

ESSENTIAL OIL BLENDS FOR DIY MASSAGE OIL

ACHES AND PAINS BLEND	ROMANCE BLEND
30 ML OF CARRIER OIL	30 ML OF CARRIER OIL
6 DROPS ROSEMARY OIL	5 DROPS YLANG YLANG OIL
6 DROPS NUTMEG OIL	5 DROPS SANDALWOOD OIL
6 DROPS LAVENDER OIL	5 DROPS JASMINE OIL
CALMING BLEND	MOOD UPLIFTING BLEND
30 ML OF CARRIER OIL	30 ML OF CARRIER OIL
5 DROPS CHAMOMILE OIL	5 DROPS MELISSA/LEMON BALM OIL
5 DROPS BERGAMOT OIL	5 DROPS JASMINE OIL
5 DROPS LAVENDER OIL	5 DROPS LEMON OIL
FATIGUE RELIEF BLEND	ALERTNESS BLEND
30 ML OF CARRIER OIL	30 ML OF CARRIER OIL
7 DROPS PEPPERMINT OIL	7 DROPS GINGER OIL
6 DROPS ROSEMARY OIL	6 DROPS GRAPEFRUIT OIL
5 DROPS GRAPEFRUIT OIL	4 DROPS JUNIPER OIL
FATIGUE RELIEF BLEND #2	SLEEP BLEND
30 ML OF CARRIER OIL	30 ML OF CARRIER OIL
7 DROPS SPEARMINT OIL	5 DROPS LAVENDER OIL
6 DROPS PINE OIL	4 DROPS FRANKINCENSE OIL
5 DROPS GINGER OIL	4 DROPS YLANG YLANG OIL
	4 DROPS ORANGE OIL
FOOT MASSAGE BLEND	STRESS RELIEVER BLEND
30 ML OF CARRIER OIL	30 ML OF CARRIER OIL
5 DROPS PEPPERMINT OIL	5 DROPS BERGAMOT OIL
4 DROPS LEMON OIL	4 DROPS MANDARIN OIL
4 DROPS TEA TREE OIL	4 DROPS LAVENDER OIL
4 DROPS ROSEMARY OIL	4 DROPS LEMONGRASS OIL