AROMA SYNERGIES ENHANCE YOUR WELLBEING



A synergy is a combination of two or more essential oils combined together for a specific therapeutic purpose or smell.

- Choosing your own essential oil combination is a divine experience and means you know exactly what is in it and is specific to your needs.
- You can choose to select from our vast range of existing, proven, prepared synergies or design your own.
- Use in the bath, diffuser, direct inhalation or add to cream or lotion before application.





CHILDREN SLEEP EASY SYNERGY

Lavender, Roman chamomile, and Mandarin.

Calming and relaxing to assist in sleeping.

HARD DAY AT WORK SYNERGY

Mandarin. Frankincense and Lavender.

Relax and unwind after a long day at work or play.

INSECT DETERRENT **SYNERGY**

Citronella, Thyme, Lemongrass, Peppermint and Lavender.

Diffuse over summer to ward off sandflies and mosquitoes.

UPLIFTING & SOOTHING SYNERGY

Orange, Geranium and Ylang Ylang.

Diffuse in home to uplift and soothe the mind, body and spirit.

MORNING **SYNERGY**

Peppermint and Lemon.

Very uplifting, refreshing and stimulating. Clarity for the mind & body.

HEALING SYNERGY

Grapefruit, Patchouli and Ylang Ylang.

Helps heal the emotional. spiritual and physical self.

BEAUTIFUL FEEL GOOD SYNERGY

Grapefruit, Petitarain, Geranium, Rose and Neroli.

Soothes emotions and calms the mind.

TRAVEL SYNERGY

Lavender and Peppermint.

Sniff throughout vour travels to relieve iet lag. congestion and restlessness.

ADULTS GOOD **NIGHT SLEEP SYNERGY**

Lavender, Marioram and Roman Chamomile.

Calming and relaxing to aid in a restful sleep.

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