

Super Safe Formulas



Do It Yourself
Anti-Viral, Anti-Bacterial
Natural Home Health Kit

By Leianne Wilson

Do it Yourself “SUPER SAFE” Essential Oil Blend Formulas

Be Warned – THIS IS A POWERFUL BLEND OF
ESSENTIAL OILS

Take precautions and test in small dosages or
applications if you are sensitive. Always adjust
according to what is working for you or not.

The main anti-viral formula is based on the old
story behind Young Living’s famous “Thieves”
Essential Oil blend. Back in the day of the
Plague a group of gypsy thieves were robbing
the ill and dead and the authorities found
them difficult to catch leaving them
dumfounded as to how they were not getting
sick.

As a bargain for their freedom when they
were caught, they gave this Essential Oil
Recipe as their secret to not getting sick.

In my own personal experience, I have
escaped quite a few virus running rampant
over the span of two decades and swear by it.
I’m sure if you look online you will find many
other testimonials.

I have renamed these blends appropriate to
the times we need to lean on this powerful
old secret formula to shield us from viral
attack.

I have renamed these blends...
SUPER SAFE!



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Super Safe Quick Essential Oil Blend

This is a small quantity recipe designed mostly for dropping to the back of your throat which translates into a form of antiviral “signal” we could say, thus why taking a dose of this before heading out is advantageous.

5 drops of Clove Essential Oil
4 drops of Lemon Essential Oil,
3 drops of Cinnamon Essential Oil,
2 drops of Eucalyptus Essential Oil,
1 drop of Rosemary Essential Oil)

Blend and Add:

1 ½ tsp Carrier Oil –(any of these will do) Almond Oil,
Olive Oil, Avocado Oil, Coconut Oil(Liquid)

Suggested Application-Dosage: 5-7 drops before you head out the door or in the company of others.

This makes approximately 20 doses and should fit in a 2 oz bottle (use a dark/amber bottle) Choose a droplet cap lid or eye dropper lid so it easy to take a dose.





Super Safe Base Essential Oil Blend

This recipe serves to make a batch of the base blend that you can easily add to other ingredients to make a variety of anti-viral/anti-bacterial defense items such as sanitizer and surface cleaner. It will serve as the foundation of all the other recipes and you will be able to make a few batches of everything using it.

40 drops Clove (Bud/Flower) Oil

35 drops Lemon Oil

20 drops Cinnamon Bark Oil

15 drops Eucalyptus Oil

10 drops Rosemary Oil

Mix these oil drops together, allow oils to merge and meld!

Then add 4 tbsp Carrier Oil such as Almond Oil, Olive Oil, Avocado Oil, Coconut Oil (Liquid)

This should fit in a 4-6oz bottle (use a dark/amber bottle)
Choose an eye dropper lid so it is easy to drop the proper amount into your different solutions and formulas.

Super Safe Diffuser /Atomizer

Put 5-10 drops of the Base Formula for 20-30 min (or longer) into your home cool mist atomizer.



Super Safe Hand Sanitizer Essential Oil Blend

Application: Any time you wish to sanitize or put on before venturing out and mixing with others.

3 tablespoons 100% aloe vera gel
1 tablespoon filtered water
1/8 teaspoons Vitamin E oil
5 drops Super Safe Base Essential Oil Blend
Mix aloe vera and water together,
Add Oils
Shake Before Use!

This will make approximately 2-5 applications. This should fit in a 4-6oz bottle (use a dark/amber bottle if possible or a plastic squeeze bottle – travel size)

Batch Recipe:

¾ cup 100% aloe vera gel
¼ cup filtered water
1 teaspoon Vitamin E oil (optional)
20 drops Super Safe Base Essential Oil Blend
Mix aloe vera and water together,
Add Oils
Shake Before Use!

This will make approximately 12-20 applications. This should fit in a mason jar for storage or parceled into smaller bottles of your choice (use a dark/amber bottle if possible or a plastic squeeze bottle – travel size)



Super Safe Hand Witch Essential Oil Blend

1/3 cup pure witch hazel
2/3 cup 100% pure aloe vera gel
1 capsule of Vitamin E oil (optional)
15 drops Super Safe Base Essential Oil Blend

Mix aloe vera and water together,
Add Oils
Shake Before Use!

This will make approximately 12-20 applications. This should fit in a mason jar for storage or parceled into smaller bottles of your choice (use a dark/amber bottle if possible or a plastic squeeze bottle – travel size)





Super Safe Surface B*tch Essential Oil Blend Spray

Application: Cleanse and sanitize surfaces, (anti-bacterial/anti-viral)

Household Spray Bottle filled $\frac{3}{4}$ full with Water

$\frac{1}{4}$ White vinegar or Witch Hazel

5-10 Drops Super Safe Base Blend

Mix White vinegar or Witch Hazel and water together,

Add Oils

Shake Before Use!

Spray Bottle (Plastic is ok, but opaque or dark colored better, use the spray or change out with fresh periodically.

Over time essential oils like to break down plastic.

Dark/Amber glass is ideal to keep your B*tch best. 😊





Super Safe Shopping/Supply List

This list is everything you need to make any of the formulas. Quantity depends on how many batches of which formula you want to make.

- ☐ Clove (Bud/Flower) Oil
- ☐ Lemon Oil
- ☐ Cinnamon Bark Oil
- ☐ Eucalyptus Oil
- ☐ Rosemary Oil
- ☐ Carrier Oil such as Almond Oil, Olive Oil, Avocado Oil, Coconut Oil (Liquid)
- ☐ Witch hazel
- ☐ White Vinegar
- ☐ 100% Pure Aloe Vera Gel
- ☐ Vitamin E (Optional)

- ☐ 2 oz - 6oz bottles (use a dark/amber bottle) with eye dropper lids so it is easy to drop the proper amount into your different solutions and formulas.
- ☐ Spray Bottles
- ☐ Travel Size Squeeze Bottles

Tips to Stay Healthy

NOW

Add these Tips to
the official guidelines your following

1. Boost Alkalinity!
Eat as many fruits and vegetables as you can and avoid processed foods.
2. Take your nutrition seriously,
supplement your system particularly
your immune system.
3. Get out in the Sun, Breathe Nature,
welcome vital health! (Meditate)
4. Be Smart, make smart choices, follow
your gut instincts and intuition as to
“where” or “if” you really need to be,
“when”, with “whom”
5. Go out with confidence, use sanitizer,
washing protocols, gloves, mask and a
little essential oil protection.



Life Shaping

High Vibe Living

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