrists, behind the ears, and/or tummy (as needed).

RESTFUL SLEEP

MATERIALS:

- 2 drops Patchouli Essential Oil
- 2 drops Lavender Essential Oil
- 6 drops Orange Essential Oil
- Fractionated Coconut Carrier Oil
- 10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to wrists, behind the ears, and/or back of neck (as needed).

STRESS RELIEF

MATERIALS:

2 drops Frankincense Essential Oil

4 drops Neroli Essential Oil

3 drops Bergamot Essential Oil

3 drops Peppermint Essential Oil

Fractionated Coconut Carrier Oil

10mL dark glass roll-on container

DIRECTIONS:

1. Add carrier oil into the dark glass 10mL container.
2. Add your essential oils, one drop at a time. In the order listed above (base note, followed by middle note, then the top note), to your 10mL container.
3. Place roller and cap on bottle.
4. Roll in hands several times to mix oils.
5. Add label with name, ingredients and date created.
6. Apply to wrists, behind the ears, and/or back of neck (as needed).

ABOUT THE AUTHOR



Natasha is the Founder of Love Drop Apothecary. She uses this platform for promoting education and awareness of holistic living, clean beauty and green health and wellness. She is a Pharmaceutical Engineer, Aromatherapist, and Natural health and wellness

enthusiast. Thus, Love Drop Apothecary is a purpose-driven brand committed to helping others discover the benefits and joys of holistic living. We formulate our products in small batches with lots of love and fervent intent to crafting products that will replace toxic products in your home, with products that are safe, clean and nontoxic, that you can trust to be formulated with a high level of quality.

Offering all natural solutions to promote overall health, anti-aging beauty products and nontoxic home selections, Love Drop Apothecary is where you'll find everything you need to live life as it should be. All ingredients we use are natural, organic, in raw form and responsibly sourced - None of the bad stuff. Only the good stuff.

Make the switch to safer products. #naturallylovedropapothecary

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