




Fabulous Fathers *eBook*

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Every father should remember one day
his son will follow his example, not his
advice.”

CHARLES KETTERING

Sporty Dad

ACHES & MUSCULAR DISCOMFORT



Basil
Bergamot
Eucalyptus
Fennel
Frankincense
Helichrysum
Lemongrass
Marjoram
Myrrh
Oregano
Peppermint
Rosemary
Sandalwood
Thyme
Wintergreen
Athletic Blend
Massage Blend



Apply selected oil(s) with Fractionated Coconut Oil to sore muscles and problem areas before, during, and after a workout.

A person wearing a white long-sleeved shirt, dark shorts, and black sneakers is stretching their right leg on a paved path. The background shows a body of water and a distant building under a clear sky. A large, semi-transparent white circle is overlaid on the center of the image, containing text.

Vanessa Jean's

Muscle Recovery

Marjoram
Sandalwood
Rosemary

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A person's legs in athletic wear running on a grassy hill at sunset. The person is wearing dark shorts and blue and black running shoes. The background is a bright, hazy sky with a sun low on the horizon, casting a warm glow over the scene. The foreground is filled with dry, golden-brown grass.

Vanessa Jean's

Athletic Blend

Athletic Blend

Frankincense

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A person is climbing a rock face, silhouetted against a bright sunset sky. The person's hands and feet are visible as they grip the rock. The sky transitions from a pale blue at the top to a warm orange and yellow near the horizon. A large, light blue circular graphic is overlaid on the center of the image, containing text.

Vanessa Jean's

**Outdoors and
Adventures**

Peppermint
Wild Orange
Bergamot
Cypress
Lemon

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Circulation: Black Pepper to promote healthy circulation both internally and externally.

Breathing: Inhale Clear Blend or rub a drop or two onto the chest with carrier oil e.g. Fractionated Coconut Oil (FCO).

For a breath of fresh air use Siberian Fir or Douglas Fir, Cardamom or Lime to support clear breathing and respiratory function.

Energize your workout: Diffuse Peppermint and/or Wild Orange essential oil or inhale beforehand.

Irritated skin: Lavender, Tea Tree.

Sanitizing Spray: sanitize your hand weights and other workout equipment with this simple spray. Add ½ cup water and 2-6 drops Protective Blend to a glass spray bottle. Shake well before each use. Also consider Lemon essential oil or Cleansing Blend.

Anti-fungal Foot Roll-on: combine 35 drops Tea Tree essential oil with 8 drops Lavender essential oil in a glass spray bottle and apply topically to affected areas.





Repel ze Bugs

Diffuse or aromatic dressing blends.

(Note: brackets refer to aromatic dressing blends - dilute in 10ml Fractionated Coconut Oil (FCO) and apply to the body for your pleasure and sanity over the summer season.)

Bug Off!

10-20 drops Outdoor Blend – the perfect repellent. This comes in a 30ml spray bottle for your convenience.

Optional: add Pink Pepper

No more mozzies and flies; to dissolve emotional bugs and summer pests!

Night Time Sleep & Repel ze Bugs!

Lavender 3 (2)

Cedarwood 2 (2)

Thyme 1 (add 1 drop to your feet)

Eucalyptus 3 (2)

If a tick enters the skin, try dropping 1-2 drops of Peppermint essential oil directly on the tick; they back out and you can pick them off and discard.

Massage Protective Blend, Lavender and Oregano in a tsp of FCO onto the affected area. For a child or adult with sensitive skin try Lavender, Frankincense, Lemon, Tea Tree or Rose (or the kids “Stronger” blend).

Pink Pepper is an excellent insect repellent. Add 1-3 drops to any of your blends to repel ze bugs!

Recharge & Repel

Great for insects and bugs and emotional density or challenges.

Geranium 4 (2)

Lemongrass 2 (2)

Eucalyptus 3 (3)

Tea Tree 2 (2)

Wild Orange 6 (0)

Ticks Be Gone!

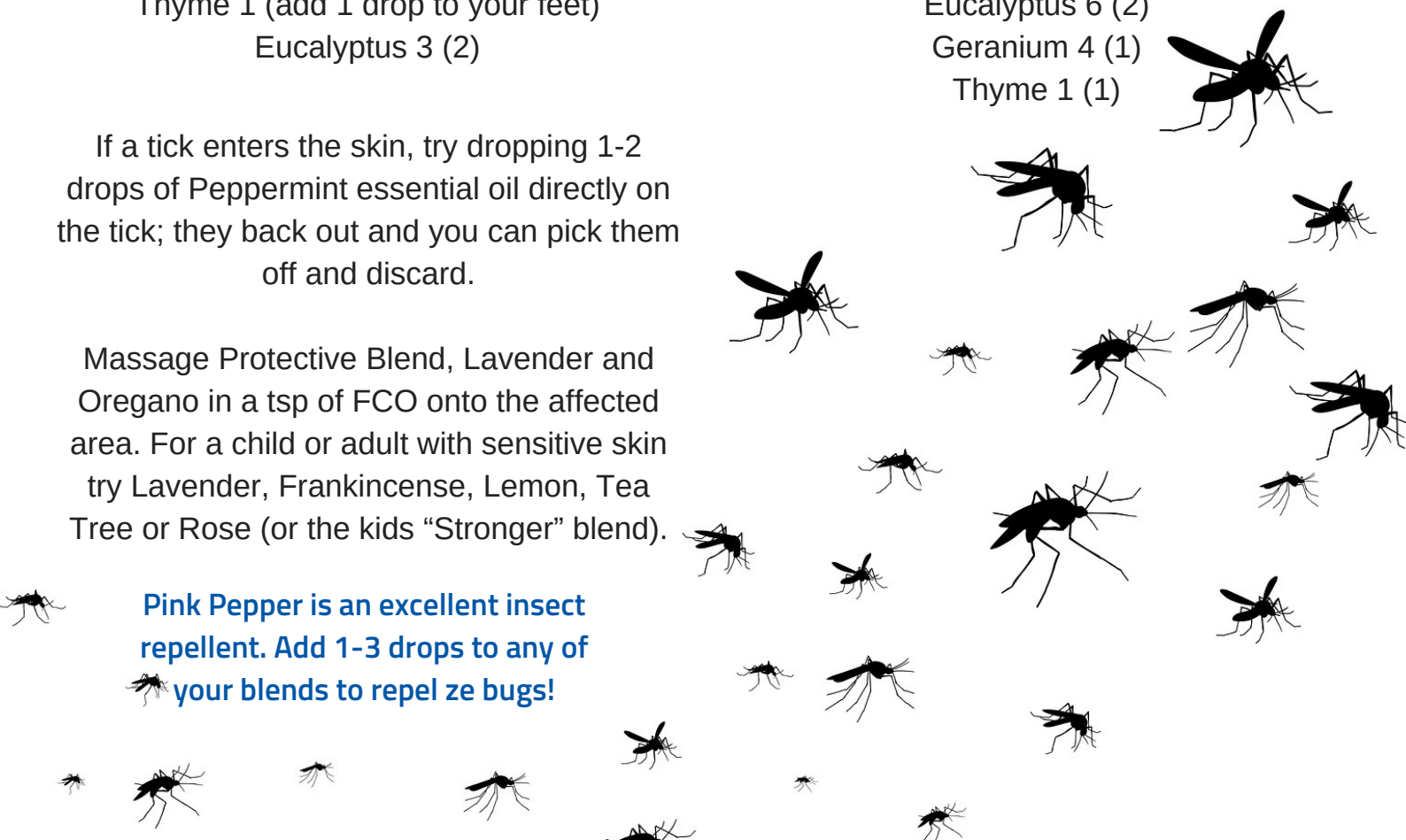
Grapefruit 8 (2 - although leave out if you are going into the sun)

Peppermint 6 (2)

Eucalyptus 6 (2)

Geranium 4 (1)

Thyme 1 (1)



Soothing Summer Spritzers

Consider creating these spritzer bottles to soothe you over summer.

You can add a touch of witch hazel or Epsom salts to help disperse the essential oil molecules. I don't, I keep it super simple and just add water, shake, and spray.

COOL SKIN

10 drops Lavender essential oil
10 drops Peppermint essential oil
1 tbsp aloe vera gel (fresh is best)
Top up with water.

Spray to keep cool, help with after sun or sunburn care.

SUMMER NIGHTS

10 drops Spearmint essential oil
2 drops Petitgrain or Lavender essential oil
6 drops Hawaiian Sandalwood essential oil
2 drops Ylang Ylang essential oil
Top up with water.

For a relaxing evening and lovely sleep, spritz any time you wake up during a hot night.



Technical Dad

FOCUS, CONCENTRATION & MENTAL
FATIGUE

Clove
Eucalyptus
Frankincense
Lavender
Lemon
Lemongrass
Lime
Marjoram
Peppermint
Rosemary
Sandalwood
Vetiver
Wild Orange
Siberian Fir
Focus Blend
Grounding Blend
Invigorating Blend
Relaxation Blend





Vanessa Jean's

Productivity Blend

Clear Blend

Wild Orange

Invigorating Blend

Cypress

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Vanessa Jean's
**Concentration,
Regeneration,
Clarity & Cleansing**

**Lemongrass
Siberian Fir
Peppermint**

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Gardening Dad

All-round insect repellent blend: fill a spray bottle with 235ml of water and 15 drops of Outdoor Blend, then spray on plants.

Ants: Peppermint (add a line to window and door seals).

Aphids: Cedarwood, Peppermint, Sandalwood

Beetles: Peppermint, Thyme (on cotton ball & sprayed around plants)

Caterpillars: Peppermint, Spearmint (great in plant spray to repel)

Fleas: Lavender, Lemongrass, Peppermint

Flies: Basil, Clove, Eucalyptus, Lavender, Peppermint, Rosemary

Mice: Peppermint (place on cotton ball)

Midges: Lavender, Tea Tree, Lemongrass, Geranium, Outdoor Blend

Mosquitoes: Lavender, Lemongrass

Moths: Lavender, Peppermint, Spearmint

Plant Lice: Cedarwood, Peppermint

Roaches: Eucalyptus

Slugs: Cedarwood

Snails: Patchouli

Spiders: Peppermint (place on cotton ball)

Ticks: Lavender, Lemongrass, Thyme

Weevils: Patchouli, Sandalwood



A LITTLE ESSENTIAL OIL GOES A LONG WAY

Essential oils are powerful, so apply to plants sparingly. Begin by spraying the solution on the plants, making sure to spray underneath the leaves as well as on top. You can also apply the solution with a brush if you want to be more precise in your application to a specific area. Several applications, every few days, may be necessary.

RENEW

Renew overworked gardening muscles with Lemongrass, Athletic Blend, and Peppermint (in carrier oil) after a long day of work and physical activity. Also consider Wintergreen, Ice Blue Rub (or oil), Marjoram, Rosemary, Basil, Black Pepper).

Handyman Dad

Remove grease from your hands with 1-2 drops Lemon or Wild Orange essential oil or On Guard Hand Wash.

Nourish leather and prevent it from splitting by rubbing it with a cloth soaked in Lemon or Eucalyptus essential oil. You can create your own polish 5 drops Eucalyptus + 5 drops Lemon (or Wild Orange) + 1/4 cup FCO + 1/4 cup white vinegar.

Combine together and store in air tight glass jar.

Make tools look like new – use 2-3 drops Lemon essential oil on a rag and rub tools to remove grime.

Remove early stages of tarnish on silver and other metals by using a cloth treated with Lemon essential oil.

Stinky boots? Try Lemon, Eucalyptus, Peppermint, Cleansing Blend, Wild Orange or Spearmint.

Can't get the **sticky residue** off something? Try Eucalyptus, Lemon, Lemongrass or Wild Orange essential oils.

Grimy hands? Try On Guard Concentrate or On Guard Foaming Hand Wash.



Travel Dad

Nausea: Basil, Black Pepper, Fennel, Geranium, Ginger, Lavender, Lemon, Lemongrass, Marjoram, Myrrh, Oregano, Peppermint, Roman Chamomile, Rosemary, Wild Orange, Digestive Blend.

Immune booster: Protective Blend.

Minor skin irritations: Lavender, Tea Tree.

Ground and balance: Grounding Blend.

Opens airways: Clear Blend.

Repels bugs: Outdoor Blend.

After sun care: Lavender to soothe skin after a day out in the sun. **Hydrate dry, chapped lips** with doTERRA lip balm.

Tired muscles: Soothe sore tired muscles after a long day of travel with Deep Blue sample packets.

Mouthwash: mix water and your favourite essential oil such as Peppermint, Clove, or Protective Blend. Alternatively use the On Guard Mouthwash.

Digestion: Digestive Blend for those poor dietary choices or strange or new foods.



Grooming Dad

Aftershave: use Pore Reducing Toner to calm irritated skin.

Dandruff: massage a drop of Tea Tree onto the scalp.

Shaving nicks: Helichrysum.

Shaving: apply Tea Tree and Lavender mixed with Fractionated Coconut Oil after shaving to soothe irritated skin.

Promote clear healthy skin: Cedarwood, Sandalwood / Hawaiian Sandalwood.

Shoe deodorizer: add a few drops of Cleansing Blend, Peppermint, or any citrus essential oils onto a paper towel or a used dryer sheet, scrunch, and place in your shoes overnight.

Clean mouth, fresh breath: On Guard Mouthwash, On Guard Toothpaste every day, pop a Peppermint beadlet for instant fresh breath and confidence, add a couple of drops of Protective Blend, Tea Tree, and Peppermint essential oils to water for a refreshing mouth rinse (rinse and spit!).

Beard maintenance: Root to Tip Serum to soothe facial skin and hair.

Toenail care: directly apply Tea Tree at the edge of the nail two times daily. You can alternate between Lemongrass and Clove or Frankincense and Lemon.



SLEEP SUPPORT FOR AN OVERACTIVE MIND

Bergamot
Cedarwood
Cypress
Frankincense
Juniper Berry
Lavender
Marjoram
Melissa
Petitgrain
Roman Chamomile
Sandalwood
Vetiver
Wild Orange
Ylang Ylang
Calming Blend
Grounding Blend
Invigorating Blend

*In the bedroom, diffuse your oil(s) of choice 30 minutes
before bedtime to support a great night's sleep.*

Vanessa Jean's
Mind at Rest

Vetiver

Petitgrain

Wild Orange/Tangerine

Frankincense

Diffuse before bedtime to help relax
the mind for a restful sleep.

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Vanessa Jean's

Gentle Sleep

Patchouli

Arborvitae

Spearmint

Diffuse before bedtime to help you
to descend into a gentle sleep.

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Vanessa Jean's

Night

Lavender

Clear Blend

Calming Blend

Frankincense

Wild Orange

Bergamot

Diffuse before bedtime to support a
great night's sleep.

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Vanessa Jean's

Zone Out

Bergamot
Sandalwood
Lime

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Vanessa Jean's
Chill'n Blend

3 drops Lime
2 drops Lavender
3 drops Frankincense
3 drops Siberian Fir
2 drops Cedarwood

Add to 10ml Fractionated Coconut Oil for aromatic dressing, or as a "man-fume".

Alternatively add drops to spritzer bottle.

Divine for men! (And women too!)

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A man in a dark suit and blue jeans is hanging from a bare tree branch against a cloudy sky. The scene is captured from a low angle, making the man appear to be high up. A large white circle is overlaid on the image, containing text.

Paul Owen's

Take the Pressure Down

Petitgrain

Frankincense

Hawaiian Sandalwood

Arborvitae

Diffuse, or aromatically dress with maximum 5 drops to 10ml Fractionated Coconut Oil or add to a roller bottle and use as your man-fume.

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Being deeply loved by someone gives you strength,
while loving someone deeply gives you courage.



Romantic Dad

Consider: Inspiring Blend or Blend for Women (it's not just for women - men love this blend!)

Sandalwood + Vetiver + Lemon

Wild Orange + Vetiver + Bergamot

Juniper Berry + Lemon + Sandalwood

Cassia + Cardamom + Bergamot

Patchouli + Hawaiian Sandalwood + Lime



Paul Owens'

Manfume

Arborvitae

Hawaiian Sandalwood

Frankincense

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Vanessa Jean's
Manfume for the Gods

EMBRACE YOUR INNER GOD

3 drops Jasmine
2 drops Frankincense
3 drops Hawaiian Sandalwood
1 drop Spikenard

Use with carrier oil (10ml) to a roller bottle to create your own manfume, or for aromatic dressing.

"My heart and mind are open to new experiences and connections. I allow divine to flow through me, guide me and inspire me."

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Vanessa Jean's

Men's Fragrance

Vetiver
Cedarwood
Bergamot

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Vanessa Jean's
Sweet Loving

Sandalwood
Ylang Ylang
Bergamot
Lavender

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The **RETURN** of the

Scented Man

Here are some ideas for the menfolk... blends to awaken, inspire, relax and uplift, blends to get you going, and blends for sleep.

Enjoy!

SLEEP

Cedarwood
Roman Chamomile
Petitgrain

INSPIRATION

Lime
Cedarwood
Petitgrain

RELAXATION

Petitgrain
Frankincense
Wild Orange

FOCUS

Kumquat
H. Sandalwood
Patchouli
Lime



MANFUME/COLOGNE

Bergamot
Cedarwood
Roman Chamomile
H. Sandalwood

CONNECTION

Cinnamon Bark
Ylang Ylang
H. Sandalwood
Roman Chamomile

ENERGIZE

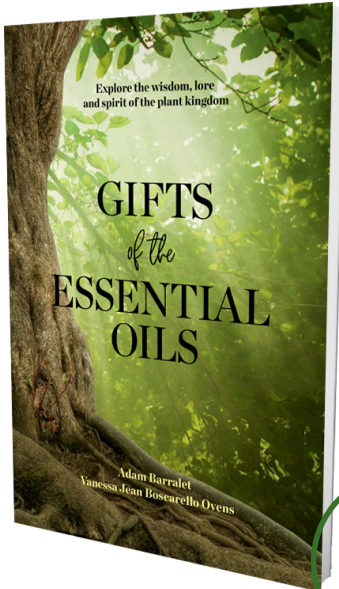
Spearmint
Douglas Fir
Wild Orange

REJUVENATE

Lemon
Siberian Fir
Bergamot
Litsea

Upcoming Releases

1



Dive deep into the spiritual aspects of the plant kingdom!

Click book image to register your interest in the upcoming book "Gifts of the Essential Oils" by Adam Barralet and Vanessa Jean Boscarello Ovens



2



Recipe book with Chef Sophie Budd & Vanessa Jean Boscarello Ovens

Register your interest in the upcoming recipe book.



REGISTER HERE

*This ebook is dedicated to
all Dads ♡*



For more pure essential oil inspiration, please visit:

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We recommend dilution when applying essential oils topically with a carrier oil like Fractionated Coconut Oil (FCO).

Ratio: 1:2 (5 drops total essential oil(s) to 10ml FCO).

Avoid sunlight or UV rays for up to 12 hours after applying citrus oils.