

Let's Get Rid of that Cabin Fever - A Spring Scent to try.

Don't know about you but it has been a very long winter for most of us. And I'm tired of being penned in!

So the weather is still not cooperating and since I'm not a winter (play in the snow) outdoor enthusiast, I'm looking forward to spring.

What to do in the mean time? Well, diffusing a spring time scent might help brighten things up.

Any floral scent with a little citrus scent added to it usually will unlock the memory - (the lock and key system that is spoken of in aromatherapy) and make the day more enjoyable.

So here are a couple recipes to try. You can experiment a little too.

Spring Scent #1

Grapefruit - 5 drops

Melissa - 5 drops

Geranium - 1 drop

Spring Scent # 2

Ginger - 3 drops

Mandarin - 3 drops

Orange - 2 drops

Spring Scent #3

Ylang ylang #3 - 3 drops

Black Pepper - 3 drops

Mandarin - 3 drops

Choose one of the above blends. Blend these in a small bottle or just put the drops in the recipe directly on your diffuser such as a terra cotta disc or onto a cotton pad of a Scentball or other Fan Diffuser

Add more as necessary. Close your eyes for a moment and think of spring! It has to be here soon!

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Aromatherapy Tip of the Week

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