

Essential Oil Diffuser Blends

1. **Energy Boost:** 4 drops peppermint + 4 drops lemon (in 70ml of water)

2. **Seasonal Smiles:** 2 drops peppermint + 2 drops lavender + 2 drops lemon (in 70ml of water)

3. **Restful Sleep:** 2 drops geranium + 3 drops lavender (in 70ml of water)

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