Emotional Blend

Recipe

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Juniper Berry: 10 drops

Peppermint: 2 drops

Sandalwood: 1 drop

Dilute with Fractionated

Coconut Oil

This emotional blend was created to be renewing, energizing, and warming for the colder and darker months. For the middle note, an oil that was renewing was incorporated. Adding Juniper Berry, which is also high in alpha-Pinene, to accomplish this major part of the blend. Next choosing Peppermint as our top note to energize the blend. Peppermint is also high in Menthol. To finish off this blend, Sandalwood was added to lessen tension and balance emotions.

Perfume Blend

Recine

Douglas Fir: 6 drops
Grapefruit: 3 drops
Cinnamon Bark: 3 drops
Dilute with Fractionated
Coconut Oil

When making this blend, the thought of a "seasonal fall" smell to diffuse at home came to mind. Starting with our middle note: Douglas Fir. As a wood, Douglas Fir smells like a wintery forest. Then adding a base note of Cinnamon Bark to add a little warmth—like cinnamon hot chocolate. To top the blend off, adding a sweet Grapefruit smell to mimic the sweet goodies of the season.

Morning Recovery Blend

Recipe

Lemongrass: 3 drops

Marjoram: 6 drops

Copaiba: 3 drops

Dilute with Fractionated Coconut Oil

This morning blend pairs well with a healthy breakfast after an early workout to get your muscles going and your heart pumping. To aid in recovery with a little pick-me-up, we chose three oils that promote good health. First choosing Marjoram as a middle note due to its positive effect on the nervous system. Then choosing Copaiba as a base note because of its seemingly endless list of benefits, such as supporting the cardiovascular, immune, digestive, and respiratory systems. Lastly, adding Lemongrass for a bright, citrusy top note to start your day off right and feeling refreshed.

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