



10 drops Clary Sage  
10 drops Lavender  
5 drops Cedarwood  
5 drops Geranium  
4 drops Ylang Ylang  
(optional: 4 drops of Jasmine and Rose)

Add to a 10ml roller bottle, fill to top with FCO.

Apply to palms and breathe it in

Apply to pulse points on wrist and neck.

## *Super Women Blend\**

THE ULTIMATE HORMONE SYNERGY BLEND

Ideal for mood, stress and hormone support. Amazing for channeling your inner rock star!!!

\*Formulated by Dr. Mariza Snyder  
<https://www.drmariza.com/>