



# **RECIPE SUGGESTIONS FOR CONFIDENCE**

**Sweet Orange - 10 drops**  
**Cedarwood atlas - 5 drops**  
**Ginger - 5 drops**  
**Jasmine - 10 drops**

**Grapefruit - 10 drops**  
**Sweet Orange - 10 drops**  
**Bergamot - 5 drops**

**Cedarwood atlas - 10 drops**  
**Cypress - 12 drops**  
**Pine - 8 drops**

**Mix any of these blends up in a glass  
bottle.**

**Add a couple of drops to your diffuser.**

**Dilute into a roller bottle.**

**Dilute into a massage oil.**