

# Morning diffuser blends



## Brain Activate

Rosemary, Bergamot & Lemon

## Brain Fog Clear

Peppermint, Lemon & Lavender

## Invigorate

Orange, Juniper & Grapefruit

## Refresh & Focus

Basil, Lemon & Orange

## Anti-stress

Clary sage, Petitgrain & Orange

## Alert & Awake

Ginger, Lemon & Lime

## Lethargy relief

Ginger, Orange & Grapefruit

## Warming

Juniper, Ginger & Lemon

## Vigour

Clary sage, Ginger & Grapefruit

## Refreshing

Grapefruit, Chamomile & Petitgrain

## FOCUS

Orange, Grapefruit, Frankincense

Notes \_\_\_\_\_

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