

# Emotional Wellness Custom Blends

## **Roller Bottles:**

All made in 10ml roller bottles filled with the listed essential oils and topped off with Fractionated Coconut Oil.

### **Transitioning—**

15 drops Balance  
10 drops Vetiver

### **Harmonizing—**

6 drops Patchouli  
4 drops White Fir  
4 drops Lavender

### **Vitalizing—**

10 drops Frankincense  
10 drops Peppermint  
10 drops Wild Orange  
10 drops Lemon

### **Mood Lifting—**

5 drops Ylang Ylang  
5 drops Bergamot  
15 drops Clary Sage  
15 drops Lavender  
20 drops Wild Orange

## **Sprays:**

All are made in small spray bottles with the listed essential oils and topped off with distilled water.

### **Reducing Anger—**

18 drops Wild Orange  
12 drops Patchouli

### **Fighting Fear—**

12 drops Clary Sage  
12 drops Roman Chamomile  
6 drops Vetiver

### **Boosting Self-Confidence—**

12 drops Cedarwood  
12 drops Bergamot  
6 drops Frankincense

### **Easing Loneliness—**

12 drops Frankincense  
18 drops Clary Sage

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## **Diffuser Blends:**

If used in the Aroma Ace or Cloud Diffuser, increase each amount by a factor of ten.

### **Divine Goodness—**

5 drops Wild Orange  
4 drops Frankincense  
2 drops Clary Sage  
2 drops Lavender  
2 drops Peppermint

### **Stress Buster—**

2 drops Bergamot  
2 drops Frankincense  
2 drops Elevation

### **Grateful Heart—**

1 drop Ginger  
1 drop Cinnamon  
2 drops Coriander  
1 drop Clove

### **Overall Wellbeing—**

2 drops Wild Orange  
2 drops Bergamot  
2 drops Cypress  
2 drops Frankincense

## **Bath Salts:**

3 cups Salt  
1 Tbsp. Oil  
15 – 24 drops Essential Oils  
as listed in the recipe of your choice.

### **Soothing—**

16 drops Sandalwood  
4 drops Ylang Ylang

### **Blues Beating—**

12 drops Grapefruit  
8 drops Cypress

### **Ego Boosting—**

12 drops Wild Orange  
8 drops Rosemary

### **Energizing—**

8 drops Peppermint  
4 drops Frankincense  
8 drops Lemon