

Some Diffuser Blends for Essential Oils

To order these fine essential oil products go to www.doTerra.com/drhildy

Summer Break

4 drops Lemongrass
2 drops Spearmint
3 drops Lemon

Passion Fruit

3 drops doTerra Passion®
3 drops Grapefruit
3 drops Wild Orange

Under the Stars

3 drops doTerra Serenity®
2 drops Lime
1 drop Black Pepper

Summer Lovin'

3 drops Wild Orange
3 drops Lemon
1 drop Peppermint

Freshly Cut Grass

1 drop Douglas Fir
1 drop Basil
2 drops Lemon

By the Campfire

2 drops Cedarwood
2 drops Sandalwood
1 drop Cypress

Flower Medley

4 drops Ylang Ylang
4 drops Lavender
1 drop Geranium

Mother Nature

1 drop Rosemary
2 drops Patchouli
2 drops Lime

For more information on essential oils and Flowers for Beauty:

See our show on the Dr. Hildy®'s Beauty, Detox and Environmental Health Educational Program on www.onecellonelightradio.wordpress.com

September 3, 2017: Flowers for Beauty, Fruit and Nuts for Health.