



# 5 essential oil mood boosting blends

## Essential oil blend #1 – For concentration

8 drops grapefruit  
4 drops basil  
4 drops bergamot

## Essential oil blend #2 – For stress relief

6 drops rosemary  
4 drops lavender  
2 drops clary sage

## Essential oil blend #3 – For insomnia

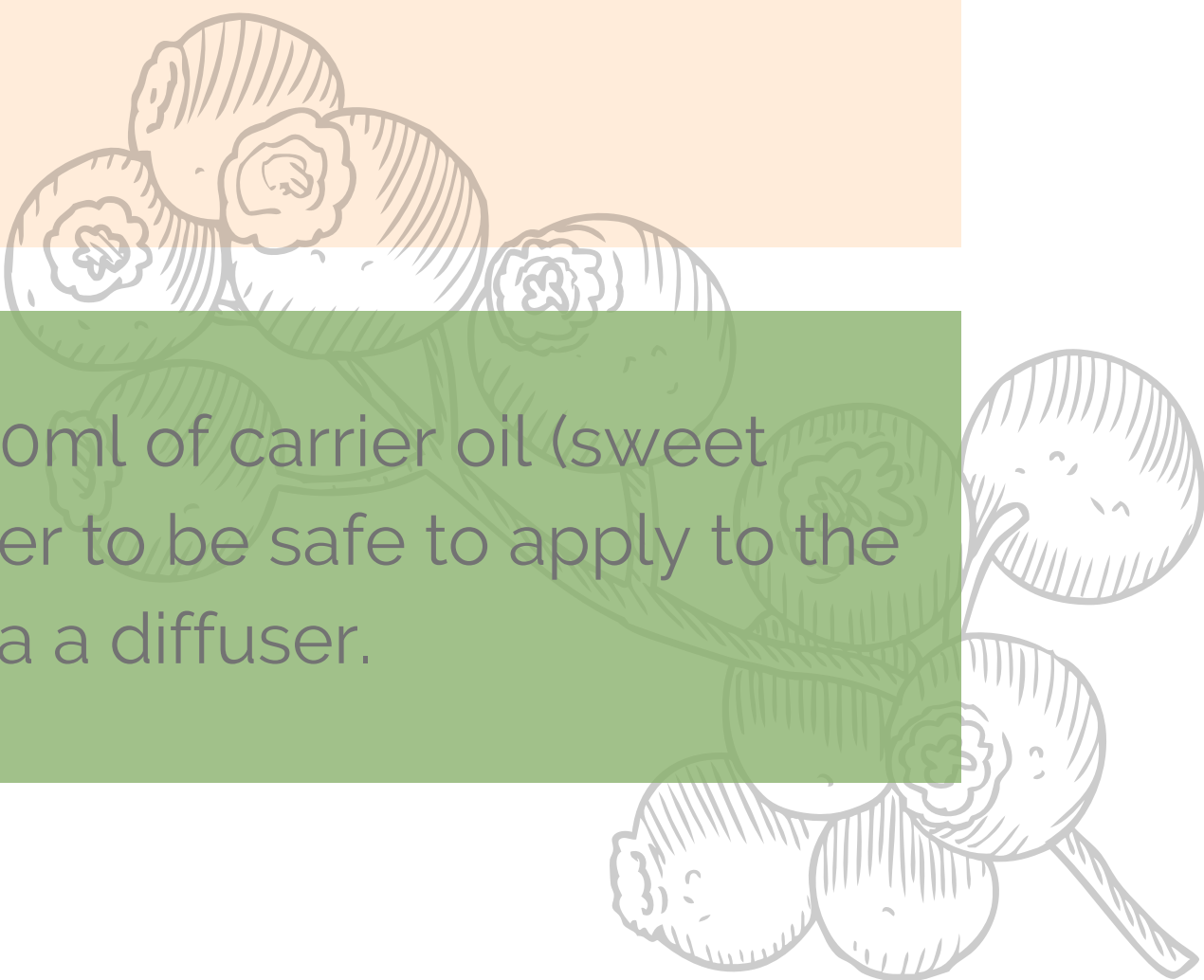
6 drops geranium  
5 drops neroli  
4 drops sandalwood

## Essential oil blend #4 – For grounding

8 drops sandalwood  
4 drops bergamot  
4 drops juniper berry

## Essential oil blend #5 – For calmness

6 drops frankincense  
4 drops ylang ylang  
3 drops eucalyptus



All of these blends need to be diluted in 30ml of carrier oil (sweet almond, coconut...etc.) or 30ml of water in order to be safe to apply to the skin, add to a bath or inhale via a diffuser.