

Green Aromatherapy Tips

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Share their green aromatherapy tips

- Recycle essential oil bottles and use them when creating your own special essential oil blends. You can also use the 5ml-10ml bottles to store a massage oil blend when traveling since it conveniently fits in the quart size zip lock bag.
- Recycle carrier bottles and jars such as massage oil, lotion and salves to make up bath and body products.
- Apply 2-3 drops of an essential oil to a pine cone and place around the house or office. The pine cones will hold onto scent for several days, depending on which essential oil you use. This is a great way to bring in nature and not waste paper diffuser pads.
- Use your empty, clean essential oil bottles to decorate a Christmas tree or use as a display. Tie a ribbon around the top and hang from a tree, window sill or shelf.
- Using essential oils in your natural cleaning products will save 1000's of chemicals from being dispersed into the environment as well as enhance overall health.

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www.myherbshoppe.blogspot.com



- Only use packaging that is recyclable
 - Recycle all of the packaging your supplies come in
 - Become a local “packaging peanut recycle center”
<http://www.loosefillpackaging.com/search>
- or
- Put up a sign in your window inviting people to drop off their packing peanuts with you
 - Ask for Recycle at Work Collection Containers <http://www.recycleatwork.com>
 - Have your marketing material printed paper from recycled material
 - Go paperless or as paperless as possible with your invoices, logs and records

Contact Kayla:

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Or Essential U Blog at:

<http://essentialu.typepad.com/about.html>

