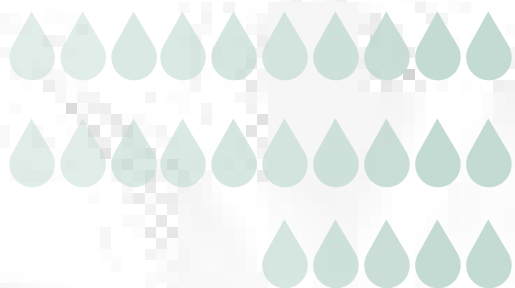


RECIPE

Balance

1 x amber bottle 50 mls –
(from a pharmacy, health food store or bottle supply)
Selected Carrier Oil eg Coconut fractionated Oil,
Jojoba, Almond Oil



10 drops Bergamot

10 drops Lavender

5 drops Geranium

How To Use:

1. Have your utensils lined up and ready to use
 2. Fill the bottle half way with your Carrier oil.
 3. Add 25 drops in total between the essential oils selected.
 4. Top up the bottle with carrier oil. Place the lid on and roll the bottle between your hands, warming the oil allowing the oils to synergise together.
 5. Give your Aromatic blend a name – a positive affirmation
e.g. Blissful Dreams
- * A 50 ml should cover an average body a few 2-3 times.

Simmi

RECIPE

Simplicity

1 x amber bottle 50 mls –
(from a pharmacy, health food store or bottle supply)
Selected Carrier Oil eg Coconut fractionated Oil,
Jojoba, Almond Oil



15 drops Bergamot

10 drops Lavender

How To Use:

1. Have your utensils lined up and ready to use
 2. Fill the bottle half way with your Carrier oil.
 3. Add 25 drops in total between the essential oils selected.
 4. Top up the bottle with carrier oil. Place the lid on and roll the bottle between your hands, warming the oil allowing the oils to synergise together.
 5. Give your Aromatic blend a name – a positive affirmation
e.g. Blissful Dreams
- * A 50 ml should cover an average body a few 2-3 times.