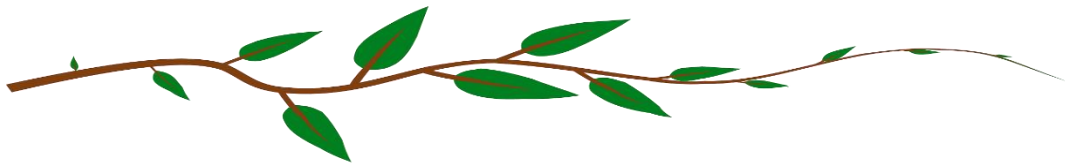


# 31 CALMING ESSENTIAL OILS



Reduce Stress, Calm Anxiety And  
Relax Your Mind and Spirit  
Checklist

## 31 Relaxation Essential Oils

- Orange
- Basil/Linalool
- Sweet Orange
- Lavender
- Damask Rose
- Propolis
- Lemongrass
- Lemon
- Lippia Alba
- Yarrow
- Bergamot
- Vetiver
- Cinnamon Leaf
- Cedarwood
- Lime
- Grapefruit
- Eucalyptus
- Orange
- Sandalwood
- Ylang Ylang
- Clary Sage
- Jasmine
- Frankincense

- Peppermint
- Copaiba
- Tea Tree
- Marjoram
- Bitter Orange
- Chamomile
- Geranium
- Vanilla

# Relaxation Oil Blend Recipes

## Relax Blend

- 3 drops of Lavender oil
- 3 drops of Orange oil
- 1 drop of Ylang-Ylang oil
- 2 drops of Patchouli oil

## Triple The Calm Blend

- 3 drops of Lavender Oil
- 2 drops of Orange Oil
- 3 drops of Frankincense Oil

## Anti-Stress Blend

- 3 drops of Bergamot
- 2 drops of Patchouli
- 3 drops Ylang Ylang

## Lavender Bliss Blend

- 3 drops of Lavender oil
- 3 drops of Roman Chamomile
- 3 drops Ylang Ylang

## Calm Your Spirit Blend

- 2 drops of Ylang-Ylang Oil
- 4 drops of Lavender Oil
- 2 drops of Orange Oil
- 3 drops of Geranium Oil

## How To

For each recipe mix all ingredients in a brown glass container, stores in a dark cool place.