

CLOVE + CHAI



BEST  
DIFFUSER  
BLENDS  
*for Kids*

# NIGHTY NIGHT

3 Drops Lavender

2 Drops Copaiba

1 Drop Roman Chamomile

clove + chai

# IMMUNE

2 Drops Wild Orange  
2 Drops Frankincense  
1 Drop Clove  
1 Drop Oregano

clove + chai

# TUMMY TROUBLE

3 Drops Ginger  
2 Drops Fennel  
1 Drop Peppermint

clove + chai

# COUGH

To use at night: add a few drops of lavender to promote sleep

3 Drops Eucalyptus

2 Drops Lime

1 Drop Frankincense

clove + chai

# POSITIVE FEELINGS

GRUMPY OR MORNING TIME

2 DROPS ORANGE

2 DROPS BERGAMOT

1 DROP LAVENDER

1 DROP LEMON

clove + chai

# HOMEWORK

## HELP

FOCUS, BRAIN AND MEMORY

3 Drops Peppermint

2 Drops Rosemary

1 Drop Frankincense

clove + chai

# CALM DOWN

SCHOOL, CHURCH, BED

3 DROPS ORANGE

3 DROPS LAVENDER

clove + chai