



## BERGAMOT CREATIVE INSPIRATION DIFFUSION

### INGREDIENTS:

- 1 ounce water
- 7 drops bergamot essential oil
- 1 drop peppermint essential oil

### DIRECTIONS:

- Place ingredients in the bowl of a candle lamp diffuser.
- Light candle.

### BENEFITS:

- Energizing, Uplifting

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## BERGAMOT BF COMPLEXION MIST

### INGREDIENTS:

- 4 ounces purified water
- 12 drops carrot seed essential oil
- 12 drops lavender essential oil
- 14 drops bergamot BF essential oil
- Bottle with spray-mist cap attachment

### DIRECTIONS:

Mix ingredients in the bottle. Shake vigorously and apply 2 to 3 spritzes to finish your skin care regimen.

### BENEFITS:

Purifying

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## CALMING ESSENTIAL OILS

Lavender, chamomile, jasmine, geranium,  
clary sage, rose.

### DIRECTIONS:

Place 3 to 5 drops of a calming essential oil on your  
pillow before bedtime.

### BENEFITS:

Calming; Relaxing

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## ENERGIZING ESSENTIAL OILS

Peppermint, lemon, rosemary, spearmint, ginger, lavandin.

### DIRECTIONS:

Place 1 to 2 drops of an energizing essential oil in the palm of one hand. Rub palms together briefly and cup hands over face and inhale. Instant invigoration!

### BENEFITS:

Energizing; Uplifting

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## NATURAL CLEANSING WIPES

### INGREDIENTS:

2 tablespoons water

1 tablespoon Isopropyl or rubbing alcohol

12 drops of two or more purifying essential oils: tea tree, eucalyptus, thyme, spike lavender, camphor

### DIRECTIONS:

Blend ingredients together in a small measuring cup. Individually stack and fold up to 24 paper towels. Saturate the paper towels with the mixture and store in a small, heavy duty ziplock type freezer bag. Retrieve them one at a time and use them as hand wipes.

### BENEFITS:

Purifying

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