

# 10 BEAUTY HACKS FROM YOUR KITCHEN





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# Introduction

What memory does the smell of freshly baked chocolate chip cookies evoke? Or how about freshly cut grass?

When you smell a scent, it hits the limbic system of your brain – which controls your memories and emotions. So that freshly-baked cookie probably makes you feel good about that time with grandma. Isn't that amazing?

Well, aromatherapy (or smelling essential oils) can do the same thing. They can help to support your mood and emotions. Think about how you feel when you smell a fresh-cut lemon or how about Lavender from the garden? Maybe energized from the lemon and relaxed with the lavender? Well, it's no surprise. You see, essential oils are highly concentrated aromatic essences of those plants. And smelling them is a really effective way of using essential oils – we call this aromatic use.

One of my favorite ways to aromatically use essential oils is with my diffuser, which uses just water and essential oil to disperse scents into the air. There's no chemicals, no fillers, nothing. It's different from a humidifier as it doesn't heat up the essential oils – plus, humidifiers are not made to hold essential oils.

A diffuser is a unique household must-have that can replace those plug-in air fresheners – which contain chemical ingredients that have been linked to a number of serious health issues – and even scented candles – which are far from “natural”. When you see the term ‘fragrance’ on an air freshener or scented candle, remember that it can include up to 300 toxic chemicals but still just say ‘fragrance’. There have been a number of studies that have shown that both synthetic air fresheners and scented candles can pose health risks.

That's okay, there's a better way... use a diffuser with therapeutic-grade essential oils. I know it's a little overwhelming when you first get a diffuser and essential oils, so I put together this list of my favorite essential oil diffuser recipes. Remember to follow the manufacturers directions on your diffuser for how to clean, type of water to use, etc.

## **For More Recipes**

Also be sure to check out my blog at [DontMesswithMama.com](http://DontMesswithMama.com) for more DIY beauty hacks, tutorials on essential oils, gluten-free recipes and so much more!

# Daytime Diffuser Blends

## **Wake up happy**

This is an uplifting to diffuse first thing in the morning to get everyone awake and in a good mood.

3 drops Bergamot essential oil  
3 drops Ylang Ylang essential oil

## **Wake up in the mountains**

I love this duo as it reminds of waking up in the mountains in a gorgeous log cabin. The woody, pine aroma of the Balsam Fir smells wonderful with the floral Ylang Ylang.

3 drops Idaho Balsam Fir  
3 drops Ylang Ylang

## **Wake up energized and ready to take on the world**

This blend is energizing and uplifting – great for those of you who aren't morning people but need to get going right away in the morning.

3 drops Grapefruit  
3 drops Joy (a blend made with Bergamot, Ylang Ylang, Lemon, Tangerine and Roman Chamomile)

## **Let's @#\*% done**

This is the perfect duo to use when you're on deadline for a project or the kids have homework.

3 drops Lemon  
3 drops Peppermint

# Diffuser Blends for Kids

## **Time to focus and concentrate**

When you need to stay focused and clear on your tasks, try this diffuser combination.

2 drops Brain Power

2 drops Lemon

2 drops Clarity

## **Help! The kids are bouncing off the walls!**

Got kids who need help calming down? Try this combination in the diffuser to help them settle down naturally.

2 drops Lavender

2 drops Cedarwood

2 drops Vetiver

## **Kids, it's time to go to bed**

This is a favorite bedtime blend for my kids

3 drops Orange

3 drops Cedarwood

## **Mom, I had a bad dream!**

Kiddos up in the middle of the night? Diffuse this soothing combination.

2 drops Lavender

2 drops Vetiver

2 drops Dream Catcher (an oil blend made with Royal Hawaiian Sandalwood, Tangerine, Ylang Ylang, Bergamot, Juniper, Rose and other essential oils)

# Energizing Diffuser Blends

## **Feel like a kid again**

This combination smells a bit like a root beer float to help you bring back those times of when you were a kid again.

3 drops PanAway

3 drops Stress Away

## **I need my second wind**

Use this combination when you need to unwind at the end of the day but still need something uplifting to get you through the night – like putting little ones to bed.

3 drops Stress Away

3 drops Peppermint

## **Light and refreshing**

This is a great blend to diffuse while cooking. It has a light and refreshing aroma that's stimulating to the senses.

3 drops Rosemary

3 drops Lemon

## **I'm in a funk**

Need a quick mood boost? Try this amazingly uplifting aroma.

2 drops Frankincense

2 drops Orange

2 drops Lavender

# Relaxing Diffuser Blends

## **I'm ready to relax**

Just got home from work or school and need to relax? Try this duo.

3 drops Patchouli  
3 drops Ylang Ylang

## **I need some peace in this house**

I like to diffuser this combination when the kids are coming home from school. You can also diffuser 6 drops of the oil blend Peace & Calming.

3 drops Orange  
3 drops Patchouli

## **Take a deep breath**

This is a popular diffuser combination for those times when you need to take a deep breath.

2 drops Lemon  
2 drops Lavender  
2 drops Peppermint

## **Take a deep breath, again**

This is a combination that I found that works wonders, especially in the middle of the night when everyone needs to breathe easier.

4 drops Frankincense  
3 drops RC or Eucalyptus

## **Time for some tranquility**

Diffuse this combination to get some calm and tranquility at the end of a long day.

2 drops Lavender  
2 drops Cedarwood  
2 drops Roman Chamomile

### **It's 5 'o clock somewhere**

It's been a long day and it's time to unwind and relax. Try this Coconut-Lime Mojito recipe.

3 drops Peppermint

3 drops Lime

### **Bugger Off**

Use this combination to keep those outdoor annoyances away.

3 drops Lemongrass

3 drops Citronella

### **What's that odor?**

I know I'm not the only one that deals with odors. Whether it's from a musty closet or that stinky fish smell in the kitchen, this combination works really well. You can also diffuser 6 drops of the oil blend Purification.

3 drops Lemongrass

3 drops Orange



# Holiday Diffuser Blends

## **It's wintertime and I want to stay above the wellness line**

You know that time of year? When you make your kids wash their hands constantly, and clean every surface of your home? Yep, this is the diffuser combination for you.

3 drops Thieves  
3 drops Purification

## **Pumpkin spice latte**

What's the best part of fall? The pumpkin spice lattes, of course! Get that scent year-round with this diffuser combination.

3 drops Thieves  
3 drops Orange

## **Hot apple cider**

This is another fantastic aroma that will fill your kitchen and have you itching to make some apple pie.

4 drops Orange  
2 drops Cinnamon  
2 drops Ginger

## **I want it to smell like Christmas trees – all the time!**

This is a great diffuser combination when you want the smell of Christmas trees or walking through a pine forest.

2 drops Idaho Blue Spruce  
2 drops Idaho Balsam Fir  
2 drops Pine

Honey, it's time to go to bed. Wink, wink.

Yep, this is the diffuser blend when it's time to get it on.

3 drops Ylang Ylang

3 drops Idaho Blue Spruce

2 drops Orange

Honey, it's time for bed – for HER.

You might want to check out my DIY lube recipe too. 😊 Give her a massage first and diffuse this combination to get her in the mood.

3 drops Sensation

2 drops Clary Sage

2 drops Idaho Blue Spruce

# Sleepytime Diffuser Blends

## **I need to stop thinking about 101 things before bed**

This is the combination to use when you need to quiet the mind and shut off all things things you know you need to do... but can wait for tomorrow.

3 drops Vetiver

3 drops Lavender

## **I need to sleep now**

Use this combination when you need to go to sleep in a pinch

3 drops Lavender

2 drops Valerian

2 drops Roman Chamomile

## **Honey, you're nose is keeping me up!**

Put this on your honey when he/she is keeping you up at night.

3 drops Valor (apply a couple of drops to the bottom of the feet too)

2 drops RC

2 drops Lavender

## **Sound sleeper no matter what**

If your honey is still keeping you up, try this combination for you.

3 drops Lavender (plus one drop on your pillow)

2 drops RutaVaLa (apply a few drops to the bottom of your feet too)

2 drops Roman Chamomile

# Resources



## Essential Oils

Want to start using essential oils but aren't sure how to get started or where to buy them? There's a lot of information out there, and I've been in your shoes - overwhelmed with everything that's out there.

That's why I teach online webinars to help you learn more about essential oils - on your time AND in the comfort of your own home. Check out my [FREE online webinars here](#).

Or if you're ready to get started now and want to get a great deal (24% off retail prices), you can find out [where to buy here](#). Find out how you can also get a free goodie bag and my e-book *The Essential Home: Quick Start Guide to DIY with Essential Oils*.