

Cheerful

Diffuse this in the kitchen, playroom or family area to set a cheerful mood.

- 2 drops wild orange
- 2 drops lemon
- 2 drops lime

*Add water to the diffuser to the fill line.
Add in the essential oils.*

Sleepy Time

Diffuse this in kids' bedrooms at night to promote rest and healthy sleep.

- 2 drops lavender
- 2 drops cedarwood
- 2 drops frankincense

*Add water to the diffuser to the fill line.
Add in the essential oils.*

Concentration

Diffuse this in the homeschool room, or during homework time to promote focus and concentration.

- 2 drops peppermint
- 2 drops rosemary
- 2 drops copaiba

*Add water to the diffuser to the fill line.
Add in the essential oils.*