



The Hawai'i & Pacific Deaf-Blind Project Presents:

THE SEVEN SENSES: SMELL

smell

Smell with Essential Oils by Korina Makaokalani

3 Cool things about Essential Oils

1. Essential oils are safe and 100% natural
2. They are very effective in healing at a cellular level. Oils have physical and emotional benefits!
3. You can have your own toolbox of oils in your home, ready to go whenever something comes up in your house with your family.

3 Ways to Use Essential Oils



Aromatically
Smell



Topically
On your skin



Internally
Ingested (ONLY
doterra brand)

Why doterra?

Doterra uses Certified Pure and Tested Grade Oils. They support farmers worldwide to provide the purest and most effective oils. Through their co-impact sourcing projects they help communities get clean water, hospitals, schools etc.

Samples included in this kit:

- Digestzen-Use topically on stomach.
- Breathe-Use topically on chest area and bottoms of feet.
- Lavender-Use topically on bites, scratches and rashes. Use aromatically/topically to calm the mind.
- Adaptiv-Use aromatically/topically to reduce stress/anxiety.
- Citronella & Lemon Eucalyptus-Use aromatically/topically to keep bugs away.



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Activity Sheet: 3-Ingredient Sugar Scrub

Materials:

- 1 cup sugar (granulated sugar, brown sugar, superfine sugar, or even sea salt works)
- $\frac{3}{4}$ cup oil (coconut oil, olive oil, grapeseed, or sweet almond oil)
- 1-2 drops of essential oil (lavender, chamomile, tea tree, or peppermint)



Instructions:

- Add sugar to a bowl, then pour in the oil of your choice.
- If your mixture seems dry, you can add a bit more oil (up to $\frac{1}{4}$ additional cup).
- Add 1-2 drops of essential oil to the bowl.
- Mix well
- Apply sugar scrub on your hands and feet to exfoliate dead skin.

Please share pictures and videos with us by sending them to mellanie@hawaii.edu. We'd love to see what you came up with! Mahalo!