



ECO.
Modern essentials

TIPS FOR
DIFFUSING

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Basil

The scent of Basil uplifts a low mood and promotes concentration and focus.

A refreshing essential oil that is perfect in the diffuser to revive a tired mind and restore strength after illness and exhaustion. Basil essential oil has a dry, herbaceous scent that is slightly sweet. Basil will tone down strong floral blends, add heart to light citrus blends and enhance herbaceous scents. Blends well with most citrus oils especially Lemon, Grapefruit, Geranium, Lavender, Peppermint, Spearmint and Palmarosa.

HERB GARDEN	SUMMER DAYS	BOUQUET
2 DROPS BASIL	3 DROPS BASIL	2 DROPS BASIL
3 DROPS LAVENDER	1 DROP GRAPEFRUIT	2 DROPS YLANG YLANG
2 DROPS PEPPERMINT	2 DROPS MANDARIN	1 DROP CEDARWOOD
1 DROP THYME	2 DROPS GERANIUM	3 DROPS JASMINE

Mandarin

Mandarin essential oil is often referred to as a children's remedy. An excellent oil for parents to have on hand to soothe troubles, restlessness and tantrums. Mandarin creates peace and encourages sleep for the whole family. Unlike other citrus oils, Mandarin tends to be relaxing rather than uplifting. A beautifully sweet essential oil with a sharp citrus hint, Mandarin has a gentle scent that can uplift a blend of deep wooden aromas and add a sweetness florals and herbal notes. A very adaptable scent that blends well with most essential oils.

SLEEPY BABY	FRUIT FOREST	MORNING SUN
2 DROPS MANDARIN	3 DROPS MANDARIN	4 DROPS MANDARIN
2 DROPS CHAMOMILE	2 DROPS CEDARWOOD	2 DROPS FRANKINCENSE
4 DROPS ROSE	2 DROPS SANDALWOOD	1 DROP CLARY SAGE
	1 DROP GRAPEFRUIT	1 DROP SPEARMINT

Grapefruit

Associated with cleansing and detoxing, Grapefruit is stimulating and refreshing to the mind. Useful in the diffuser to improve feelings of fatigue, indecision and mild depression.

Grapefruit's uplifting quality can help relieve stress caused by an overtired mind and indecision. Grapefruit has a sweet citrus scent that freshens any blend.

HARMONY	CONNECTION	DIY DISINFECTANT BLEND
3 DROPS GRAPEFRUIT	2 DROPS GRAPEFRUIT	2 DROPS GRAPEFRUIT
2 DROPS GERANIUM	1 DROP BERGAMOT	2 DROPS LEMON MYRTLE
3 DROPS CEDARWOOD	3 DROPS FRANKINCENSE	2 DROPS PEPPERMINT
	2 DROPS LAVENDER	2 DROPS TEA TREE



Cedarwood

Cedarwood essential oil has a dry, woody and sweet aroma. Cedarwood is a relaxing scent that can be diffused to help us wind down after a busy day and to promote meditation. This oil can also be used as an insect repellent. Cedarwood can be added to a blend to tone down bright citrus notes and imparts a dusky scent to florals. Cedarwood blends well with Frankincense, Sandalwood, Jasmine, Ginger, Citrus oils, Lavender and Ylang Ylang. It can be added to spicy aromas like Ginger, Black Pepper and Clove Bud.

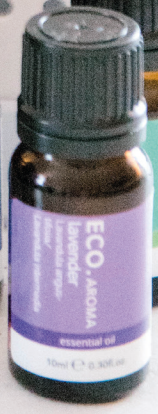
CLASSIC	APERITIVE	SPIRIT
2 DROPS CEDARWOOD 3 DROPS LAVENDER 3 DROPS ORANGE	2 DROPS CEDARWOOD 2 DROPS BASIL 1 DROP GINGER 3 DROPS ORANGE	2 DROPS CEDARWOOD 3 DROPS FRANKINCENSE 3 DROPS SPEARMINT

Clary Sage

The scent of Clary Sage essential oil has been known to enhance creativity, soothe a troubled mind and be quite calming. Clary Sage is valued as a remedy for women and can help stabilise our mood that fluctuates with hormone cycles. A strong and distinct scent, Clary Sage adds a sweet, herbaceous and musky tone to a blend. Clary Sage blends well with florals like Lavender, Ylang Ylang and Geranium, and citrus oils.

SLUMBER	CREATION	LUNA
2 DROPS CLARY SAGE 3 DROPS LAVENDER 3 DROPS MANDARIN	2 DROPS CLARY SAGE 2 DROPS BASIL 4 DROPS LIME	2 DROPS CLARY SAGE 2 DROPS JASMINE 3 DROPS ROSE 1 DROP CHAMOMILE





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