



MINDFUL DIFFUSER RECIPES

UPLIFTING MORNINGS



- 2 drops of Grapefruit
- 2 drops of Orange
- 1 drop of Geranium

BALANCING



- 3 drops Geranium
- 2 drops Clary Sage
- 1 drop Cedarwood

PROTECTION & GROUNDING



- 1 drop Frankincense
- 2 drops Clary Sage
- 2 drops Alligator Juniper

RESTFUL EVENINGS



- 1 drop Lavender
- 1 drop Bergamot
- 2 drops Ho Wood