

# FACE THE WORLD

## Rose & Sandalwood Spritz

### REFILL RECIPE

To continue to get the most out of your FACE THE WORLD experience, make your own spritz refill. Continue to use FACE THE WORLD by following the instructions on the label. Remember, FACE THE WORLD can be used to enhance many situations, by allowing you a moment to pause and be still for a second.

To refill:

Leave a small amount of FACE THE WORLD in the bottle.

Get 50ml of pure spring water.

Bring to the boil for one minute then allow to cool.

Funnel cooled water into your bottle

Add 1 drop of Rose Geranium Essential oil

Add 2 drops of West Australian Sandalwood essential oil

Shake very well.

FACE THE WORLD (again!)

This is not the original recipe of Face the World, which contains organic Aloe vera, organic rose water, organic sugar cane alcohol and Australian flower essences. However it is a simple and possible way of refilling your spritz and reusing your bottle.

By leaving a small amount of Face the World, you can maintain the energetic flower essence effect of the spritz. Continue this practice for subsequent refills.

You can change the recipe to suit what you have available. Other nice ingredients to include:

Rose water/Hydrosol

Other floral hydrosol

Other essential oils – however avoid the citrus range (ie orange, lemon, lime) as they can cause sun sensitivity and skin irritation in some people.

Have fun.