



# spring

INTO WELLNESS

Rediscover wellness and embrace fresh starts.

## DIFFUSER BLENDS

### *citrus* blast



LIME   
TANGERINE   
SPEARMINT 

### *welcome* spring

LEMON   
WILD ORANGE   
PEPPERMINT 

### *forest* fresh

CYPRESS   
CEDARWOOD   
JUNIPER 

### *spring* awakening

FRANKINCENSE   
WILD ORANGE   
ROSEMARY 

### *joyful* *morning*

GRAPEFRUIT   
YLANG YLANG   
SPEARMINT 

### *spring* renewal

EUCALYPTUS   
ROSEMARY   
LEMON 

## SPRING RECIPES

### *floral* bath salts

1 cup Epsom Salts  
½ cup Baking Soda  
10 drops of Lavender  
5 drops of Roman Chamomile  
Mix and store in an air-tight container.  
Add to your bath and enjoy!



### detox juice

3 kale leaves  
2 stalks celery  
1 lime, 1 apple, 1 cucumber  
1 drop of Cilantro oil  
or Celery Seed oil



### *lush* garden hand cream

¼ cup Shea Butter  
⅛ cup Sweet Almond Oil  
10 drops of Lavender  
5 drops of Rosemary

### *diy* shower melts

1 cup baking soda, ½ cup water  
15 drops of Wild Orange  
10 drops of Peppermint  
Combine in a bowl, add the mixture into molds and freeze until solid. Pop one piece out when you are taking a shower for a delightful shower experience.

### *refreshing* foot soak

After a long day, your tired feet deserve some pampering. Treat yourself to a DIY Refreshing Foot Soak infused with the power of essential oils.

½ cup Epsom salt  
¼ cup sea salt  
3 drops of Peppermint  
3 drops of Lavender  
1 drop of Tea Tree  
Add to large basin with warm water and soak for 20 minutes

### body scrub

1 cup of Epsom salt  
¼ cup of Fractionated Coconut Oil  
10 drops of Peppermint  
5 drops of Wild Orange  
A glass container for storage

