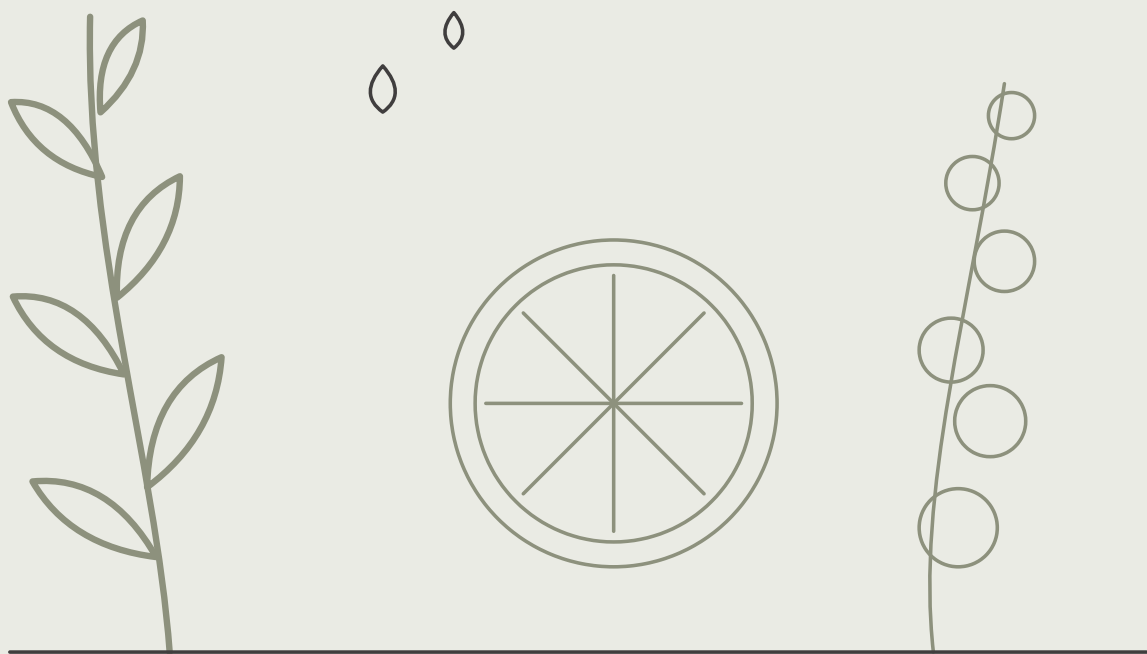


KaiOils

PUREST ESSENTIAL OILS FOR WELLNESS AND CARE



RECIPES FOR EVERYDAY CARE

60 ways to use KaiOils

Essential oils are for aroma and external use only. They are not medicines.

Hair

Weekly rosemary champi

4 drops rosemary in 1 tbsp warm coconut oil; massage the scalp, leave overnight, wash.

Hibiscus Sunday

Warm 2 tbsp hibiscus hair oil, massage from roots to ends, wrap in a towel for an hour.

Brow and lash care

A drop of castor oil on a clean spoolie before bed.

Shine rinse

2 drops lavender in a mug of water with 1 tsp vinegar as a final rinse.

Scalp refresh

2 drops rosemary in a spoon of your mild shampoo.

Castor and coconut mix

1 part castor, 2 parts coconut oil for a rich overnight oiling.

Jasmine hair perfume

1 drop jasmine in your usual hair oil, run through the lengths.

Pre-wash oiling

Bhringraj and amla hair oil on the scalp 1 hour before washing.

Skin and face

Rose face oil

1 drop rose in 2 tsp virgin coconut oil; press gently into damp skin at night.

Lavender body oil

10 drops lavender in 50 ml sesame oil; massage after a bath.

Cracked heel balm

Warm coconut oil with 2 drops lavender; apply and wear socks overnight.

Lip care

A tiny dab of virgin coconut oil on the lips before bed.

Soothing after-sun

Plain virgin coconut oil, cooled in the fridge, on sun-warmed skin.

Hand massage

2 drops sweet orange in 1 tsp coconut oil after washing up.

Natural perfume

1 drop jasmine and 1 drop rose in 1 tsp carrier oil, on the wrists.

Cuticle oil

1 drop lavender in 1 tsp castor oil, rubbed into nails.

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Sleep and calm

Pillow drop

1 drop lavender on the corner of your pillowcase.

Bedtime diffuse

3 drops lavender and 2 drops sweet orange, 30 minutes before sleep.

Foot rub

2 drops lavender in 1 tsp sesame oil, massaged into the soles.

Warm bath

6 drops lavender mixed in a spoon of milk, added to warm water.

Breathing break

1 drop lavender on a tissue; breathe slowly for a minute.

Evening wind-down

Diffuse 4 drops Calm blend while reading.

Clay stone by the bed

2 drops lavender on a terracotta diffuser on the side table.

Temple massage

1 drop lavender in 1 tsp coconut oil, gently on the temples.

Home and cleaning

Floor mop

10 drops lemongrass or eucalyptus in a bucket of mopping water.

Kitchen spray

20 drops lemon in 250 ml water and 1 tbsp vinegar; shake before use.

Chopping board refresh

Rub with half a lemon, rinse, then a drop of lemon oil on a damp cloth.

Fridge freshener

3 drops sweet orange on a cotton ball in a small bowl.

Cupboard sachet

5 drops lavender on a cloth bag of dried rice or rose petals.

Bathroom spray

15 drops eucalyptus in 250 ml water with 1 tbsp rubbing alcohol.

Shoe freshener

2 drops lemongrass on a folded tissue in each shoe overnight.

Mattress refresh

10 drops lavender in 1 cup baking soda; sprinkle, wait 30 minutes, vacuum.

Car diffuser

2 drops sweet orange on a clay diffuser clipped to the vent.

Dustbin freshener

2 drops lemongrass on a cotton pad at the bottom of the bin.

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Festive and pooja

Diwali welcome

3 drops sweet orange, 1 drop clove and 1 drop cinnamon leaf in the diffuser.

Pooja room

2 drops tulsi on a clay diffuser near the altar.

Beside the diyas

2 drops rose on a clay diffuser placed near (not on) your diyas; oils catch fire easily.

Rangoli water

3 drops rose in the water used to sprinkle around rangoli.

Gift wrapping

A drop of sweet orange on the ribbon of a gift box.

Festive room spray

15 drops orange and 5 drops cinnamon leaf in 100 ml water.

Monsoon and winter

Steam bowl

2 drops eucalyptus in a bowl of hot water; towel over the head, eyes closed.

Balcony evenings

5 drops citronella and 2 drops lemongrass in the diffuser.

Damp-room freshener

5 drops lemongrass in the diffuser to lift a musty smell.

Tulsi steam

1 drop tulsi and 1 drop eucalyptus in hot water.

Warm mustard massage

Warm mustard oil, massage before a winter bath, the North Indian way.

Chest rub (adults)

2 drops eucalyptus in 1 tsp coconut oil, rubbed on the chest and back.

Wet shoes and bags

2 drops citronella on a tissue inside, left overnight.

Winter hand oil

Plain sesame oil after washing, while hands are still damp.

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Kitchen with cold-pressed oils

Tadka the traditional way

Groundnut oil for everyday dal tadka and sabzi.

South Indian pickles

Sesame oil keeps homemade pickles fresh and flavourful.

Kachi ghani mustard

Heat mustard oil until it just smokes, cool slightly, then add spices.

Coconut chutney finish

A spoon of virgin coconut oil over chutney or avial.

Podi and idli

Sesame oil over podi with hot idlis.

Light baking

Sunflower oil in cakes and muffins in place of refined oil.

Travel and work

Focus desk

3 drops rosemary in a small desk diffuser while studying.

Travel inhaler

2 drops peppermint or eucalyptus on a tissue in a zip bag.

Afternoon lift

2 drops lemon and 2 drops sweet orange in the office diffuser.

Hotel room reset

Carry a clay diffuser and 2 drops lavender.

Long-drive freshness

1 drop peppermint on the car vent clip.

Roller for the bag

10 drops lavender in a 10 ml roller topped with coconut oil.

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