

RECIPE

Deep Blissful

Sleep When you are really struggling to stop your mind overthinking and have worries.



1 drop German Chamomile



2 drops Bergamot



3 drops Marjoram

RECIPE

Sweet Lullaby

For times during your cycle when you may experience an overactive mind and anxious feelings.



1 drop Marjoram



2 drops Clary Sage



3 drops Neroli