



# Oil Cheat Sheet

Citrus - Uplifting & Focus & Immune

Floral - Relaxation & Digestion

Herbs - Focus & Digestion & Immune

Spices - Motivation & Immune

Mints - Uplifting & Motivation & Focus & Digestion

Wood - Relaxation



Base Notes: Spices & Wood

Middle Notes: Florals, Spices, Wood, & Herbs

Top Notes: Mint & Citrus



Base Notes



Middle Notes



Top Notes

Diffuser

Blends

## Creating Roller Bottles

60% Base  
Notes

30%  
Middle  
Notes

10%  
Top  
Notes

Top with  
Carrier Oil