

**LAVENDER**



Put a couple drops on your pillow at night. Sweet dreams.

**PEPPERMINT**



Add pep to your step by placing 2 drops on bottoms of socks.

**EUCALYPTUS**



Place 2-5 drops on shower floor for an invigorating shower experience.

**TEA TREE**




Add 24 drops each tea tree & lavender to 4 oz. water. Spray on yoga mats.

**TEA TREE**



Add 3 drops to shampoo. Your scalp will thank you.

**EUCALYPTUS**



Add 2 drops to 1 cup water, pour on the hot rocks in sauna. Breathe deeply.

**LAVENDER**




Add to your bath salts for a soothing bath experience. Relaaax...

**PEPPERMINT**




Start your work day right and diffuse at your desk. Go get 'em tiger.

**PEPPERMINT**



Inhale peppermint prior to your workout routine to amp up the energy.

**LAVENDER**



Inhale prior to yoga practice or at the end during savasana. Om.

**TEA TREE**



Combine 3 drops with 1 teaspoon jojoba oil and rub toes at night. Happy feet!

**EUCALYPTUS**




Blend 1-3 drops with 1 tsp. sweet almond oil and rub chest. Relax and inhale...

**LAVENDER**



Add 12 drops per 1 oz. skin care oil for a relaxing massage.

**TEA TREE**



Combine 6 drops with 1/4 cup baking soda and scrub the tub.

**PEPPERMINT**



Diffuse while driving to remain alert. Wake up sleepyhead.

**EUCALYPTUS**



Use in a diffuser near bedside for clear breathing. Now, get some rest!

**PEPPERMINT**



Place 1-2 drops on floor of pet carrier while transporting. Rover will thank you.

**EUCALYPTUS**



Place a few drops on a cloth to remove stubborn stickers. Easy peasy peelin'.

**LAVENDER**



Mix 6 drops per 1 oz. water and create a soothing skin mist.

**TEA TREE**



Place 3 drops in each shoe at night. No more funky fungus!



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*Simple solutions in every bottle!*