

Mood Boosting Diffuser Blend

Relaxing Blend

3 drops Vetiver
3 drops Lavender
3 drops Sandalwood
2 drops Ylang Ylang

Harmonizing Blend

3 drops Patchouli
2 drops White Fir
2 drops Lavender

Vitalizing Blend

5 drops Frankincense
5 drops Peppermint
5 drops Wild Orange
5 drops Lemon

WORRIED

Cedarwood: Diffuse after a stressful day to relax the mind and body.

Serenity™ Calming Blend: Diffuse to help promote relaxation and peace.

ANGRY

Arborvitae: Diffuse at night or rub on forehead, shoulders, or chest for a grounding aroma.

Patchouli: Rub on temples or apply to the bottoms of feet for a calming musky-sweet aroma.

Ylang Ylang: Put a few drops into Epsom salt bath for relaxation.

STRESSED

AromaTouch® Massage Blend: Add to bath or use with carrier oil for massage.

Frankincense: Apply to the bottoms of feet to promote feelings of relaxation and to balance mood.

Roman Chamomile: Add 1–2 drops to herbal teas to soothe the body and mind.

Vetiver: Diffuse aromatically or use topically with other calming essential oils, such as Lavender, Serenity, or Balance, to promote feelings of calm.

RESTLESS/LACK OF CONCENTRATION

Rosemary: Take internally, to help reduce nervous tension and occasional fatigue.*

Lavender: Add to bath water to soak away stress or apply to the temples and the back of the neck.

Balance™ Grounding Blend: Apply to wrists or neck to help ease anxious feelings.

InTune® Focus Blend: Use at work to stay on task or when feeling tired mid-afternoon.

NERVOUS

Clary Sage: Apply one to two drops to your pillow for a restful night's sleep.

Bergamot: Diffuse in the classroom or at work during high stress levels.

TIRED/UNMOTIVATED

Grapefruit/Lemon/Lime: Rub underneath your nose to sharpen focus while studying or reading.

Citrus Bliss®: Diffuse aromatically or put one drop on your wrists and rub them together for an uplifting everyday perfume.

Peppermint: Apply to the palms of hands and deeply inhale for a quick pick-me-up.

Wild Orange: Energize the mind and body by placing two drops each of Wild Orange, Peppermint, and

Frankincense in the palm of your hand. Rub palms together and inhale deeply.

SAD/DISOURAGED

Sandalwood: Apply to the neck at bedtime for a restful sleep, or use during meditation.

Elevation: Diffuse in the mornings to start the day with a positive, uplifted mood.

FEELING BLUE

Myrrh: Use aromatically to help promote awareness and uplift your mood