



Self-Worth & Confidence Vaporiser Blend

Ingredients

2 Drops Palmarosa

2 Drops Spanish Sage

4 Drops Eucalyptus Staigeriana

Method

1. Use 2 drops each of Palmarosa and Spanish sage, with 4 drops of Eucalyptus staigeriana into a vaporiser unit.



Acceptance Massage Oil

Ingredients

50ml Sunflower
10 Drops Spanish Sage
10 Drops Palmarosa
10 Drops Frankincense

Method

1. Measure 50ml of sunflower oil then add 10 drops each of Spanish Sage, Palmarosa, and Frankincense and stir well. Keep in glass bott



Grief Recovery Hand Cream

Ingredients

50ml White Lotion
5 Drops Palmarosa
10 Drops Frankincense

Method

1. Measure out 50ml white lotion. Then add 10 drops of frankincense and 5 drops of Palmarosa and mix well. Put into a 50ml jar with a lid for use during the day and before going to bed.



Stress Relieving Bath Lotion

Ingredients

40ml White Lotion
10ml Sunflower
4 Drops Palmarosa
4 Drops Frankincense
4 Drops Spanish Sage
4 Drops Eucalyptus Staigeriana

Method

1. Use 40ml white lotion, and 10ml sunflower – mix well. Add 4 drops of each of all 4 oils. Use a tablespoonful in each bath.