

40+

SIMPLE

ESSENTIAL

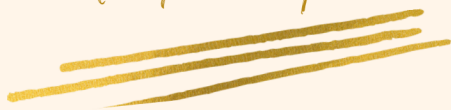
OIL

RECIPES



CLOVE + CHAI

Roller Blend Recipes



10 SIMPLE "STRESS-FREE" COMBOS

10 drops Lavender
10 drops Frankincense

10 drops Cedarwood
10 drops Wild Orange

10 drops Patchouli
10 drops Balance

10 drops Marjoram
10 drops Lavender

10 drops Peace
10 drops Vetiver

10 drops Melissa
10 drops Frankincense

10 drops Citrus Bliss
10 drops Balance

10 drops Lavender
10 drops Vetiver

10 drops Whisper
10 drops Wild Orange

10 drops Peace
10 drops Bergamot

10 drops Clary Sage
10 drops Lavender

10 drops Copaiba
10 drops Frankincense

Add to 10 ml roller and top with fractionated coconut oil.
Dilute more if preferred

Roller Ball Blends

FOR ANXIETY



Add to 10 ml roller and top with fractionated
coconut oil.
Dilute more if preferred

TAPPED OUT

10 drops Balance
5 drops Elevation
5 drops Forgive

BRING ME PEACE

10 drops Peace
10 drops Copaiba

NEED TO CHILL

15 drops Citrus Bliss
10 drops Ylang Ylang
5 drops Patchouli

CALM & COLLECTED

10 drops Wild Orange
10 drops Cedarwood
5 drops Frankincense
5 drops Lavender

GOODBYE TENSION

10 drops Lavender
5 drops Juniper Berry
5 drops Black Pepper

LIQUID STRESS RELIEF

15 drops Lavender Peace
15 drops Balance

LET GO OF WORRY

10 drops Frankincense
10 drops Vetiver
10 drops Bergamot

FEELING FRAZZLED

8 drops Bergamot
8 drops Frankincense
5 drops Clary Sage

I AM ENOUGH

Diffuser Blends

Add to 10 ml roller and top with fractionated coconut oil.
Dilute more if preferred

EMPOWERED



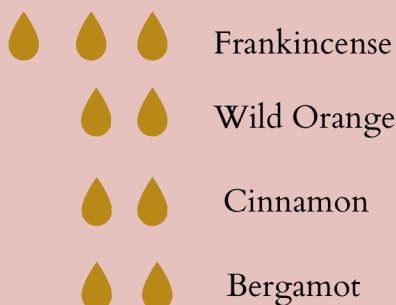
DON'T COMPARE



CONFIDENCE TO SHINE



I AM ENOUGH



CLOVE + CHAI

8 DIFFUSER

BLENDS FOR THE BEST

NIGHT'S SLEEP!!!

Sweet
Dreams

4 Lavender
2 Cedarwood
2 Vetiver

Lullaby

4 Lavender
3 Bergamot
1 Ylang Ylang

Night
Moon

4 Lemon
3 Lavender
2 Frankincense

Sweet
Slumber

3 Bergamot
2 Cedarwood
2 Marjoram

Rest/
Relax

3 Cedarwood
3 Patchouli
2 Chamomile

Knock
Out

4 Lavender
3 Cedarwood
2 Frankincense

Nighty
Night

2 Lavender
2 Chamomile
2 Bergamot

Deep
Sleep

4 Lavender
2 Sandalwood
2 Clary Sage





Diffuser Blends for

That Clean House Smell

TIME TO DECLUTTER

4 drops Lemon
3 drops Lemongrass
2 drops Peppermint

CLEAN + FRESH

3 drops Eucalyptus
3 drops Wild Orange
3 drops Lime

IT SMELLS SO FRESH

3 drops Lemon
3 drops Easy Air
3 drops Lime

SPRING CLEANING

4 drops Lemon
3 drops Lavender
2 drops Rosemary

SPARKLY CLEAN

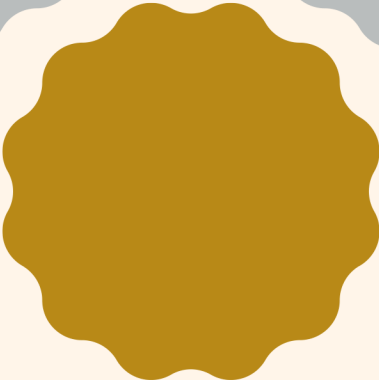
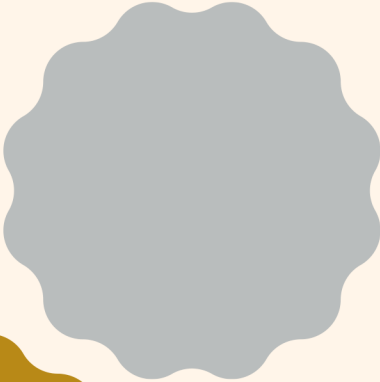
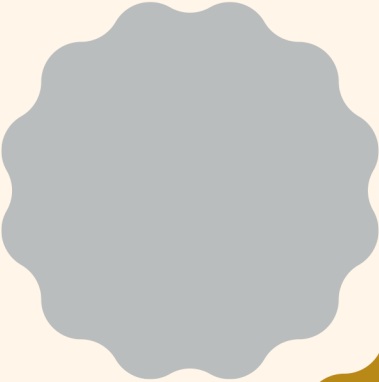
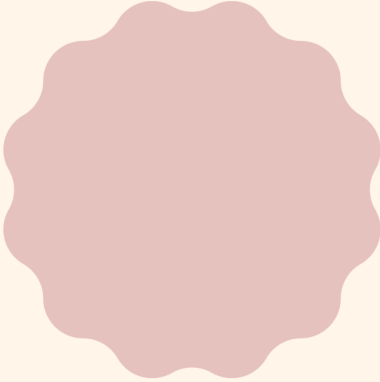
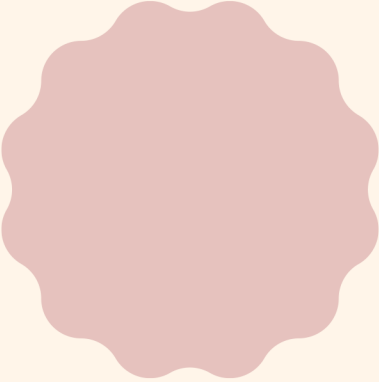
3 drops Lemon
3 drops Peppermint
3 drops Eucalyptus

OUT WITH THE STALE AIR

4 drops Frankincense
4 drops Cypress
2 drops Ylang Ylang

ADD YOUR
FAVORITE

RECIPES HERE



your essential oil

INVENTORY CHECKLIST

- Balance _____
- Bergamot _____
- Black Pepper _____
- Black Spruce _____
- Cedarwood _____
- Chamomile _____
- Cinnamon _____
- Citrus Bliss _____
- Clary Sage _____
- Copaiba _____
- Cypress _____
- Easy Air _____
- Elevation _____
- Eucalyptus _____
- Forgive _____
- Frankincense _____
- Geranium _____
- Juniper Berry _____
- Lavender _____
- Lavender Peace _____
- Lemon _____
- Lemongrass _____
- Lime _____
- Marjoram _____
- Melissa _____
- Patchouli _____
- Peace _____
- Peppermint _____
- Pine _____
- Rosemary _____
- Sandalwood _____
- Whisper _____
- Wild Orange _____
- Ylang Ylang _____