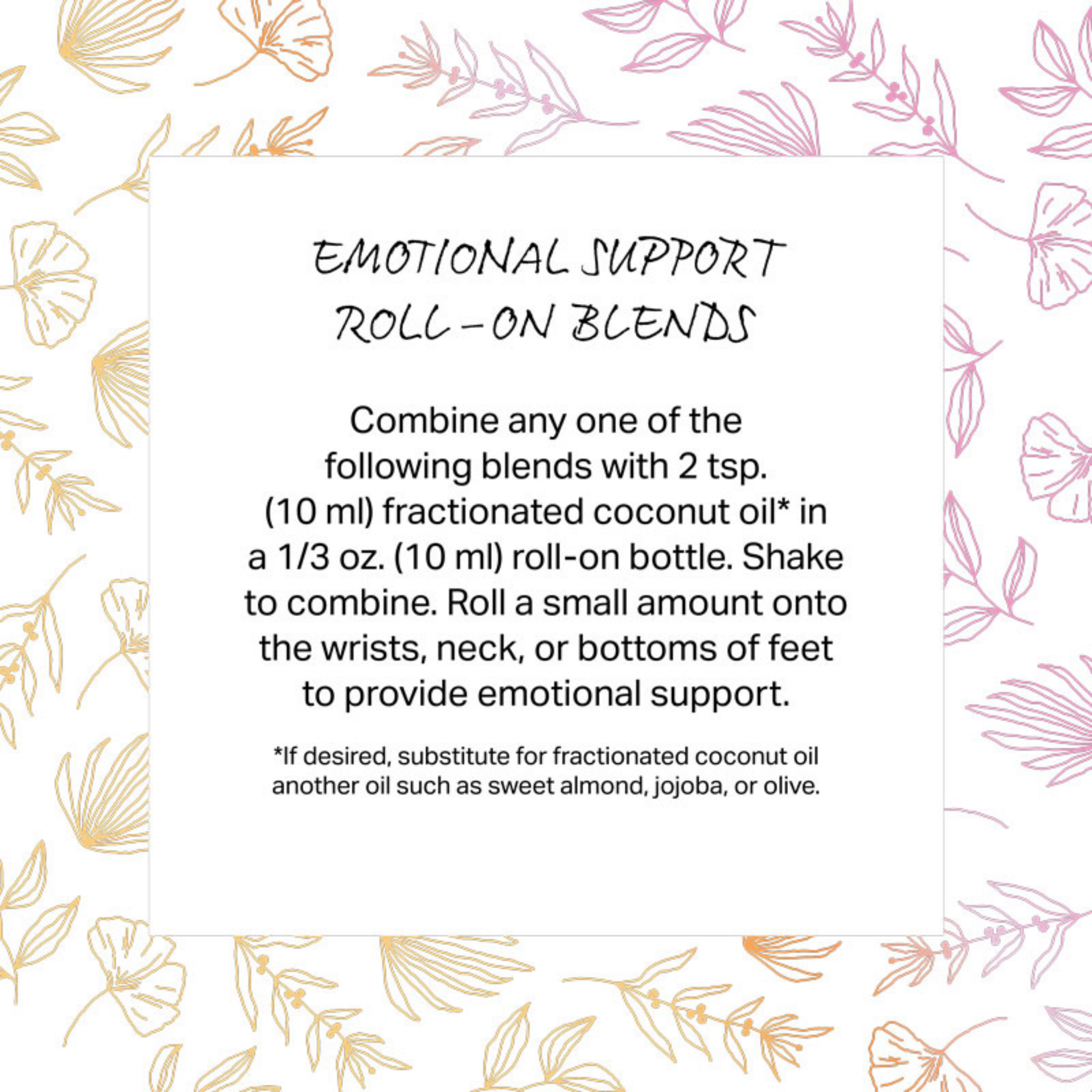




*Emotional Support
with Essential Oils*



EMOTIONAL SUPPORT ROLL-ON BLENDS

Combine any one of the following blends with 2 tsp. (10 ml) fractionated coconut oil* in a 1/3 oz. (10 ml) roll-on bottle. Shake to combine. Roll a small amount onto the wrists, neck, or bottoms of feet to provide emotional support.

*If desired, substitute for fractionated coconut oil another oil such as sweet almond, jojoba, or olive.

acceptance

6 drops fennel

6 drops pink pepper

6 drops marjoram

4 drops sandalwood

awareness

6 drops magnolia

5 drops ylang ylang

4 drops geranium

3 drops sandalwood

clarity

6 drops peppermint

6 drops lemon

6 drops rosemary

comfort

4 drops lavender

4 drops Roman chamomile

4 drops cedarwood

3 drops lemongrass

empowerment

10 drops cypress

6 drops grapefruit

4 drops orange

2 drops juniper berry

6 drops rosemary

energy

8 drops orange
8 drops bergamot
4 drops copaiba

enlightenment

5 drops sandalwood

5 drops frankincense

5 drops bergamot

joy

5 drops orange
10 drops lemon
3 drops lavender
2 drops ylang ylang

Love

8 drops ylang ylang
5 drops clary sage
3 drops copaiba

peace

5 drops lavender

5 drops geranium

4 drops Roman chamomile

4 drops clary sage

4 drops ylang ylang

safe

8 drops clary sage
8 drops Roman chamomile
4 drops vetiver

trust

6 drops bergamot
4 drops frankincense
4 drops geranium
3 drops ylang ylang

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