

FRANKINCENSE DIFFUSING BLENDS

Grounding

- 4 drops Siberian Fir
- 2 drops Douglas Fir
- 2 drops Frankincense
- 3 drops Grapefruit
- 2 drops Vetiver

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FRANKINCENSE DIFFUSING BLENDS

ENERGISING

- 2 drops Peppermint
- 3 drops Lemon
- 3 drops Frankincense
- 4 drops Tangerine

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**FRANKINCENSE
DIFFUSING BLENDS**

CALMING

3 drops Bergamot

3 drops Frankincense

3 drops Lavender

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FRANKINCENSE DIFFUSING BLENDS

SLOW DOWN

3 drops Vetiver

3 drops Frankincense

2 drops Lavender

2 drops Roman Chamomile

2 drops Sandalwood

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FRANKINCENSE DIFFUSING BLENDS

RESTING

3 drops Eucalyptus

3 drops Frankincense

3 drops Arborvitae

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FRANKINCENSE
DIFFUSING BLENDS

ENERGISING

2 drops Wild Orange
3 drops Frankincense
3 drops Cinnamon

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FRANKINCENSE
DIFFUSING BLENDS

BALANCING

- 1 drop Spikenard
- 2 drops Lemongrass
- 2 drops Blue Tansy
- 3 drops Peppermint
- 3 drops Frankincense

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FRANKINCENSE
DIFFUSING BLENDS

RELAX

3 drops Bergmot

2 drops Frankincense

2 drops Ylang Ylang

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FRANKINCENSE
DIFFUSING BLENDS

BOOST ME UP

3 drops Bergmot

3 drops Frankincense

3 drops Peppermint

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FRANKINCENSE
DIFFUSING BLENDS

MOTIVATE ME

3 drops Lime

3 drops Frankincense

3 drops Black Pepper

3 drops Bergamot

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**FRANKINCENSE
DIFFUSING BLENDS**

CONFIDENCE

3 drops Bergmot

3 drops Frankincense

3 drops Wild Orange

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**FRANKINCENSE
DIFFUSING BLENDS**

IMMUSE SUPPORT

3 drops OnGuard

3 drops Frankincense

2 drops Manuka

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**FRANKINCENSE
DIFFUSING BLENDS**

WARM ME UP

3 drops Wild Orange
4 drops Frankincense
2 drops Cinnamon

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**FRANKINCENSE
DIFFUSING BLENDS**

AFTERNOON PICK ME UP

4 drops Frankincense

4 drops Grapefruit

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**FRANKINCENSE
DIFFUSING BLENDS**

BE HAPPY

4 drops Frankincense

4 drops Lemon

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**FRANKINCENSE
DIFFUSING BLENDS**

SLEEP EASY

3 drops Frankincense

3 drops Lavender

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