

Orange & Vanilla Essential Oil Blend

By Dr. Eric Zielinski



- Vanilla oleoresin, vanilla absolute, or vanilla CO2 extract
- Orange essential oil
- Coconut, jojoba, or sweet almond oil



- Add equal parts, six (6) drops each, of vanilla and orange oils into 1-2 ounces of coconut, jojoba, or sweet almond oil.
- Orange, rich in limonene, is a proven anti-depressant and anti-inflammatory; this blend has been shown to help with feeling overwhelmed and hopeless.
- This blend is safe for the whole family to use as a body oil; Dr. Zielinski uses it on his kids every morning instead of store-bought body lotion.



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