

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

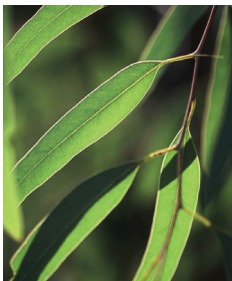


Lemongrass
O-L191-E

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



Headache Away
Essential Blend
H-051-1



Spearmint
O-S691-E

FOR A MOOD BOOST



Pick Me Up
Blend H-042-1



Rosemary
O-R361-E



Sweet Orange
O-O181-E