

NESTED

* HOLISTIC DOULA SERVICES *

Diffuser Blends for Emotions

Worry

- *2 drops of patchouli
- *2 drops of bergamot
- *2 drops of valor

Tired

- *3 drops of peppermint
- *3 drops of orange
- *2 drops of juniper

Exhausted

- *2 drops of rosemary
- *2 drops of grapefruit
- *2 drops of eucalyptus radiata

Distracted

- *2 drops of bergamot
- *2 drops of cedarwood
- *2 drops of vetiver

Anxious

- *3 drops of frankincense
- *3 drops of bergamot
- *3 drops of lavender

Sad

- *3 drops of joy
- *2 drops of lavender
- *2 drops of grapefruit

Overwhelmed

- *3 drops of NLBS
- *2 drops of ylang ylang
- *2 drops of frankincense

Angry

- *3 drops of purification
- *2 drops of lemon
- *2 drops of orange

