

Aura Cacia®



pure aromatherapy



BREATHE DEEP ESSENTIAL OIL BLEND

INGREDIENTS:

- 5 drops eucalyptus essential oil
- 7 drops cardamom essential oil

DIRECTIONS:

Blend in a small glass or add to a steaming bowl of hot water and inhale deeply.

OPTIONS:

To make a chest rub, add ¼ cup of Aura Cacia Lavender Massage Cream.

For more recipes visit www.auracacia.com