

# Diffuser Blends

ADD THE FOLLOWING OIL BLENDS TO A DIFFUSER

## SWEET DREAMS

3 drops Copaiba  
3 drops Lavender  
3 drops Stress Away

## FOCUS & ENERGISE

2 drops Lemon  
2 drops Peppermint  
2 drops Frankincense

## UNWIND

3 drops Lavender  
3 drops Stress Away

## IMMUNE BOOST

2 drops Lemon  
3 drops Frankincense  
4 drops Thieves

## TUMMY TAMER

2 drops DiGize  
4 drops Peppermint

## BREATHE EASY

4 drops R.C  
2 drops Purification  
1 drop Peppermint

## FRESH AIR

4 drops Purification  
1 drop Lemon

## ZEN BLEND

3 drops Frankincense  
3 drops Peppermint