



CLOVE + CHAI

THE BEST TEEN ESSENTIAL OIL RECIPES

Does your teen need a little emotional boost? Check out these amazing diffuser blends for your teen.





*Hormone
Help*

10 DROPS PEACE
10 DROPS BALANCE
10 DROPS BERGAMOT

Add to a 10 ml Roller Ball
Top with Fractionated Coconut Oil (FCO)

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*Mood
Magic*

YLANG YLANG
BERGAMOT AND
LAVENDER

Add Equal Parts of oils to water and diffuse
throughout the day and evening.

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Get It
Done!

4 DROPS PEPPERMINT
2 DROPS CORIANDER

Diffuse throughout the day and the evening.
Promotes focus.

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The Best
Teen Blend

10 DROPS LAVENDER, CLARY SAGE,
FRANKINCENSE AND BERGAMOT

Add to a 10 ml Roller Ball
Top with Fractionated Coconut Oil (FCO)

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Study
Time

2 DROPS FRANKINCENSE
3 DROPS LIME
2 DROPS HAWAIIAN SANDLEWOOD

Diffuse throughout the day and evening.
Promotes relaxation and focus

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Motivation

3 DROPS TANGERINE
2 DROPS PEPPERMINT
1 DROP ROSEMARY

Diffuse throughout the day and evening.
Promotes relaxation and focus

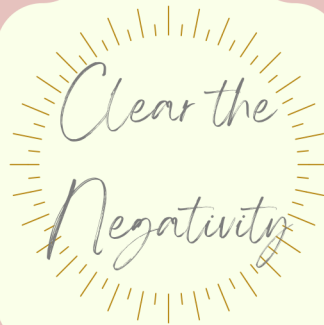
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1 DROP MYRRH
1 DROP EUCALYPTUS
1 DROP LIME

Diffuse throughout the day and evening.

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3 DROPS BERGAMOT
3 DROPS LIME
2 DROPS LEMONGRASS

Diffuse throughout the day and evening.

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Esteem

3 DROPS GRAPEFRUIT
2 DROPS LIME
1 DROP DOUGLAS FIR

Diffuse throughout the day and evening.

CLOVE + CHAI



Tired

4 DROPS WILD ORANG
4 DROPS GRAPEFRUIT
2 DROPS JUNIPER

Diffuse throughout the day and evening.
Promotes relaxation and focus

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