



NEAL'S YARD REMEDIES

# Refreshing Aromatherapy Blend

If you feel sluggish and overcome by nervous exhaustion, this **energizing** blend could be the perfect pick-me-up. Pine oil has a **refreshing effect**, stimulating the nervous system and, along with eucalyptus, **enhances concentration**, and peppermint is **reviving** and uplifting.

## Ingredients *(1 diffusion)*

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Pine Essential Oil  
**2 drops**

Peppermint Essential Oil  
**2 drops**

Eucalyptus Essential Oil  
**1 drop**

## How to **make**

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Add the essential oils to a diffuser, vaporizer or oil burner, according to the manufacturer's instructions.

## How to **use**

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**In a diffuser** Allow the oil blend to disperse and gently fragrance your chosen environment.