



Diffuser Blends For Monday



#1. Shine Bright

3 drops Grapefruit
(Citrus paradisi)
2 drops Orange
(Citrus sinensis)
1 drop Lime
(Citrus aurantifolia)

#2. Hint of Spice

2 drops Grapefruit
(Citrus paradisi)
2 drops Lemon
(Citrus limon)
2 drops Orange
(Citrus sinensis)
1 drop Cinnamon
(Cinnamomum
zeylanicum)

#3. Monday Blues

2 drops Peppermint
(Mentha piperita)
2 drops Frankincense
(Boswellia carterii)
2 drops Lemon
(Citrus limon)

#4. Fresh Start

2 drops Ylang ylang
(Cananga odorata)
2 drops Clary Sage
(Salvia sclarea)
2 drops Lavender
(Lavandula angustifolia)
2 drops Sandalwood
(Santalum album)

#5 Motivation Monday

3 drops Grapefruit
(Citrus paradisi)
3 drops Lime
(Citrus aurantifolia)
2 drops Douglas Fir
(Pseudotsuga menziesii)

#6. Get Stuff Done

3 drops Cedarwood
(Juniperus virginiana)
3 drops Lemon
(Citrus limon)
2 drops Rosemary
(Rosmarinus officinalis)

