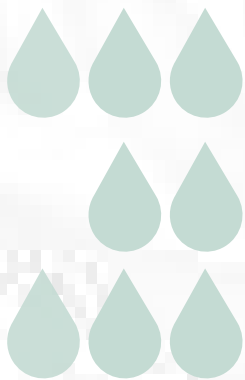


# RECIPE

## Uplift

This is a blend for when you wake up in an anxious state and your nervous system needs some lovin.



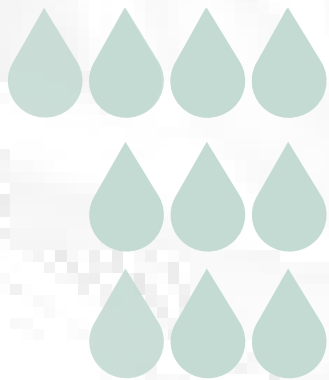
Bergamot  
Lavender  
Neroli

*Simmi*<sub>TH</sub>

# RECIPE

## Soothe

This is a wonderful blend if your anxiety is running a muck and affecting your daily to do list.



Bergamot

Roman Chamomile

Frankincense

*Simmi*<sup>TM</sup>

# RECIPE

B-r-e-a-t-h-e  
N G o

This blend when you gotta get sh\*t done  
and feeling nauseous and need to  
B-R-E-A-T-H-E and Goooooooooooo!



Frankincense

Peppermint/Ginger

Bergamot

*Simmi*<sub>TH</sub>

# RECIPE

You can do it

This blend is a good one if you have to do some thinking and decision making amongst the fears and expectations.



Basil



Sandalwood



Lemon

*Simmi*<sub>TH</sub>

# RECIPE

# Heart

Use this blend if you are feeling fragile and sensitive and trying to reconnect with your heart and soul. Helping with those pesky heart palpitations and nervousness preventing you from having a good nights sleep.



Ylang Ylang  
Marjoram  
Bergamot

*Simmi*<sup>TM</sup>