

A Balancing Act!

Running here, running there. Fixing meals, going to meetings, exercise, social gatherings and phew! When do you get a chance to take a minute for yourself?

Balancing life between work, family and recreation time for yourself can be a big challenge.

But Essential oils can help you to focus on what is important for the moment and take a few minutes each day to rejuvenate and refresh your mental state.

Remember the 'lock and key' mechanism in your limbic brain that is triggered by various scents and smells? Well, this is a good place for you to use your favorite essential oils.

Anything that can help you cope with the day to day commitments and let you take back a little time for yourself. Essential oils are those subtle little things you do for yourself that might make all the difference in your life.

So to start the balancing act here is a fun little blend - easy to make that will help brighten your day. Diffuse it by your desk on a terra cotta diffuser or diffuse in your car while you are commuting. If you like you can even put on an aromatherapy necklace or bracelet.

The lemon is a bright uplifting scent, Peppermint is energizing and Rosemary will help with clarity and memory and all together with concentration!

Balancing Blend

Lemon - 10 drops

Rosemary - 10 drops

Peppermint - 8 drops

You may need to adjust the Peppermint - add more if you like it more minty or use less if it seems too overpowering.

Blend all in an amber bottle and mix well. Use as desired. Diffuse in any room or use in any personal diffuser - nasal inhaler or jewelry, etc.

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Aromatherapy Tip of the Week

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