

Bring *clarity* to your day



Who doesn't struggle everyday with trying to remember everything on the to-do list or not get overwhelmed with all the information thrown at us in today's world? Whether at home or in the office, the fast and busy pace of life can overwhelm us with more than our minds can handle.

Experiment to find which essential oils bring enjoyment and success to your busy day. Here are a few that you can try to help you deal with information overload.

To Enhance Focus

- bergamot
- cedarwood
- cypress
- ginger
- grapefruit
- lemon
- peppermint
- rosemary

To Aid in Recall

- lemon
- peppermint
- rosemary

Clarifying *Essential Oil Blend*

The mental clarity that this powerful blend inspires may help you recall the important details needed to get the most out of your day.

INGREDIENTS:

- 9 drops Aura Cacia rosemary essential oil
- 14 drops Aura Cacia lemon essential oil
- 2 drops Aura Cacia cypress essential oil

DIRECTIONS:

Try brief inhalations of the blend while reading or studying, then again while trying to recall the information

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