

DIY Essential Oil Projects

with Paula Fortunato

DIY Dry Shampoo:

Blonde hair:

- ¼ cup [arrowroot powder](#)
- 2 drops Lavender oil
- 2 drops Rosemary oil
- 2 drops Cedarwood oil

Darker hair:

- 3 tablespoons [arrowroot powder](#)
- 2 tablespoons cocoa powder
- 3 drops Lavender oil
- 2 drops Rosemary oil
- 2 drops Cedarwood oil

INSTRUCTIONS:

Combine all ingredients in a food processor (or whisk strongly) and mix until fully combined. Put mixed dry shampoo into container and brush onto greasy hair with a makeup brush.

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Aromatherapy Candle Diffusers with Himalayan Pink Salt:

-1/2 cup of Himalayan Pink Salt (Coarse)
-5 - 10 drops of essential oil.

-1 unscented candle

-1 heatproof jar

Mix the Salt with essential oil, (suggested blends below). Pour the scented salt into a heat-safe vessel, such as a candle holder or mason jar. Nestle an unscented candle into the center of the salt, then light the wick. The warmth of the candle will activate the salt and help release the scents of essential oil into the air.

Happiness

6 drops Bergamot

2 drops Grapefruit

2 drops Ylang Ylang

Energy

4 drops Grapefruit

3 drops Ginger

2 drops Peppermint

DIY Foaming Hand Soap

- Foaming Hand Soap Dispenser (must be foaming not regular dispenser)
- 1 part Dr. Bronner's Unscented Castile Soap (Sprouts or Amazon)
- 9-15 drops Essential Oil (On Guard for Anti-Viral and Anti-Bacterial)
- 5 parts water

Amount of essential oil can vary depending on size of container. I like to pour in the soap, then the oils, then as I pour the water I feel like it helps to mix it in, also give it a gentle shake once you put the lid on.

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Dryer Balls Tip

- Wool Dryer Balls (Trader Joe's)
- 4-7 drops of Essential Oil (my fave is Lime and Ylang Ylang)

Its best to add 4-7 drops to 1-2 dryer balls in the last 20 mins of cycle. If I'm not going to be around I do it at the beginning and my laundry comes out smelling great!

Paper Roll Tip

Drip 3-5 drops onto the inside of your toilet paper roll and place on the holder as normal. Makes for a quick refresh and lasts for several days. I like to use Lemongrass!

DIY Hand Sanitizer Spray

- 1/4 tsp Vitamin E Oil
- 1 Tbsp 70-99% Rubbing Alcohol
- 15 Drops On Guard Essential Oil

Mix together and pour into spray bottle, top off with water and give a shake.

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DIY Pillow Spray:

- 1 oz Witch Hazel
- 3 oz Distilled Water
- 10 Drops Lavender Oil
- 10 Drops Cedarwood Oil (or 1/2 Marjoram to help with snoring)

Fill an **amber glass spray bottle** with the above ingredients. Shake well and mist on pillows and sheets.

Thanks for watching and Namaste,

Paula Fortunato

A little about me:

Paula Fortunato E-RYT 500, C-IAYT, CMT

Paula specializes in offering yoga for all bodies by guiding each individual toward a state of improved body awareness, calmness of mind, and a greater state of balance. She is a certified Yoga and Massage therapist and loves to combine the healing benefits of Essential Oils in her practice and daily life! She brings the inspiration of body alignment, flow of breath, and awareness of spirit to her teaching. Paula loves to integrate her passion for travel and the interconnectedness of yoga for unforgettable experiences, and has led international retreats in Guatemala, Canada, Greece, and Mexico.

For more information about online offerings and upcoming events please check out her website at www.paulafortunatoyoga.com