

Monday

DIFFUSER BLENDS

Wake Up!

4 drops Peppermint
4 drops Wild Orange

Sunrise Energy

3 drops Peppermint
3 drops Lemon
2 drops Frankincense

Fresh Start

2 drops Clary Sage
2 drops Ylang Ylang
2 drops Lavender
2 drops Sandalwood

Get Stuff Done

5 drops Cedarwood
4 drops Lemon
2 drops Rosemary

Monday Afternoon

4 drops Clary Sage
3 drops Spearmint
2 drops Lemon

It's Lunchtime!

3 drops Lime
3 drops Wild Orange
1 drop Lemon
1 drop Peppermint

Homework

3 drops Douglas Fir
2 drops Lemon

Time for Bed

3 drops Bergamot
2 drops Frankincense
2 drop Lavender

