



Harriet Herbery

Jasmine **Self-Love Perfume**

In a 15ml roller bottle add
2 drops of jasmine essential oil
2 drops rose essential oil
2 drops neroli essential oil
5 drops frankincense essential oil
3 drops benzoin absolute

Top roller bottle up with carrier oil like jojoba or sweet almond (one that doesn't have a scent).

Add ball insert and lid and mix gently.

Apply to preferred perfume points on the body throughout the day.

Tip: When applying/smelling blend - think positive thoughts, ie I choose to know I am a beautiful, loving person.

Discontinue use if irritation occurs.

Store away from children.

Do not ingest.

We do not recommend these recipe suggestions as a replacement for traditional medicine.

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