

Winter Solstice Meditation

The word solstice means “sun sitting still” and refers to the peak of the cycle of diminishing day length that occurs at winter. The sun seems to pause on this special day before the days gradually begin to grow longer and brighter.

Take a cue from the sun, and pause during this hectic season to meditate on peace and goodwill with this aromatherapy recipe from Aura Cacia®.



Winter Solstice Meditation Blend

- 1/4 cup water
- 3 drops Aura Cacia® Frankincense essential oil
- 3 drops Aura Cacia® Eucalyptus essential oil
- 4 drops Aura Cacia® Tangerine essential oil
- 1 Aura Cacia® Aromatherapy Candle Lamp

Place the water in the cool bowl of an aromatherapy candle lamp diffuser. Add the oils. Light the candle.



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