

Aura Cacia.



pure aromatherapy

WINTERTIME WARM-UP ESSENTIAL OIL BLEND

INGREDIENTS:

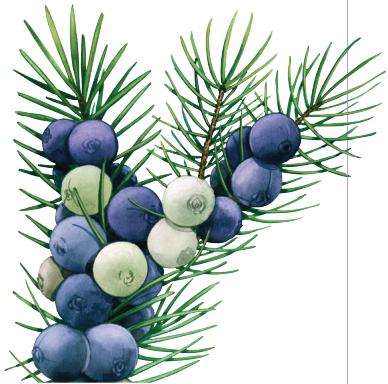
- 2 drops balsam fir needle essential oil
- 2 drops juniper berry essential oil
- 2 drops bay essential oil

DIRECTIONS:

Blend in a small glass or drop on to a square of cotton and inhale deeply. Add to your favorite diffuser or candle burner.

OPTIONS:

To add to the bath, blend first with 2 tablespoons of jojoba oil, then add to running bath water.



For more recipes visit www.auracacia.com