

Petitgrain Essential Oil Blends

beauty taming the
beast
essential oils, aromatherapy &
skincare for every need

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

Oily skin Facial Oil

- 10ml Jojoba oil
- 4 drops Petitgrain
- 4 drops Ylang Ylang

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- 4 drops Petitgrain
- 4 drops Grapefruit

Oily hair scalp oil

- 10ml Argan oil
- 4 drops Petitgrain
- 4 drops Mandarin

Immune boosting blend

- 50ml Sweet almond oil
- 8 drops Petitgrain
- 6 drops Clary sage
- 6 drops Lemon

Blend for painful digestion

- 50ml Sweet almond oil
- 10 drops Petitgrain
- 10 drops Bergamot

Gently
massage into
the abdomen

Blend for nausea

- 50ml Sweet almond oil
- 8 drops Petitgrain
- 8 drops Mandarin
- 4 drops Ginger

Massage
gently into
the
abdomen
or inhale

Blend for anxiety & panic

- 10ml sweet almond oil
- 2 drops Petitgrain
- 2 drops Clary Sage
- 2 drops Vetiver

Ideal for a
roller bottle
for on the
go

Petitgrain diffuser blends

Immune boost – Petitgrain, Thyme & Lemon
Calming – Petitgrain, Lavender & Sandalwood
Sleep – Petitgrain, Frankincense & Vetiver
Nausea – Petitgrain, Peppermint & Chamomile

My favourite blends;

Store all blends in amber glass bottles

www.beautytamingthebeast.com