

PipingRock®

# Essential Oil Recipe Guide



*Your Healthy Lifestyle  
Begins Here*





# GETTING STARTED

*Beginning your aromatherapy routine is a snap!*

*Here are some steps to help you get started...*

## Step 1: Choose Your Oils

With so many oils to choose from, how do you know which is right for your routine?

Try asking yourself these questions:

1. *What benefits am I looking for?*
2. *What scents do I enjoy?*

Each oil boasts its own unique spectrum of wellness benefits. Be sure to research any oil's properties to see which ones fit your needs!

## Step 2: Mix, Match & Blend

One of the true joys of aromatherapy comes from discovering which oils work best when blended together, so don't be afraid to try adding some drops of this, a few of that and seeing what aroma and benefits come from it!

## Step 3: Choose Your Method

Thanks to its rich history across cultures and generations, there are endless ways you can customize your aromatherapy routine! The recipe blends we've provided you in this booklet can be used with any of these methods, or however you choose to use aromatherapy! Try out some of these popular methods to figure out which is right for you:

*\*Add 5-6 drops of oil(s) to a diffuser, burner or humidifier for a steady aromatic release.*

*\*Add 5-10 drops of oil(s) to a steamy shower or hot bath water for an at-home spa experience.*

*\*Create an air freshener by combining oil(s) with distilled water in an empty spray bottle.*

*\*Combine 5-8 drops of oil to 2 tsp. of any carrier oil for a luxurious skin & massage oil.*

*\*Use as fragrant ingredients in your homemade soaps, lotions and candles.*

*\*Combine 10 drops of oil with 2 tsp. of vinegar or distilled water for a household cleaner.*

*\*Add a few drops of oil to cotton balls & place in areas that could use a fresh aromatic burst.*

*\*Add 5-10 drops of oil to a terrycloth & put in your dryer to use as homemade dryer sheets.*

*\*Add 5 drops to your vacuum cleaner filter to emit a fresh aroma as you clean.*

**A** timeless wellness tradition practiced by cultures around the world, aromatherapy offers sublime benefits for the mind, body and spirit. By inhaling the aromatic essence of nature's finest botanicals, the practice of aromatherapy uses essential oils to tap into the extraordinary relationship between our sense of smell and our emotions.

Now you can experience the unique wellness benefits of these natural oils every time you open a bottle of Piping Rock's top quality essential oils!

We ensure each oil contains only the best ingredients by using conventional distillation methods and top-of-the-line testing equipment. Each essential oil is derived from 100% all-natural plant sources such as flowers, leaves and roots, harvested from their natural habitats when possible to provide the wellness benefits that have been used by the people in that area for generations.

Welcome to the world of aromatherapy, and here's to taking the steps to supporting your healthy lifestyle... one product at a time!








Add these blends to a diffuser to emit their distinct aromas throughout your home or office, or benefit from the multitude of uses essential oils can have in housekeeping.




# FEATURED OILS




**Clove**  
(*Eugenia caryophyllata*)

- Earthy, bittersweet aroma
- Revitalizing & warming



**Bergamot**  
(*Citrus bergamia*)

- Floral, citrusy aroma
- Elevating & rejuvenating



**Cedarwood**  
(*Cedrus atlantica*)

- Woody, sweet aroma
- Grounding & strengthening



**Tea Tree**  
(*Melaleuca alternifolia*)

- Woody, fresh aroma
- Soothing & cleansing



**4 Thieves Oil**  
(oil blend)

- Earthy, spicy aroma
- Uplifting & energizing



**Frankincense**  
(*Boswellia serrata*)

- Sweet, lemony aroma
- Enlightening & inspiring




**Lavender**  
(*Lavendula officinalis*)

- Camphorous, woody aroma
- Relaxing & uplifting



**Sweet Orange**  
(*Citrus sinensis*)

- Tangy, sweet aroma
- Relaxing & uplifting



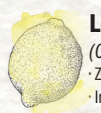
**Eucalyptus**  
(*Eucalyptus globulus*)

- Crisp, full-bodied aroma
- Cooling & clarifying



**Rosemary**  
(*Rosmarinus officinalis*)

- Crisp, piney aroma
- Energizing & clarifying



**Lemon**  
(*Citrus limon*)

- Zesty, sweet aroma
- Invigorating & cleansing



**Peppermint**  
(*Mentha piperita*)

- Bold, minty aroma
- Refreshing & stimulating

## • A Royal Pest

Use this natural blend of oils in a diffuser outside to help keep the mosquitoes away during summer nights

- 4 drops Eucalyptus Oil
- 3 drops Peppermint Oil
- 2 drops Rosemary Oil

## • Purifying Evergreen Blend

Add to any diffuser for an aromatic purifying experience.

- 5 drops Cedarwood Oil
- 5 drops Peppermint Oil
- 3 drops Lemon Oil

## • Circus Buster

Use this blend to help ward off creepy-crawly pests that have found their way into your home!

- 2 drops Lavender Oil
- 4 drops Eucalyptus Oil
- 5 drops Cedarwood Oil

## • Scent of Italy

Forget the airfare! Immerse yourself in all things Italian and perk up with this warm, sunny blend!

- 6 drops Rosemary Oil
- 2 drops Bergamot Oil
- 2 drops Lemon Oil

## • Deep Forest Freshening Blend

Freshen the air, clear your senses...

- 3 drops Cedarwood Oil
- 4 drops Lemon Oil
- 2 drops My 4 Thief's Oil

## • Warm Spice Blend

Partner this soothing blend with a book and a blanket for the ultimate indulgence of warmth and comfort.

- 3 drops Bergamot Oil
- 3 drops Sweet Orange Oil
- 3 drops Clove Oil

## • Holidays are Here Again!

Treat yourself to the scents of the winter holidays, any time of year.

- 6 drops Cedarwood Oil
- 3 drops Clove Oil
- 2 drops Sweet Orange Oil
- 2 drops Peppermint Oil

## • Indian Incense

A nod to the finest Indian incense, though it burns clean with vapor instead of smoke.

- 2 drops Cedarwood Oil
- 2 drops Frankincense Oil
- 2 drops Clove Oil

## • Natural Multi Surface Cleaner

Why use products with chemicals and toxins when you can use this all-natural blend?

- 10 drops 4 Thieves Oil
- 20 mL vinegar or distilled water



Holidays are Here Again!



### Athena's Alarm

Enjoy this enlivening, revitalizing Olympian combination... watch heads turn in your confident direction!

- 6 drops Lavender Oil
- 4 drops Eucalyptus Oil
- 3 drops Peppermint Oil

### Be Alert

Enjoy a mental boost that gets you through the newest challenge... feel rejuvenated, optimistic and re-energized!

- 6 drops 4 Thieves Oil
- 4 drops Sweet Orange Oil
- 4 drops Rosemary Oil

### Cobweb Fog

Clear out the cobwebs and regain your mental edge with this mind-sharpening blend!

- 2 drops Rosemary Oil
- 2 drops Lavender Oil
- 2 drops Cedarwood Oil

### Fresh-Squeezed Tranquility

Floral, herbal and fruity, this wonderfully aromatic mix whisks occasional tension away...

- 6 drops Sweet Orange Oil
- 3 drops Lavender Oil
- 3 drops Lemon Oil

### Balanced Vibrations

Don't let energy drainers get the best of you. Clear away the day's mental clutter and harmonize your inner plane!

- 5 drops Sweet Orange Oil
- 3 drops Rosemary Oil
- 2 drops Peppermint Oil

### Clarifying Citrus Burst

A juicy, luscious and refreshing blend that delivers the very essence of citrus!

- 2 drops Lemon Oil
- 2 drops Sweet Orange Oil
- 2 drops Bergamot Oil

### Creative Awakening

Unlock your inner wisdom, intuition and passion... feel free in your creative endeavors!

- 2 drops Rosemary Oil
- 2 drops Cedarwood Oil
- 2 drops Frankincense Oil

### Masculine Cologne

Spice and sweetness... blend in a carrier oil and help make yourself irresistible to that special someone!

- 3 drops Clove Oil
- 2 drops Bergamot Oil
- 1 drop Lavender Oil
- 1 drop Sweet Orange Oil

### Mint Lemon Sorbet

Like a smooth and luscious frozen sorbet, this blend is cleansing and sharpening.

- 7 drops Lemon Oil
- 2 drops Peppermint Oil
- 1 drop Eucalyptus Oil

### No Fear

Expel your fears with this synergistic confidence-boosting blend!

- 2 drops Cedarwood Oil
- 2 drops Lavender Oil
- 1 drop Bergamot Oil

### Mull it Over

Like enjoying the comforting, warming sensations of mulled wine...

- 6 drops 4 Thieves Oil
- 4 drops Sweet Orange Oil
- 3 drops Clove Oil

### Tranquility Potion

Imagine the tranquility and far-reaching vision of sitting on a peaceful beach... then realize your vision with this clarifying blend.

- 4 drops Cedarwood Oil
- 2 drops Lavender Oil
- 2 drops Bergamot Oil

### Ultimate Mental Clarity

Rosemary's focusing qualities shine in this blend, complemented by other clarity classics.

- 6 drops Rosemary Oil
- 2 drops Peppermint Oil
- 2 drops Cedarwood Oil

### Spice Up Your Mood

Nerves leaving you fatigued? Leave them behind with this elevating blend!

- 4 drops Sweet Orange Oil
- 3 drops Bergamot Oil
- 2 drops Lavender Oil

### Treetop Vista

Perspective and far-reaching vision can be found in this clarifying blend.

- 4 drops Rosemary Oil
- 4 drops Cedarwood Oil
- 2 drops Eucalyptus Oil

### Woodland Meditation

Imagine sitting in a shady forest grove, contemplating life as nature's fragrance elevates your mind...

- 3 drops Cedarwood Oil
- 2 drops Lavender Oil
- 2 drops Frankincense Oil

Fresh-Squeezed Tranquility





### 🌿 Bath Time Chill-Out

Try this blend in a hot bath for a full-body and mental chill-out session!

- 4 drops Sweet Orange Oil
- 2 drops Lavender Oil
- 2 drops Bergamot Oil

### 🌿 Clearing Blend

Awaken your senses with this invigorating blend.

- 2 drops Peppermint Oil
- 2 drops Eucalyptus Oil
- 2 drops Tea Tree Oil

### 🌿 Happy Feet

This blend, combined with a carrier oil, will leave your feet dancin'!

- 4 drops Tea Tree Oil
- 2 drops Clove Oil

### 🌿 Life Trees

Nature's finest tree-derived botanicals come together, and are wonderful on the skin when used with a carrier oil.

- 3 drops Frankincense Oil
- 3 drops Cedarwood Oil
- 3 drops Rosemary Oil

### 🌿 Rosemary for Remembrance

Ophelia's famous quote realized in an aromatic blend that may help trigger memories long lost...

- 7 drops Rosemary Oil
- 2 drops Cedarwood Oil
- 1 drop Peppermint Oil
- 1 drop Eucalyptus Oil

### 🌿 Chillin'

Feeling buck wild? This pleasantly aromatic blend naturally soothes as it quiets.

- 6 drops Sweet Orange Oil
- 4 drops Lavender Oil
- 2 drops Cedarwood Oil

### 🌿 Do, Re, Mi...

Steam inhale this soothing aromatherapy blend that'll have you singing with joy!

- 3 drops Tea Tree Oil
- 3 drops Rosemary Oil
- 2 drops Lemon Oil

### 🌿 Breathe In, Breathe Out

Love your sinuses!

- 4 drops Tea Tree Oil
- 2 drops Lemon Oil
- 2 drops Eucalyptus Oil
- 2 drops Lavender Oil

### 🌿 Safe Driver

This bracing blend should be kept in the car for when you need alertness and calm on the roads.

- 6 drops Peppermint Oil
- 2 drops Lemon Oil
- 2 drops Clove Oil
- 3 drops My 4 Thieves Oil

### 🌿 Smooth & Silky

Gently massage this youthful blend, combined with any carrier oil, directly into the skin.

- 4 drops Lavender Oil
- 4 drops Rosemary Oil
- 2 drops Cedarwood Oil
- 2 drops Frankincense Oil



Smooth Sailing

### 🌿 Smooth Sailing

Create this blend & combine with carrier oil to massage into the chest.

- 4 drops Tea Tree Oil
- 3 drops Lemon Oil
- 3 drops Eucalyptus Oil
- 2 drops Peppermint Oil

### 🌿 Spa Steam Room

Shake a few drops into your shower for an awakening & purifying steam room experience!

- 4 drops Eucalyptus Oil
- 2 drops Rosemary Oil
- 2 drops Lavender Oil
- 1 drop Tea Tree Oil

### 🌿 Straight-A's

Razor-sharp focus, crystal-clear memory and easing of nerves to help you ace that challenge!

- 6 drops Rosemary Oil
- 2 drops Bergamot Oil
- 1 drop Lavender Oil

### 🌿 Tummy Tonic

Combine with a carrier oil and massage this blend of warming oils into the abdomen.

- 3 drops Lavender Oil
- 3 drops Peppermint Oil
- 2 drops Sweet Orange Oil



Perhaps the most popular accessories in aromatherapy, diffusers are used to disperse essential oil aromas throughout any room. There are several types to choose from depending on your personal preference, including ultrasonic diffusers, heat diffusers, and evaporative diffusers.



Customize your aromatherapy experience by blending your oils in our convenient mixing bottles, then use your new blends with our easy-to-use spray and dropper top bottles! We proudly offer an option of amber glass or BPA-free plastic bottles.



If you're looking to venture into aromatherapeutic DIY projects, find key tools such as roll-on bottles for homemade perfume, empty lip balm tubes, inhaler kits, beeswax and more here!



Create your own massage, body and skincare oils by combining 8-10 drops of essential oils per 1 ounce of carrier oil. Our collection of carrier oils includes Sweet Almond, Jojoba, Avocado and more!



# FRAGRANCE OILS

TRY OUR

Hobbyists and craft-lovers alike love fragrance oils for their stronger scent and variety of applications in DIY projects. Unlike essential oils, fragrance oils are artificially created to mimic scents, making them perfect for homemade candles, soaps, perfumes and more!



## Creamy Coconut Oil

Fresh, nutty & creamy aroma reminiscent of tropical island getaways. A scent so divine and fresh you'll be whisked away to paradise.



## Lotus Flower Oil

Floral, aqueous aroma with light, sweet notes. The sublime scent of lotus flowers makes it a simply divine fragrance choice in any floral-inspired blend.



## Honeysuckle Oil

Floral and jasmine-like aroma, with notes of fruity, honeyed sweetness. Emits a nostalgic scent so intoxicating it's a must-have fragrance oil.



## Lavender Chamomile Oil

Herbal and floral aroma, like a warm cup of tea before bed. Two timeless scents come together to create an intricate spa fragrance.



## Violet Oil

Delicate, floral aroma with earthy notes. A scent that allows your mind to drift, drawn to a midsummer dream sitting in a field of these wild blossoms.



## Lilac Mist Oil

Floral and jasmine-like aroma with hints of honey pollen. The clean, intimate scent of lilacs has made them a sought-after plant for ages.

ALSO TRY OUR

# BLENDED OILS

We've combined our finest essential oils into blends designed to suit your needs!



## Balance Blend

Earthy, sweet aroma. Centers and grounds, a great meditative aid.



## Calming Blend

Floral, sweet, citrusy aroma. Relaxes and comforts and it promotes a sense of calm.



## Brave Valiant Blend

Sweet, floral aroma. Uplifts and instills self-confidence & a "can-do" attitude.



## Penetrating Blue Blend

Minty, floral aroma. Helps soothe occasional fatigue and instill a sense of comfort.



## Energy Blend

Earthy, spicy aroma. Energizes the mind, body and spirit, sharpening focus and alertness.



## Purification Blend

Sweet, citrusy & slightly spicy aroma. Cleanses, uplifts and invigorates.

