

July

DIFFUSER + ROLLER + DIY RECIPES



DIFFUSER BLENDS

Cool Breeze

3 Peppermint
2 Wintergreen
3 Wild Orange

Sunshine Day

4 Tangerine
1 Geranium
1 Ginger

Curb the Crave

5 Fennel
4 Slim & Sassy*
(Smart & Sassy* Canada)

Tummy Tamer

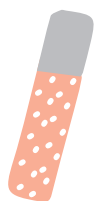
10 Ginger
10 Fennel
10 DigestZen*
(ZenGest* Canada)

Soothing Travel

10 Adaptiv™
10 Copaiba
10 Peace*

Power Up

3 Fennel
3 Clary Sage
2 Ginger



ROLLER BLENDS

Add drops to a 10mL roller and top with fractionated coconut oil. Apply to stomach as needed when occasional upset stomach arises.

Add drops to a 10mL roller and top with fractionated coconut oil. Apply to pulse points & inhale as often as needed.



DIY RECIPES

Cool Down SUMMER SPRAY

20 Frankincense
20 Lavender
20 Peppermint

In a small glass spray bottle combine oils, add a dash of witch hazel, and top with water. Cool down in the hot summer sun or soothe over-exposed skin. Shake before using.

Gardener's SOOTHING HAND BALM

1 c. of coconut oil
3 Tbsp Shea Butter
1 Tbsp Vitamin E oil

Combine in mixer until light & fluffy. Add 20 drops Lavender and 10 drops Helichyrsu & mix on low.

Lemon Raspberry SUMMER WATER RECIPE

3-4 Lemon slices
1/4 c. frozen Raspberries
10 drops Lemon Oil
24 oz. Water

Combine ingredients in a glass or tumbler (use only glass or stainless steel). Stir or shake to incorporate oil. Serve & enjoy!



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