

essential oils

Diffuse Blend

www.raysofbliss.com

Focus



2 drops Frankincense
2 drops Vetiver
4 drops grounding blend

Energy



4 drops Peppermint
4 drops Wild Orange

Stress
Be Gone



4 drops Lavender
3 drops Clary Sage
2 drops Ylang Ylang
1 drop Marjoram

Calming



3 drops Lavender
3 drops Geranium
2 drops Roman Chamomile
2 drops Clary Sage
2 drops Ylang Ylang

Joyful



4 drops Joyful Blend
4 drops Invigorating
Blend

Bliss



3 drops Wild Orange
3 drops Grapefruit
2 drops Lemon
1 drop Bergamot