

Lavender Essential Oil

~ improves sleep, reduce anxiety, assists in healing and inflammation, soothing and improving the skin ~

Face Serum Blend

- 10 oz Jojoba oil
- 3 drops Frankincense EO
- 2 drops Geranium Egyptian EO
- 2 drops Lavender EO
- Apply small amount of mix to skin

Quietude Roll-On Blend

- 10 ml roller bottle
- carrier oil
- 3 drops Lavender EO
- 2 drops Basil Linalool EO
- 1 drop Vetiver EO
- 1 drop Melissa EO

Dilution is a MUST before applying directly to the skin.

Using a 10mL roller bottle first put in essential oils then fill-up remaining with carrier oil.

Cut recipe in half if using a smaller bottle.

Check before using on children as some oils can't be used on children under 10 years of age.

Knock-Out Blend Diffuser Blend

- 2 drops Lavender EO
- 2 drops Cedarwood EO
- 1 drop PT Relax Blend (optional)



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