



### **STUFFY NOSE**

5 DROPS LEMON  
5 DROPS LAVENDER  
5 DROPS PEPPERMINT



### **HAPPY HEAD**

5 DROPS LAVENDER  
5 DROPS PEPPERMINT  
5 DROPS FRANKINCENSE

# **HEALTH & WELLBEING**

## **RECIPE CARD**



### **IMMUNE BOMB**

4 DROPS FRANKINCENSE  
6 DROPS TEA TREE  
6 DROPS ONGUARD  
4 DROPS OREGANO  
4 DROPS FRANKINCENSE



### **SLEEP + CALMING**

5 DROPS LAVENDER  
5 DROPS CEDARWOOD  
5 DROPS FRANKINCENSE