



Diffuser Blend

Wake Up & Focus

A blend that smells nice and helps with energy.

3 drops Lemon
3 drops Rosemary
2 drops Peppermint

Add to a diffuser or aromatherapy inhaler.
For topical use, add 6 drops to 10 ml carrier oil.

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Diffuser Blend

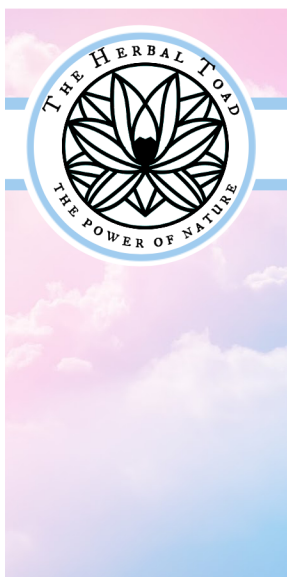
Settle Down to Work

A blend that helps to settle and focus.

4 drops Lavender
4 drops Mandarin
2 drops Chamomile

Add to a diffuser or aromatherapy inhaler.
For topical use, add 10 drops to 10 ml carrier oil.

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Diffuser Blend

ADHD Attention Getter

A blend that helps to calm and focus.

4 drops Vetiver
4 drops Lavender
4 drops Citrus Pop
2 Drops Spearmint

Add to a diffuser or aromatherapy inhaler.
For topical use, add 6 drops to 10 ml carrier oil.

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