

# Mood Boosting Diffuser Blend

## Relaxing Blend

3 drops Vetiver  
3 drops Lavender  
3 drops Sandalwood  
2 drops Ylang Ylang

## Harmonizing Blend

3 drops Patchouli  
2 drops White Fir  
2 drops Lavender

## Vitalizing Blend

5 drops Frankincense  
5 drops Peppermint  
5 drops Wild Orange  
5 drops Lemon

## WORRIED

**Cedarwood:** Diffuse after a stressful day to relax the mind and body.

**Serenity™ Calming Blend:** Diffuse to help promote relaxation and peace.

## ANGRY

**Arborvitae:** Diffuse at night or rub on forehead, shoulders, or chest for a grounding aroma.

**Patchouli:** Rub on temples or apply to the bottoms of feet for a calming musky-sweet aroma.

**Ylang Ylang:** Put a few drops into Epsom salt bath for relaxation.

## STRESSED

**AromaTouch® Massage Blend:** Add to bath or use with carrier oil for massage.

**Frankincense:** Apply to the bottoms of feet to promote feelings of relaxation and to balance mood.

**Roman Chamomile:** Add 1–2 drops to herbal teas to soothe the body and mind.

**Vetiver:** Diffuse aromatically or use topically with other calming essential oils, such as Lavender, Serenity, or Balance, to promote feelings of calm.

## RESTLESS/LACK OF CONCENTRATION

**Rosemary:** Take internally, to help reduce nervous tension and occasional fatigue.\*

**Lavender:** Add to bath water to soak away stress or apply to the temples and the back of the neck.

**Balance™** Grounding Blend: Apply to wrists or neck to help ease anxious feelings.

**InTune®** Focus Blend: Use at work to stay on task or when feeling tired mid-afternoon.

## **NERVOUS**

**Clary Sage:** Apply one to two drops to your pillow for a restful night's sleep.

**Bergamot:** Diffuse in the classroom or at work during high stress levels.

## **TIRED/UNMOTIVATED**

**Grapefruit/Lemon/Lime:** Rub underneath your nose to sharpen focus while studying or reading.

**Citrus Bliss®:** Diffuse aromatically or put one drop on your wrists and rub them together for an uplifting everyday perfume.

**Peppermint:** Apply to the palms of hands and deeply inhale for a quick pick-me-up.

**Wild Orange:** Energize the mind and body by placing two drops each of Wild Orange, Peppermint, and

**Frankincense** in the palm of your hand. Rub palms together and inhale deeply.

## **SAD/DISOURAGED**

**Sandalwood:** Apply to the neck at bedtime for a restful sleep, or use during meditation.

**Elevation:** Diffuse in the mornings to start the day with a positive, uplifted mood.

## **FEELING BLUE**

**Myrrh:** Use aromatically to help promote awareness and uplift your mood