

## MOOD BLENDS



### SWEET DREAMS

**CONTAINS** *Lavender, Mandarin, Marjoram, Petitgrain*

A blissful blend to help you relax and drift away from the cares of the day to a night of gentle, restful and natural sleep.



### PURE THOUGHTS

**CONTAINS** *Cedarwood, Frankincense, Mandarin, Ylang Ylang*

When you wish to be still and relieve the stresses of your day. This blend will assist in creating inner peace and will aid the process of meditation.



### STRESS FREE

**CONTAINS** *Bergamot, Clary Sage, Lavender, Mandarin*

Created to help lift away the common anxieties and stresses of your day. Take time out with this blend to relax and refresh your spirits.



### CLEAR FOCUS

**CONTAINS** *Peppermint, Lemon, Rosemary, Basil*

Awaken the mind and boost concentration with this bright herbaceous blend. Ideal for use when studying or working on a task that requires careful or prolonged focus.



### EXUBERANCE

**CONTAINS** *Eucalyptus, Lemongrass, Rosewood, Peppermint, Bergamot, Lemon, Myrtle, Lime*

A blend of sunshine and cheerfulness. Renew your enthusiasm for life and live each day to its fullest. This blend will enliven and energise you.



### INSPIRATION

**CONTAINS** *Mandarin, Lemon, Bergamot, Lemongrass, Cedarwood, Lime*

Stimulate and revitalise your personal power and sense of intention. A blend to encourage you to take charge of your life and reclaim your independent spirit.



### BREATHE CLEARLY

**CONTAINS** *Eucalyptus, Peppermint, Ravensara, Bay Laurel, Lemon*

A clear and refreshing blend to life spirits during season changes and to promote the feeling of clear and open breathing.



### WELLBEING

**CONTAINS** *Lavender, Grapefruit, Lemon, Peppermint*

Floral lavender blends with uplifting citrus and a hint of peppermint to encourage a sense of harmony, balance and wellbeing.

#### Cautions

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils. This product and information is not intended to diagnose, treat, cure, or prevent any disease.