



ESSENTIAL OIL DIFFUSER RELAXATION BLENDS

Add these drops into your diffuser along with the amount of water recommended by the manufacturer. Diffuser and let your stress melt away.

Stress Buster Blend

5 drops lavender
3 drops vetiver
2 drops ylang-ylang

Unwind Blend

4 drops bergamot
10 drops patchouli
8 drops lavender
12 drops ylang-ylang
6 drops cedarwood

Tranquility Blend

7 drops frankincense
9 drops bergamot
4 drops geranium