

# Essential Oil Blends

## Re-energising

2 drops *Nutmeg*

2 drops *Rosemary*

2 drops *Thyme*

Aromatherapy is the use of pure essential oils. Sourced from nature, pure essential oils have the ability to nourish and rejuvenate our mind, body and spirit.

Aromatherapy oils can be used in a number of different ways: massage oils, inhalations, compresses and in vaporisation.

Using an oil burner, fill the dish with water and heat it by using a tea light candle. The best tea light candles should last for at least eight hours.

Once the water has warmed, add the essential oil blend to the water.

Always purchase "100% pure essential oils" for aromatherapy purposes.

Then it's just a matter of sitting back and enjoying the naturally soothing aroma.

## Depression

2 drops *Basil*

2 drops *Vetiver*

2 drops *Neroli*

## Passion

3 drops *Rosewood*

3 drops *Vetiver*

**Re-energizing** is a great blend of essential oils that you could use at work or study.

**Depression** is mainly caused by unresolved experiences where emotions like fear and anger can evolve. The quality of this blend can promote joy and tranquility allowing you to bring yourself away from depression.

**Passion** is easier when you are balanced and living your truth without inhibition. Release yourself into your passion and let your life ignite.

**Bronchitis** along with other symptoms like irritation and general low energy are relieved with these nurturing aromas and will help to promote a restful night sleep.

These blends are just a few examples of what aromatherapy can do for you.

If you have the need for another blend that is more suited to you, please contact us and we will do our best to fulfil your needs.

## Bronchitis

2 drops *Lavender*

2 drops *Bergamot*

2 drops *Chamomile*