



Essential Oil Recipes

Holiday DE-Stress Blends (for diffuser)

#1 Equal drops each Lavender, Frankincense, Orange

#2 Equal drops each Lavender, Lime, Mandarin

#3 Equal drops each Lavender, Roman Chamomile, Ylang Ylang

#4 Equal drops each Bergamot, Patchouli, Ylang Ylang

#5 Equal drops each Bergamot, Geranium, Lavender

#6 2 drops Chamomile, 2 drops Lavender, 4 drops Sandalwood

Holiday Memories (for diffuser)

#1

8 drops Sweet Orange

8 drops Tangerine

1 drop Cinnamon Leaf

1 drop Ginger

1 drops Myrrh

1 drops Black Spruce

#2

4 drops Sweet Orange

2 drops Tangerine

1 drop Ylang Ylang

1 drop Patchouli

1 drop Cinnamon Leaf

1 drop Ginger

****Note:** Before using any essential oils, check with a medical professional if you have health concerns, or are pregnant or nursing. Also, please take time to understand safe practices with essential oils before using them. [Here](#) is a great guide to [Aromatherapy Safety](#).