

## Aromas That Trigger a Health Brain Response

### Citrus Mint Diffuser Blend

- 2 drops Lemon
- 2 drops Wild Orange
- 2 drops Lime
- 2 drops Grapefruit
- 3 drops Spearmint
- 2 drops Peppermint

*Note: You can also add Spearmint and Peppermint to Citrus Bliss® Invigorating Blend*

### Floral Bouquet Diffuser Blend

- 2 drops Lavender
- 2 drops Geranium
- 2 drops Ylang ylang
- 1–2 drops Rose (optional)

### Sun-Kissed Diffuser Blend

- 2 drops Juniper Berry
- 2 drops Grapefruit
- 1 drop Wild Orange

### Let It Go Diffuser Blend

- 2 drops Vetiver
- 2–3 drops Lavender
- 3 drops Sandalwood
- 2 drops Clary Sage or Cedarwood

### Free Spirit Diffuser Blend

- 2 drops Patchouli
- 2–3 drops Lavender
- 3–4 drops Sandalwood

### Spring Rain Diffuser Blend

- 2 drops Lavender
- 1–2 drops Cypress
- 3 drops Bergamot
- 4 drops Clary Sage