

RELAXATION SET

ESSENTIAL OIL BLENDS

MEDITATION™ | RELAX™ | TRANQUIL™

TOTAL NET 1 FL. OZ./30 mL (3 X 1/3 FL. OZ./10 mL)



RELAXATION

SET GUIDE

Sometimes we need a little extra help letting go so that we can live in the moment. These three blends were made to help you find a tranquil, meditative, relaxing headspace.



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MEDITATION

Let go and boost your mindfulness with Meditation. This blend uses calming essential oils like Ylang Ylang Complete, Patchouli, Frankincense Serrata, and Clary Sage to help you find a meditative state of being.

MEDITATION YOGA MAT SPRAY

What you'll need:

- 0.5 oz Everclear
- 1.5 oz water
- 2 oz spray bottle
- 35 drops Meditation

What you'll do:

Add essential oils and Everclear to your spray bottle. Now fill the bottle with water, give it a little shake and spray onto your yoga mat or on other surfaces where you plan to meditate.

RELAX

It is so important to take some time every day to relax, unwind and decompress. This blend of Lavender, Sweet Marjoram, Green Mandarin, Patchouli, Geranium Egyptian, and Chamomile Roman creates an incredibly therapeutic concoction that can instill calm and comfort to the body and mind.

RELAX BATH MELTS

What you'll need:

- 2 oz Shea Butter or Cocoa Butter
- 1 tsp Sunflower Oil
- 30 drops Relax

What you'll do:

Measure out the butter and melt over a double-boiler. Once melted, remove from heat and add Sunflower Oil and Relax blend. Mix well, then pour into silicone molds. Place in your freezer until solid. Bathe with a bath melt to help you relax and obtain silky soft skin.

TRANQUIL

Each essential oil in this blend is calming and soothing on its own, so we put them all together for the sake of serenity. Our Tranquil blend finds harmony between the fragrances and benefits of wondrous oils like Bergamot, Patchouli, Ylang Ylang Complete, and others.

TRANQUIL MASSAGE

What you'll need:

- 2 oz Marvelous Massage
- 45 drops Tranquil

What you'll do:

Add 45 drops of Tranquil to 2 ounces of Marvelous Massage for a 2.5% dilution. Massage onto skin to promote a tranquil state of mind while nourishing your skin.