

# Focus and Clarity Blend



## Awaken Your Mind

This refreshing blend is designed to awaken the senses and sharpen your mental focus. The crisp notes of peppermint and lemon invigorate the mind, while rosemary and basil support clarity, concentration, and alertness. Ideal for moments of worship, deep work, or study, it gently brings your attention back to the present.

Diffuse during journaling, dhikr, or mindful breathing exercises to boost presence and productivity with calm energy.

## Blend!

Best for present-moment awareness or mindfulness in worship/work/study.

- 3 drops Peppermint oil 🌿 - mental clarity
- 2 drops Rosemary oil 🌿 - sharpens focus
- 2 drops Lemon oil 🍋 - uplifting and refreshing
- 1 drop Basil oil 🌿 - stimulates the mind

**Carrier:** 10ml sweet almond oil 🥜 or use in diffuser

**Use:** Diffuse while journaling, doing deep work, worshipping or during mindful breathing exercises.

**By Hauwa Bello, Psychotherapist & Aromatherapist**

### **More Information :**

myshrink@hauwabello.com

Explore more blends at @hauwabello.com

**Mindful blend 1**

EMPOWERING THEM  
*Hauwa Bello*