



# Anxiety Relief Diffuser Blends



## **Calm Down Blend**

3 drops Lavender  
3 drops Geranium  
2 drops Lemon  
2 drops Sandalwood

## **Stress Buster Blend**

2 drops Lime  
2 drops Bergamot  
2 drops Grapefruit  
2 drops Sandalwood

## **Easy Day**

3 drops Bergamot  
3 drops Sweet Orange  
2 drops Lavender  
2 drops Clary Sage

## **Relax Your Busy Mind**

2 drops Bergamot  
2 drops Juniper Berry  
2 drops Tangerine  
2 drops Siberian Fir

## **Chill Out**

4 drops Lavender  
4 drops Frankincense  
1 drop Bergamot  
1 drop Ylang Ylang

## **Stress Relief**

3 drops Lemon  
2 drops Grapefruit  
1 drop Spearmint

## **Calm Your Soul**

4 drops Rose  
3 drops Roman Chamomile  
2 drops Tangerine

## **Renewed Calm**

5 drops Bergamot  
3 drops Patchouli  
1 drop Vetiver

## **Stressed No More**

4 drops Frankincense  
3 drops Lavender  
1 drop Rose

## **Anxious Relief**

3 drops Clary Sage  
3 drops Sweet Marjoram  
2 drops Lavender

