RECIPE

Insomnia / Sleep Easy

Diffuse the following an hour before you go to bed:

- 3 drops Marjoram
- 2 drops Roman Chamomile
- 1 drop Lavender

Simmi xx

RECIPE

Anxiety / I am Free

Add the following to a tablespoon of jojoba. Then rub onto your stomach in a circular slow motion and do 5 deep, slow, long Buddha Belly breaths.

- 3 drops Marjoram
- 2 drops Frankincense

Simmi xx

RECIPE

Energy / I am Vital

Diffuse the following oils next to your desk:

- 2 drops Peppermint
- 3 drops Rosemary
- 3 drops Lemon

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Simmi xx

RECIPE

Detox / I am Pure

Add the following to 30mls/1 oz of base oil (eg. almond oil) and massage your body after the morning shower.

- 6 drops Pink Grapefruit
- 4 drops Juniper
- 3 drops Cypress
- 2 drops Vetiver

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Simmi xx

RECIPE

Colds / Flu / Breathe

Add the following to a diffuser and keep it near you. Or add to 30 mls/1 oz base oil and massage your chest and neck. Reapply as often as needed.

- 4 drops Lemon
- 3 drop Eucalyptus
- 2 drops Sandalwood
- 1 drop Peppermint

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Simmi xx

RECIPE

PMT I am Love

Add the following to 30ml/1 oz of base oil (eg. rose hip)

8 drops Rose 3%

6 drops Orange

3 drops Ylang Ylang

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Simmi xx