

Summer Essential

OIL DIFFUSER BLENDS

Summer Campfire:

- 3 drops of Cedarwood
- 3 drops of Patchouli
- 1 drop of Wild Orange

How it affects your mood:

Cedarwood - anti-social, lonely

Patchouli - grounded, body shame

Wild Orange - overwhelm, nervous, overworked

Made

Make Again

Mint Ice Cream:

- 4 drops of Spearmint
- 3 drops of Cardamom
- 1 drop of Vanilla

How it affects your mood:

Spearmint - self confidence, boldness, clarity

Cardamom - self-control

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Make Again

Clean Green:

- 3 drops of Lemongrass
- 2 drops of Eucalyptus
- 1 drop of Lavender

How it affects your mood:

Lemongrass - toxic negative energy, holding onto the past

Eucalyptus - despairing of life

Lavender - fear of rejection

Made

Make Again

Notes:

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Clean Laundry:

- 3 drops of Siberian Fir
- 3 drops of Cypress
- 2 drops of Wintergreen

How it affects your mood:

Siberian Fir - sad, grieving

Cypress - controlling, perfectionism

Wintergreen - strong willed, rebellion

Made

Make Again

Island Paradise:

- 3 drops of Ylang Ylang
- 3 drops of Grapefruit
- 3 drops of Sandalwood
- 1 drop of Lime

How it affects your mood:

Ylang Ylang - playful, free, child-like

Grapefruit - body shame

Sandalwood - empty, over-thinking

Lime - loss of will to live

Made

Make Again

Notes: