



## Essential Oils: 50 Spring Diffuser Recipes and Blends (Paperback)

By Sophie Bowers

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Essential Oils 50 Spring Diffuser Recipes and Blends Diffusing activates the powerful plant constituents discovered in Young Living essential oils. Whether in your family room, office, kitchen, or bedroom, diffusing essential oils can help remove odors and provide an uplifting mood at home. The cold, moist heaviness of winter can make us feeling sluggish and melancholy, so it is essential to surround ourselves with glowing and uplifting energies this time of year. Here is a spring-cleaning blend to support you during this transition and prepare your space for the changing of the seasons. Rose Geranium: is the star of this mix! It helps us find equilibrium in the midst of the changing seasons, enabling us to gracefully transition during this special time when night and day are equivalent. It s pleasant flowery aroma is soothing and cheerful while its gentle, harmonizing effect will bring only the best dose of energy. Bergamot: Like other citruses, brings a bit of sunlight to any combination. This solar note provides a subtle energy and mood boost, banishing any ongoing gloom left over from winter s...



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-- Dr. Breana O'Kon