

# Jasmine Essential Oil Blends

beauty taming the  
beast

essential oils, aromatherapy &  
skincare for every need

Your easy 'cheat-sheet' for easy and effective Jasmine Essential Oil Blends

## Dry & Mature Skin Oil

- 10ml Avocado oil
- 2 drops Jasmine
- 2 drops Rosewood

- 10ml Rosehip oil
- 2 drops Jasmine
- 1 drop Rose

## Inflammed skin oil

- 10ml Jojoba oil
- 2 drops Jasmine
- 2 drops Bergamot

## Scars & Stretch Marks

- 15ml Sweet almond oil
- 2 drops Jasmine
- 2 drops Mandarin
- 2 drops Lavender

## Uplifting blend for depression

- 50ml Sweet Almond oil
- 5 drops Jasmine
- 5 drops Grapefruit
- 5 drops Orange

## Anxiety blend

- 50ml Sweet Almond oil
- 5 drops Jasmine
- 5 drops Mandarin
- 5 drops Petitgrain

## Self-confidence blend

- 50ml Sweet Almond oil
- 5 drops Jasmine
- 5 drops Clary sage
- 5 drops Lavender

## Muscle aches blend

- 50ml Sweet Almond oil
- 5 drops Jasmine
- 5 drops Sandalwood
- 5 drops Orange

## Hormone balance blend

- 20ml Evening primrose oil
- 4 drops Jasmine
- 4 drops Chamomile
- 2 drops Clary sage
- 2 drops Geranium

## My favourite blends;

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Store all blends in amber glass bottles

[www.beautytamingthebeast.com](http://www.beautytamingthebeast.com)