

## FOR STRESS RELIEF



Lavender  
O-L181-E



Bergamot  
O-B311-E



Stress Relief  
H-040-1

## FOR RESTFUL SLEEP



Sleep Soundly  
H-041-1



Lavender  
O-L181-E



Frankincense  
O-F331-E

## FOR FOCUS AND CONCENTRATION



Peppermint  
O-P401-E



Mental Clarity  
H-043-1

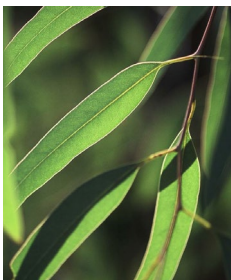


Lemongrass  
O-L191-E

## FOR EASING CONGESTION



Peppermint  
O-P401-E



Eucalyptus  
O-E201-E



Breathe Easy  
H-044-1

# WHICH OIL IS RIGHT FOR ME?

### VISUAL ESSENTIAL OIL GUIDE

#### To use essential oils:

- Diffuse in oil burner or diffuser
- Add 5-10 drops to a hot bath
- Mix with lotion and massage on to body
- Inhale deeply

## FOR HEADACHES



Rosemary  
O-R361-E



Peppermint  
O-P401-E



Spearmint  
O-S691-E

## FOR A MOOD BOOST



Pick Me Up  
Blend H-042-1



Rosemary  
O-R361-E



Sweet Orange  
O-O181-E