

# ENERGIZING SOLUTION



## BRIGHTER DAYS Orange & Peppermint Diffusion

Need a boost of inspiration? A simple diffusion of refreshing sweet orange and peppermint oils can pick you up!

**Ingredients:**

**1 ounce water**

**3 drops Aura Cacia® sweet orange essential oil**

**3 drops Aura Cacia® peppermint essential oil**

**Directions:** Place ingredients in the bowl of a candle lamp diffuser. Light candle for approximately 15 minutes.

**PLANT PART USED**

peels

**SOURCE**

United States

**AROMA PROFILE**

fresh, sweet

**AROMATHERAPY BENEFITS**

uplifting, refreshing, cheering



## Sweet Orange *Citrus sinensis*

The appeal of the familiar and lively scent of the orange makes this one of the world's most popular oils. Sweet orange adds an uplifting quality to blends and combines especially well with lavender, rose absolute and spice oils like clove bud. It is also used, well-diluted, in preparations for dull or oily skin. Its ability to freshen the air and lift the mood makes sweet orange popular with aromatherapists for room diffusion.

For more information and recipes for every season visit [www.auracacia.com](http://www.auracacia.com)



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