

Aura Cacia®



pure aromatherapy



EMOTIONAL UPLIFT AROMATHERAPY DIFFUSION

INGREDIENTS:

- 5 drops balsam fir needle essential oil
- 2 drops lemon essential oil
- 2 drops spearmint essential oil
- 3 tablespoons water
- 1 candle lamp diffuser

DIRECTIONS:

Add water to candle lamp. Add drops of oil to water. Light candle.
Breathe!

For more recipes visit www.auracacia.com