



**KOKO AROMA**

*Essential Oils*

**DO IT YOURSELF**

**BOOKLET**



[WWW.KOKOAROMA.COM](http://WWW.KOKOAROMA.COM)

[www.store-kokoaroma-com.myshopify.com](http://www.store-kokoaroma-com.myshopify.com)

© 2017 KOKO AROMA INC. ALL RIGHTS RESERVED.



If you are looking for high-quality Essential Oils and Raw Materials at affordable price for the health, beauty and wellness, look no more. You have found your great source here at KOKO AROMA. KOKO AROMA products are always handcrafted with premium ethical ingredients. In addition, we package it with our love, honesty and integrity.

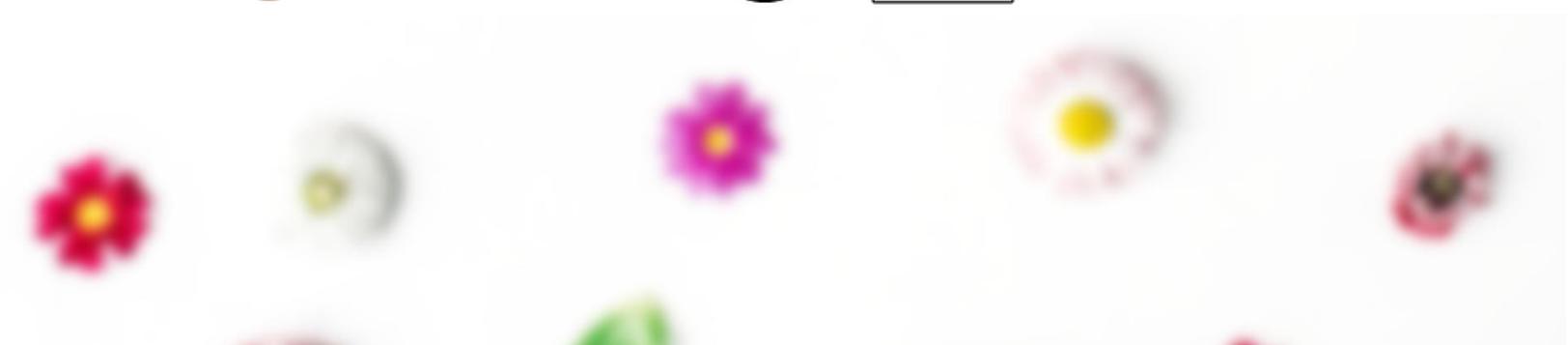
## INTRODUCTION

We firmly believe that Quality Assurance is of utmost importance. We sourced from manufacturer whose facility is ISO 9001certified as well as USDA Certified Organic, Kosher and Vegan facility. We ensure that the laboratory is using state-of-the-art gas chromatography to rigorously test the purity and potency of our sourced oils.

We want our customers to have the natural, organic botanicals to nourish the hair, body and skin. KOKO AROMA products are packed with vital nutrients, vitamins, antioxidants, proteins, and essential fatty acids. We strive to choose the best ingredients and therefore give us the opportunity to share their best and purest products with our customers.

Mei Lin, co-founder

KOKO AROMA INC.





- 01 CLEAN AIR
- 01 WONDERFUL SMELLING HOME
- 02 FRESHEN TRASHCAN
- 02 HOMEMADE SUNSCREEN
- 03 ELIMINATE SHOWER CURTAIN SCUM
- 03 LAVENDER CAKE
- 04 GET RID OF SHOE SMELL
- 04 FLAVORED LEMON WATER
- 05 IMPROVE SLEEP
- 05 SUGARSCRUB
- 06 HOMEMADE TOOTHPASTE
- 06 CALM UPSET CHILD
- 07 LOSE WEIGHT
- 07 BOOST IMMUNE SYSTEM
- 08 IMPROVE DIGESTION
- 09 SOOTHING BABY OIL
- 10 NATURAL DIAPER RASH REMEDY





- 11 FLU PREVENTION OIL
- 12 HEALING SPRAY WITH CYPRUS
- 13 ATHLETE'S FOOT RUB
- 14 TENSION HEADACHE RELIEF OIL
- 15 SINUS HEADACHE RELIEVER
- 16 BODY DETOX MIX
- 17 STRESS, TENSION & ANXIETY RELIEF
- 18 COMMON PAINS & ACHES RELIEF
- 19 STOMACH FLU
- 20 VANILLA ROSE BODY SPRAY  
OR REFRESHING FEEL
- 21 YLANG-YLANG CITRUS RUB
- 22 TEMPLE MASSAGE TO INCREASE FOCUS
- 23 BATH & BODY OIL FOR UPLIFTING MOOD
- 24 ENERGY BOOSTER WITH EUCALYPTUS
- 25 BODY MOISTURIZER FOR WINTER CARE
- 26 CITRUS FACE MASK FOR REHYDRATING
- 27 ROSEMARY MINT FACE TONER
- 28 AIR FRESHENER GEL

# CLEAN AIR

## Ingredients



Cinnamon oil



Diffuse cinnamon essential oil in the air because of its anti-microbial properties.

# ELIMINATE SHOWER CURTAIN SCUM

16 oz spray bottle

4 drops Eucalyptus



4 drops Tea Tree



## Ingredients

Using a 16 ounce spray bottle, use 4 drops of eucalyptus essential oil and 4 drops of tea tree oil (melaleuca) with warm water and spray onto your shower for natural mold killing action.

# FRESHEN TRASHCAN

Put a cotton ball with 2 drops of lemon oil and tea tree oil at the bottom of the trashcan to help decrease the odor and detoxify



## Ingredients

Lemon essential oil



Tree Tree essential oil



Mix coconut oil, zinc oxide, shea butter, helichrysum oil and lavender essential oil and store in squeeze bottle to make homemade toxic-free sunscreen.

# HOMEMADE SUNSCREEN

lavender oil



coconut oil



Zinc Oxide



helichrysum oil

## Ingredients

2

# WONDERFUL SMELLING HOME



Diffuse clove, rosemary and orange essential oils when guests come over and they will talk about how amazing your house smells.

Take coconut flour, raw honey, organic eggs and lavender essential oil and bake at 350.



LAVENDER  
CAKE



To remove the smell from shoes add a few drops of tea tree oil and lemon oil to freshen them up.

## GET RID OF SHOE SMELL

### Ingredients

tea tree

lemon



### Ingredients

2-3 drops lemon



## FLAVORED LEMON WATER

Use 2-3 drops of lemon oil in water for a delicious citrus



# IMPROVE SLEEP

Ingredients



lavender oil

Lavender oil can alleviate insomnia. Sprinkle a few drops on your pillow to help you fall asleep.



Mix a few drops of an essential oil with almond oil and rock salt or sugar to make your own salt or sugar scrub.

Ingredients

Almond oil



Sugar / Salt



essential oil

# SUGAR SCRUB

# HOMEMADE TOOTHPASTE

## Ingredients



sea salt



baking soda



coconut oil



peppermint

Combine sea salt, baking soda, coconut oil, xylitol with peppermint essential oil to make homemade toothpaste. Then brush.



# CALM UPSET CHILD



Help soothe and calm children by adding lavender to their stuffed animals.



lavender



## Ingredients

grapefruit oil



ginger oil



cinnamon oil



# LOSE WEIGHT

Combine grapefruit oil, ginger oil and cinnamon oil and take as supplement 3x daily to support metabolism.



# BOOST IMMUNE SYSTEM

## Ingredients

carrier oil



oregano oil



Mix 1 drop of oregano oil with 4 drops of carrier oil and rub on the bottom of your feet before flying on a plane.



# IMPROVE DIGESTION



## Ingredients



peppermint oil



ginger oil



Fennel essential oil

Take ginger oil, peppermint oil and fennel essential oil to support digestion and healing leaky gut.



# SOOTHING

## baby oil

### ingredients

lavender oil

marigold oil

chamomile



Organic Apricot Kernel oil

- Marigold oil- 4 drops
- Lavender oil- 2 drops
- Chamomile oil- 2 drops
- Organic Apricot Kernel oil- 1 cup

Common baby oils you would find in the market are made from petroleum by products, and you may not like the ingredients. Instead of using those you can make your own oil which will be vitamin enriched and contain essential oils to regulate mood and care for baby skin.

Marigold oil is to soothe skin while Chamomile and Lavender oils are good for soothing a fussy mood. First blend all the essential oils and then mix the Apricot kernel oil in it, and store in a glass jar away from sunlight and heat. This oil mix is great for body massages of babies as well as people of all ages.

# NATURAL

## DIAPER

### RASH REMEDY



#### ingredients

- Yarrow oil- 10 drops
- Lavender oil- 10 drops
- Warm water- 1 pint

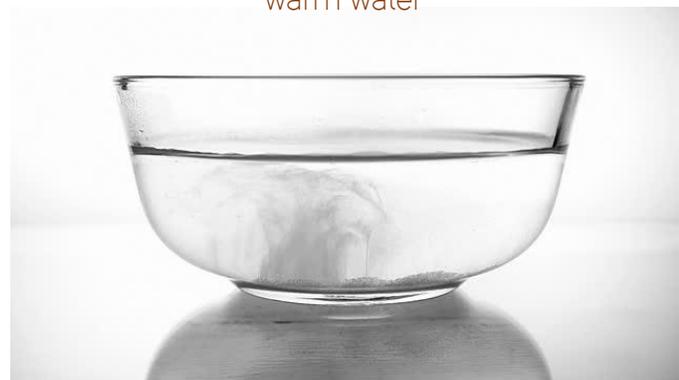
yarrow oil



lavender oil



warm water



You may not want to use a chemical diaper rash cream on your baby if the baby is prone to frequent diaper rashes. In that case you may make a diaper rash cream at home using Yarrow and Lavender essential oils. Both are great for soothing irritated skin and have antibacterial properties.

Keep this mixture in a bottle, and when you change the baby's diaper, put a drop of this mix in the warm water. Soak a cotton cloth in the water to wash off the skin after removing diaper, and again apply some more water using a cotton ball on the skin where the diaper lining brushes.

This oil mixture can also be used to make another protective blend. Just add a drop of the mix to 4 teaspoons of jojoba or almond oil. When you apply a thin layer of this oil before putting the diaper on baby, the skin stays protected from rashes.

# FLU

# PREVENTION

# OIL

## ingredients

Fir needle oil



pine essential oil



eucalyptus essential oil



Any carrier oil

- Fir needle oil- 1 drop
- Pine essential oil- 1 drop
- Eucalyptus essential oil- 1 drop
- Any carrier oil- 3 drops

As flu starts spreading your area, you may take preventive care with the use of eucalyptus and conifer essential oils. Both are with antibacterial properties and prevents the spread of germs during a flu outbreak.

Mix the oils, and then use a few drops in an oil diffuser at home or work area till flu keeps circulating during the outbreak. Alternatively you may add a few drops of the oil to 3 ounces of water, and spray this by a spray on all furniture, door knobs etc which can participate in contaminating flu germs.

# HEALING

# SPRAY

# WITH CYPRUS

## ingredients



Geranium oil



Lavender oil

Grain alcohol



Cypress oil



Distilled water



Helichrysum oil



Frankincense oil

Bruises and cuts will heal faster if the healing spray is made from essential oils. The capillary walls are made strong with Cypress essential oil, while Helichrysum, Lavender and Frankincense, and Geranium essential oils help soothe the pain. You would need:

- Geranium oil- 15 drops
- Lavender oil- 8 drops
- Cypress oil- 5 drops
- Helichrysum oil- 3 drops
- Frankincense oil- 2 drops
- Grain alcohol- 1 tsp (avoid if the cut or wound is open)
- Distilled water- ½ ounce

Add all ingredients together in a glass sprayer bottle. Before applying, shake the bottle well.

# ATHLETE'S

# FOOT

# RUB

## ingredients



Tea Tree



Lavender



carrier oil

A fungus is responsible for the itching and peeling of skin in Athlete's foot. The dry, itchy and flaky skin can be turned to normal through the use of essential oils of lavender and tea tree. Both have antifungal and antibiotic properties. The itching is also soothed by the oil, while burning feeling and irritation is eliminated. You need:

- Tea tree oil- 6 drops
- Lavender oil- 3 drops
- Carrier oil- 1 ounce

Mix the oils together and then with a cotton ball apply the mix to the affected skin thrice daily. While using this treatment cover feet with a pair of clean cotton socks after applying the oil every time. After the infection is gone, continue using the mix a few times in a week to avoid recurrence of the condition.



# TENSION

# HEADACHE

# RELIEF OIL

Tension headache is caused when the scalp and neck muscles contract, and a heaviness and pain is felt over the temples, the scalp, and the back of the head and neck. This kind of pain and discomfort can be alleviated with the use of muscle relaxing mix of essential oils like Eucalyptus and peppermint. The result is felt immediately on application.

- Peppermint oil- 10 drops
- Eucalyptus oil- 10 drops
- Carrier oil- 2- drops

Combine all ingredients together. Now inhale the mixture 3 times in deep and slow breathes. And then massage the temples, and the skin from the back of the head to the neck shoulder joint in relaxing, deep strokes. Relax after this for some time, and if needed repeat the massage and inhaling hourly.

## ingredients



carrier oil



peppermint oil



eucalyptus oil



# SINUS

# HEADACHE

# RELIEVER



Infected sinuses bring on fever, pain, and bad headaches. While treatment for fever is ongoing, you may get relief from the headache and feel better with the use of this reliever that uses spearmint and eucalyptus essential oils. Both have anti-inflammatory properties to reduce sinus infection.

- Spearmint oil- 4 drops
- Eucalyptus oil- 4 drops
- Carrier oil- 1 ounce

Mix the ingredients together and store in a bottle. When you need to apply, take 4 drops of oil, warm it by rubbing in between your palms, and apply on the temples. Again take 4 drops, warm up and run at the back of the neck. You may also use the oil in a diffuser, or directly inhale the oil for relaxing results.

## ingredients

spearmint oil



eucalyptus oil



carrier oil

# BODY

# DETOX

# MIX



Often liver infections are heard of as the liver fights and clean off body toxins. To clear off any such liver infection, lemon essential oil has a great role. The toxin deposits are cleared of, and inflammation is reduced as lemon essential oil is used for treatment, and to improve lymph drainage for better immunity peppermint oil is used.

Fresh lemon juice- 1 tbsp  
Peppermint oil- 1 drop  
Lemon oil- 1 drop

Often liver infections are heard of as the liver fights and clean off body toxins. To clear off any such liver infection, lemon essential oil has a great role. The toxin deposits are cleared of, and inflammation is reduced as lemon essential oil is used for treatment, and to improve lymph drainage for better immunity peppermint oil is used.

## ingredients



peppermint oil



fresh lemon juice



lemon oil

# STRESS,

# TENSION &

# ANXIETY

## RELIEF



To ease off anxiety and stress from daily chores of life, excess tension etc, you may seek help of aromatherapy. Heat and aromatherapy combines well to help alleviate stress and tension. Use:

- Roman Chamomile oil- 2 drops
- Rosemary Essential oil- 4 drops
- Sweet Marjoram oil- 3 drops

### ingredients

Now fill the bathtub with warm water or fill a bucket with the warm water, and add the oils to the tub or bucket. Take a bath while taking time patiently while soaking body in the oil added water. To increase the effect and relax better diffuse some lavender essential oil in the bathing area. Try to nap after the bath.

rosemary oil



Sweet marjoram oil



Roman Chamomile oil

COMMON

# PAINS & ACHES

RELIEF



## ingredients



carrier oil

peppermint oil



Here is a nice blend that will help the body relax, reduce stress, and reduce pains and aches. This is a massage oil, and should be applied to affected areas or all over the body. Use:

- Lavender oil- 2 drops
- Cedar wood oil- 2 drops
- Oregano oil- 2 drops
- Peppermint oil- 4 drops
- Carrier oil- 1 tbsp



cedarwood oil



oregano oil

10



Lavender oil

Mix all the oils together and then apply on the sore skin or area. massage the oil in circular pattern.

## ingredients



ginger oil



lavender oil



peppermint oil



carrier oil



spearmint oil

# STOMACH

# FLU

Stomach flu is a condition, which bring along other complications like nausea, vomiting, and headache. Lavender essential oil acts as a good antiseptic while Ginger essential oil eliminates nausea and fever. Other components are for alleviating nausea and easing the body.

- Ginger oil- 4 drops
- Lavender oil- 2 drops
- Spearmint oil- 1 drop
- Peppermint oil- 1 drop
- Carrier oil- 8 drops

Mix all of them together and directly inhale. You may also use the mix in a diffuser, or may apply on the mastoid area which is behind the ears by massaging every hour. You may also try only a combination of spearmint and peppermint oil, and rub them on your hands and inhale.



# VANILLA ROSE

## BODY SPRAY FOR REFRESHING FEEL

### ingredients



Rose otto oil



lavendar otto oil

- Rose otto oil- 12 drops
- Lavender oil- 3 drops
- Vanilla oil- 1 drop
- Distilled water- 1 ounce

Mix them together and store in a sprayer bottle. After bathing spray this mix on skin to enjoy the freshness through the day.



vanilla oil



Distilled water

# YLANG-YLANG

## CITRUS RUB

When you want to feel motivated while fighting within a depression then this blend of essential oils can be really rejuvenating and helps motivate and boost energy.

- Bergamot oil- 9 drops
- Grapefruit oil- 3 drops
- Ylang-Ylang oil- 3 drops

Mix all the oils and take 3-4 drops for massaging on the neck areas. The massage should be done from the back of the head to the shoulders. You may also massage the temples and mastoids. The oil can also be used in a diffuser, and can also be used as a spray by mixing with 1 ounce distilled water.

### ingredients



Ylang-ylang  
oil

bergamot oil



grapefruit oil





# TEMPLE

# MASSAGE

## TO INCREASE FOCUS



Sometimes for some reasons focusing on a work or thought can get difficult. In such cases you may use this blend of essential oils to increase focus and concentration. Bergamot essential oil helps in improving blood circulation, and again Bergamot with clary sage essential oil boosts the mood.

- Bergamot oil- 3 drops
- Clary sage oil- 3 drops
- Carrier oil- 1 tbsp

Mix them to make a massage oil for your temples. Use 2 drops for massage and while massaging rest your eyes and take deep breaths to inhale the essence.

### ingredients

bergamot oil



Clary sage oil



carrier oil



# BATH & BODY oil

## FOR UPLIFTING

# MOOD



This amazing blend of the essential oils can lift your mood when you use it during bathing. Geranium essential oil is for enhancing body balance, and the lemon grass essential oil makes the mood high, and the lavender is for tension release.

- Geranium oil- 10 drops
- Lavender oil- 9 drops
- Lemon grass oil- 7 drops
- Carrier oil- 4 ounces

Mix them together, and then use 2 tablespoons of this mixture in the warm bathing water in bucket or tub. You may also apply the oil mix all over skin just to dampen the skin prior to bathing.

## ingredients



lavender oil



Lemon oil



carrier oil



Geranium oil

# ENERGY

# BOOSTER

## WITH EUCALYPTUS

You can get a brilliant boost in freshness of mind and energy by using Eucalyptus essential oil in this blend. The punch of these lovely oils works great in restoring freshness and boosting energy and positivity.

- Lavender oil- 20 drops
- Eucalyptus oil- 10 drops
- Lemon oil- 10 drops
- Petitgrain oil- 5 drops
- Spearmint oil- 5 drops
- Distilled water- 6 ounces

Combine the ingredients into a sprayer bottle which is an atomizer. After bathing use it on the body. Spray it all over. You may also use it at other times of the day when you want to feel boosted.



ingredients



Petitgrain oil



lavender oil



eucalyptus oil



Lemon oil

Distilled water



# BODY

## MOISTURIZER

### FOR WINTER CARE

Dry, chapped irritated skin at winter can be treated to soft and supple skin back again when you apply this moisturizing blend of essential oils. Myrrh essential oil is good for healing and is nicely fragrant too. Orange essential oil also moisturizes and improves mood.

- Myrrh oil- 10 drops
- Orange oil- 10 drops
- Sweet almond oil- 16 ounces
- Cocoa butter- 4 ounces

Mix the essential oils, and then mix the almond oil into it. Now melt the cocoa butter in a vessel at low heat, and add the oil mix in it. Let it cool completely and store in an air tight container.

### ingredients

Cocoa butter



Orange oil



Myrrh oil



Sweet almond oil



A dry face can be rehydrated in a few minutes with the use of this replenishing face mask. Orange and lemon essential oils are used in it, which contains lots of vitamin C for skin health and hydration. To make ...

- Avocado- ¼ cup
- Orange oil- 3 drops
- Lemon oil- 2 drops

Mix all the ingredients while mashing the avocado thoroughly. Apply the face pack and let it settle for 10 mins. Finally wash it off with lukewarm water.

## ingredients

# CITRUS FACE MASK FOR REHYDRATING

Lemon oil



Orange oil



avocado



# ROSEMARY MINT FACE TONER

## ingredients

- White wine- ½ cup
- Rosemary oil- 10 drops
- Peppermint oil- 3 drops

In a vessel heat the wine in low heat for 10 mins. After the wine cools to lukewarm, mix the essential oils in it. Pour the mix in a 4 ounce capacity bottle. Use just a little amount for cleansing the face, and use this mixture within 6 months. You must store it in a refrigerator.

White wine



Aging skin can be rejuvenated with this wonderful essential oil and wine made face toner. To make this you'd need:

Peppermint oil

Rosemary oil



# AIR FRESHENER GEL

Using non toxic herbal made air fresheners is preferred by many. If you like the idea, try this blend.

- Water- 1 cup
- Powdered gelatin- 1 ounce
- Table salt- 1 tbsp
- Glass jar- 1 small
- Essential oil mix- 30 drops

Boil water in a vessel and add the gelatin powder. Make a smooth slurry and add salt. Now put it down from heat. Now in the glass jar pour the essential oil and then pour a layer of hot gelatin mix on it. Let this mixture cool, and once it's cool and set, place the glass jar wherever you want to for diffusing the fragrance.

## ingredients



Essential oil mix



Glass Jar



Table salt



water

Powdered  
gelatin



WWW.KOKOAROMA.COM  
www.store-kokoaroma-com.myshopify.com



**KOKO AROMA®**  
YOUR DAILY ESSENTIALS



KOKO AROMA ESSENTIAL OILS DO IT YOURSELF BOOKLET

MUSCLE RELIEF • IMMUNITY • ENERGY • FOCUS • BLISS  
CINNAMON • EUCALYPTUS • LAVENDER • LEMON • PEPPERMINT • TEA TREE  
FITNESS • WELLNESS • VITALITY • HEAD EASE • SENSUAL • TENSION RELIEF