

Diffuser Motivational Blends

Citrus Zest – energising,
motivation to clean

- 3 drops Lemon
- 2 drops Lemongrass
- 1 drop Wintergreen
- 1 drop Lime

In Love – energy,
mood booster

- 3 drops Bergamot
- 1 drop Grapefruit
- 1 drop Lime
- 1 drop Ginger
- 1 drop Sandalwood

Crush – boosts confidence
and drive, crush goals with it

- 3 drops Spearmint
- 2 drops Frankincense
- 1 drop Lavender
- 1 drop Ginger
- 1 drop Cinnamon Bark
- 1 drop Lime

Work it Out – physical
energy to get moving

- 2 drops Basil
- 2 drops Cardamom
- 1 drop Lemon
- 1 drop Rosemary

Rise n' Shine – for
sluggish mornings

- 3 drops Lemongrass
- 2 drops Tangerine
- 1 drop Peppermint

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

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Roller Bottle Motivational Blends

Greatness – energy,
strength, focus, concentration

- 3 drops Tangerine
- 3 drops Ylang Ylang
- 2 drops Orange
- 2 drops Blue Tansy
- 1 drop Patchouli

Lift – lift your spirits, calm
energy

- 4 drops Geranium
- 2 drops Tangerine
- 2 drops Lime
- 1 drop Wintergreen
- 1 drop Green Mandarin

Inspire – inspires joy, boosts
mood, fights mental fatigue

- 3 drops Ylang Ylang
- 2 drops Melissa
- 1 drop Copaiba
- 1 drop Frankincense
- 1 drop Lime

Push – when under the
weather, need a push

- 5 drops Bergamot
- 4 drops Petitgrain
- 2 drops Lemon or Lime

My Daily – positivity, mood, ambitions

- 3 drops Lime
- 3 drops Lavender
- 3 drops Spearmint
- 2 drops Lemon

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.

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