

# ESSENTIAL OIL

## Blend Recipes

5 BLENDS FOR WELLNESS & HARMONY

### 01 CALM & RELAX

3 drops Lavender · 2 drops Cedarwood · 1 drop Vetiver

Best for:

Diffuse at bedtime to ease stress and promote deep, restful sleep.

### 02 MORNING ENERGY

3 drops Wild Orange · 2 drops Peppermint · 1 drop Rosemary

Best for:

Diffuse in the morning to boost focus, uplift mood and sharpen clarity.

### 03 BREATHE EASY

3 drops Eucalyptus · 2 drops Tea Tree · 2 drops Lemon

Best for:

Diffuse during cold season to clear airways and purify the air.

### 04 STRESS BE GONE

2 drops Frankincense · 2 drops Bergamot · 2 drops Ylang Ylang

Best for:

Apply diluted to pulse points or diffuse to melt away anxiety and tension.

### 05 IMMUNE BOOST

3 drops Lemon · 2 drops Clove · 2 drops Cinnamon · 1 drop Oregano

Best for:

Diffuse during seasonal changes to strengthen and protect immunity.

#### SAFETY NOTE:

Always dilute essential oils with a carrier oil before skin application.

Keep out of reach of children. Consult a physician if pregnant.

