

10 Essential Oil Blends to *improve your focus*

6 SINGLE OILS IN 10 RECIPES FOR DIFFUSING or ROLLER BOTTLES

wake up

2 drops peppermint
1 drop lavender
1 drop lemon

energizer

2 drops grapefruit
1 drop peppermint
1 drop lemon

eye opener

2 drops rosemary
2 drops ylang ylang

breathe deep

2 drops lemon
2 drops rosemary

concentrate

2 drops lemon
1 drop ylang ylang

balance

1 drop ylang ylang
2 drops lavender

invigorate

3 drops peppermint
1 drop grapefruit

unity

2 drops grapefruit
1 drop lemon
1 drop rosemary

exhilarate

2 drops peppermint
1 drop lavender



stimulate

2 drops lemon
1 drop peppermint
1 drop rosemary

To diffuse, add water to diffuser and then add oils.

To use in a roller bottle, add essential oils and fill 10 mL roller bottle with carrier oil. Gently shake to combine oils before use. Roll on wrists, temples, bottoms of feet or back of neck.