



Natural Living Masterclass
Essential Oils for Emotional
Clarity & Calm

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Diffuser Blend For Emotional Support

ESSENTIAL OIL

- 2 drops [Lime Oil \(*Citrus aurantifolia*\)](#)
- 3 drops [Frankincense Oil \(*Boswellia carterii*\)](#)
- 2 drops [Eucalyptus Oil \(*Eucalyptus radiata*\)](#)

DIRECTIONS

1. Add the essential oils to your diffusion device. If you are using an electric diffuser, be sure to add water up to the fill line before adding your essential oils.

Children's Inhaler For Relaxing

INGREDIENTS

- 1 [Blank Inhaler](#)

ESSENTIAL OIL

- 5 drops [Lavender Oil \(*Lavandula angustifolia*\)](#)
- 3 drops [Frankincense Oil \(*Boswellia carterii*\)](#)
- 1 drop [Roman Chamomile Oil \(*Chamaemelum nobile*\)](#)

DIRECTIONS

1. Add the oils to a small bowl.
2. Roll the cotton wick from your inhaler in the bowl to absorb as much essential oil as possible (the ends of the cotton absorb the oil quickly).
3. Place the oil-soaked polyester or cotton wick into the inhaler tube, and snap the cap firmly into the bottom of the tube.
4. Remove the cover, bring the inhaler to your nose, and breathe deeply to enjoy!

For Adults

INGREDIENTS

- 1 [Blank Inhaler](#)

ESSENTIAL OIL

- 6 drops [Lavender Oil \(*Lavandula angustifolia*\)](#)
- 6 drops [Frankincense Oil \(*Boswellia carterii*\)](#)
- 3 drops [Roman Chamomile Oil \(*Chamaemelum nobile*\)](#)

DIRECTIONS

1. Add the oils to a small bowl.
2. Roll the cotton wick from your inhaler in the bowl to absorb as much essential oil as possible (the ends of the cotton absorb the oil quickly).
3. Place the oil-soaked polyester or cotton wick into the inhaler tube, and snap the cap firmly into the bottom of the tube.
4. Remove the cover, bring the inhaler to your nose, and breathe deeply to enjoy!

Evening Diffuser Blend

ESSENTIAL OIL

- 4 drops [Lavender Oil \(*Lavandula angustifolia*\)](#)
- 3 drops [Frankincense Oil \(*Boswellia carterii*\)](#)
- 3 drops [Lemon Oil \(*Citrus limon*\)](#)
- 1 drop [Roman Chamomile Oil \(*Chamaemelum nobile*\)](#)

DIRECTIONS

1. Add essential oils to your favorite diffuser.
2. If animals or young children and babies are present, only diffuse for about 15 minutes.
3. For a baby's room, diffuse before nighttime and turn off diffuser before they enter the room, airing out the room for a few minutes.