

SPRING IS ALMOST HERE!!

We are just so anxious for spring and to see green grass and leaves popping out onto the trees.

Can you tell it's been a really long, cold and snowy winter here in Minnesota?

According to the calendar, Spring begins this Friday March 20th. But here in northern Minnesota we can still get several snow storms and may not see any signs of 'green' on the trees for several weeks. The snow is melting now but we still have several inches that need to disappear.

Just because there is still snow on the ground, we don't have to wait to have spring-like scents all around us. Others in the northern half of the United States and Canada will enjoy some of these happy floral scents too. Of course, light floral scents are great whenever you want to lift you and others spirits!

The following recipes are for use in any diffuser. Simply blend these oils together and add to the wax or pads of your favorite method. Remember too, as you do your spring cleaning if you discover you like one of these recipes - just blend them and add them to your cleaning bucket!

Very Floral

Ylang ylang - 6 drops

Geranium - 4 drops

Neroli - 2 drops

Warm Woodsy Floral

Cedarwood - 6 drops

Lavender - 4 drops

Mandarin - 3 drops

Sweet Floral

Ylang-ylang - 6 drops

Grapefruit - 3 drops

Mandarin - 3 drops

Spring Rain Forest

Pine Needle - 4 drops

Hyssop - 3 drops

Eucalyptus - 3 drops

Cypress - 2 drops

Juniper - 1 drop

To Celebrate the Spring Equinox

Mandarin - 10 drops

Frankincense - 6 drops

Patchouli - 2 drops

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Aromatherapy Tip of the Week

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