

5 Ways

Mental Clarity Essential Oil Blend Can Help You

1

it reduces
STRESS & ANXIETY

Sweet orange essential oil is a main component of Mental Clarity blend. It has a natural calming effect, and is often used to ease stress, irritability, and tension.

2

it improves
CONCENTRATION

Peppermint essential oil (an ingredient in this blend) has been proven through numerous studies to improve concentration and focus. Some professors encourage their students to smell peppermint before taking tests!

3

it promotes
ENERGY

The essential oils in this blend help to improve energy levels. If you need to stay up late and are feeling drained, try inhaling some of this blend or diffusing it to improve your energy.



4

it helps you
BREATHE CLEARLY

The peppermint essential oil in Mental Clarity is a natural expectorant and has antihistamine properties. Dealing with a cold or allergies? Diffuse this oil to have clearer sinuses and less coughing.

5

it calms
HEADACHES

The essential oils in Mental Clarity help to reduce tension headaches and migraines. Simply apply a few drops to your temples, neck, and chest.