

# brōTERRA



Joanna Rusling  
[director@joannarusling.com](mailto:director@joannarusling.com)  
[joannarusling.com/events](http://joannarusling.com/events)  
[facebook.com/oilsinthemix](https://facebook.com/oilsinthemix)



JOANNA RUSLING

# Beard Oil

for shorter beards

## Ingredients

30mL Fractionated Coconut oil

4–5 drops Rosemary oil

3–4 drops Frankincense oil

3–4 drops Siberian Fir oil

3–4 drops Cedarwood oil

## Directions

In a 30mL bottle with an eyedropper cap, add Fractionated Coconut oil.

Add Rosemary, Frankincense, Siberian Fir, and Cedarwood essential oils.

Place the cap on tightly and shake well.

Using your hands or the eyedropper, apply a few drops and massage into the beard.

Brush your beard for a finishing touch.



# Beard Balm

for longer beards

## Ingredients

2 teaspoons Beeswax

1 teaspoon Shea Butter

3 teaspoons Fractionated Coconut Oil

½ teaspoon Vitamin E oil

2 drops Cedarwood oil

2 drops Tea Tree oil

2 drops Rosemary oil

## Directions

Combine all ingredients aside from essential oils in glass container.

Place jar in saucepan with 1–2 inches of boiling water.

Stir ingredients until melted and thoroughly combined.

Remove from heat and let rest 3 minutes.

Add essential oils and stir. Pour mixture into empty tin or glass jar with lid.

Let balm rest 1–2 hours.



# Shaving Cream

## Ingredients

⅓ cup shea butter

⅓ cup raw coconut oil

¼ cup Fractionated Coconut oil

5 drops Sandalwood oil

5 drops Peppermint oil

5 drops Melaleuca oil

## Directions

Place all ingredients except for essential oils in double boiler.

Once melted, remove from heat and let sit 3 minutes.

Add essential oils and stir until combined.

Let shaving cream rest until hard. Tip: Put it in the refrigerator to speed up the cooling process.

Using mixer, whip shaving cream until light and fluffy.

Place in container of choice.



# Razor Relief Serum

## Ingredients

½ cup Fractionated Coconut oil

¼ cup rosewater (can be purchased at health food stores)

5 drops Frankincense oil

5 drops Lavender oil

5 drops Tea Tree oil

5 drops Helichrysum oil

5 drops Myrrh oil

## Directions

Place Fractionated Coconut Oil and rosewater in glass spray or pump bottle.

Add essential oils and shake.

To use, spray directly on skin or place 2–3 pumps in palms and rub on affected skin.



# Hair Wax

## Ingredients

4 ½ teaspoons beeswax

1 tablespoon shea butter

4 ½ teaspoons Fractionated Coconut Oil

10 drops Peppermint essential oil

10 drops Rosemary essential oil

**Tip:** For harder hair wax, use two tablespoons of beeswax and one tablespoon of Fractionated Coconut Oil. For softer hair wax, use four and a half teaspoons of shea butter and two tablespoons of Fractionated Coconut Oil.

## Directions

Combine all ingredients, except for essential oils, in glass container.

Place jar in saucepan with one to one and a half inches of boiling water.

Stir ingredients until melted and thoroughly combined.

Remove from heat and let rest for three minutes.

Add essential oils and stir.

Pour mixture in empty tin or glass jar with lid. Let hair wax rest one to two hours.

To use, apply a small amount to fingers and style as desired. A little wax goes a long way.



# Scrubby hand soap

## Ingredients

½ cup white sugar

3 tablespoons liquid castile soap

1 teaspoon almond oil

7 drops Petitgrain or Lavender oil

5 drops Tea Tree oil

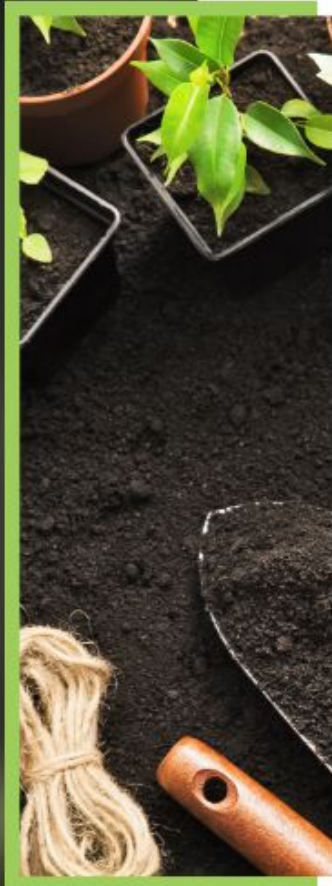
## Directions

In a small bowl, add all ingredients and stir until smooth and combined.

Pour into air-tight container and keep next to sink for easy use.

To use, grab a handful of soap and scrub dirt-covered hands.

After you're done, your hands will be clean, soft, and exfoliated.



# Man Cave or Car Air Freshener Spray

You can take any one of his favourite diffuser blend, and make it into an air freshener.

Use a glass or stainless steel spritzer bottle.

Put a pinch of salt or Epsom salts at the bottom of your spritzer bottle. Drop the oils in the bottle.

Give them a bit of a swirl so they mix with the salt which will help dispersion in the water.

Fill the bottle with filtered or distilled water.

Give your bottle a shake before each use.

**Tip:** 10-25 drops per 250mL of water, depending on your preference.





# Car Freshener

## Ingredients

Cotton balls or pads, or pieces of felt  
Essential oil of your choice

This great DIY blend is called "New Car Smell":

- 3 drops Wintergreen
- 3 drops Citrus Bliss or Wild Orange

## Instructions

- Add a few drops of essential oils to the cotton balls (or alternative) and place under the seat, into a cup holder or in the side door pocket.

