

# DIY All-Purpose Protective Essential Oil Blend

- 20 drops clove essential oil
- 18 drops lemon essential oil
- 10 drops cinnamon bark essential oil
- 8 drops eucalyptus essential oil
- 5 drops rosemary essential oil

Combine all oils and store in a **dark glass container** (such as the little amber bottles you can get at the health food store). This makes a fairly small amount, so feel free to double or triple the recipe.

## Ideas for use:

1. Use this blend in your diffuser to purify the air.
2. Mix this blend into your homemade cleaning products for extra disinfecting power.
3. Dilute the blend, then rub it on the soles of your feet.

## Thieves Oil Recipe

### Ingredients

- 1 cup jojoba oil (or other carrier oil if preferred)
- 1 tablespoon clove oil (*Syzygium aromaticum* a.k.a. *Eugenia aromaticum* or *Eugenia caryophyllata*)
- 1 tablespoon lemon oil (*Citrus limon*)
- 2 1/2 teaspoons cinnamon oil (*Cinnamomum verum* a.k.a. *Cinnamomum zeylanicum*)
- 2 teaspoons rosemary oil (*Rosmarinus officinalis*)
- 2 teaspoons eucalyptus oil (*Eucalyptus radiata*)

For a smaller amount of oil, try this scaled back version. It still makes about 40 ml of thieves oil but you can scale it down further as needed. For reference, there are about 25 drops of essential oil per ml, although that is really just an estimate since each oil has a slightly different viscosity.

- 2 tablespoons (30 ml) jojoba or other carrier oil
- 50 drops (1.9 ml) clove oil (*Syzygium aromaticum* a.k.a. *Eugenia aromaticum* or *Eugenia caryophyllata*)
- 50 drops (1.9 ml) lemon oil (*Citrus limon*)
- 38 drops (1.5 ml) cinnamon oil (*Cinnamomum verum* a.k.a. *Cinnamomum zeylanicum*)
- 30 drops (1.25 ml) rosemary oil (*Rosmarinus officinalis*)
- 30 drops (1.25 ml) eucalyptus oil (*Eucalyptus radiata*)

### Directions

1. Measure out jojoba oil into a clean glass container. Add essential oils. Stir or shake the oil well to blend all the essential oils with the carrier oil.
2. Pour it into glass bottles for personal use. Store out of direct sunlight in dark glass bottles to retain oil strength.

There are also a lot of other websites with suggestions of ways to use thieves oil', from using a few drops in your laundry to helping you to stop smoking. But be very cautious about anything that suggests putting thieves' oil in your mouth or otherwise ingesting the ingredients. Cinnamon essential oil, for example, should never be ingested undiluted because it is quite toxic. This combination is also not recommended for small children or infants. Try this homemade natural spray disinfectant instead.