

## **Wendy's Aromatherapy Blends for Workshops**

(numbers represent drops in water in an oil burner)

### **Clarity**

3 Angelica, 3 Patchouli (alertness)

3 Coriander, 3 Jasmine (alertness)

3 Lemon, Rosemary (to remedy vagueness)

3 Basil, 3 Bergamot (to remedy vagueness)

### **Clarity and Openness**

3 Frankincense, 3 Rosewood (focus)

6 Myrrh (focus)

### **Openness**

3 Grapefruit, 3 Melissa (change)

3 Juniper, 3 Cedarwood (change)

3 Bergamot, 2 Lavender, 1 Basil (to remedy fear)

3 Basil, 3 Geranium (remedy to fear)

2 Basil, 2 Sage, 2 Thyme (opening chakras – strong opening mix)

2 Nutmeg, 2 Bay, 2 Orange (opening chakras – strong opening mix)

### **Openness and Love**

2 Clove, 2 Rosemary, 2 Orange (communication)

3 Lavender, 3 Frankincense (moving on)

3 Chamomile, 3 Frankincense (moving on)

3 Peppermint, 3 Lemon (opening up and expressing personal thoughts and feelings)

3 Juniper, 3 Lime (opening up and expressing personal thoughts and feelings)

6 Rose Otto, 4 pure Jasmine, 2 Mandarin (to celebrate a very special experience or occasion)

### **Creativity**

3 Basil, 3 Geranium (inspiration)

3 Fennel, 3 Lime (inspiration)

3 Ginger, 3 Geranium (laughter)

3 Lime, 3 Petitgrain (laughter)

### **Creativity and love**

3 Rosewood, 3 Vetiver (passion)

3 Ginger, 3 Geranium (passion)

### **Joy and Creativity**

3 Neroli, 3 Vanilla (bliss)

3 Rose, 3 Sandalwood (bliss)

6 Neroli (Joy)

6 Rose (Joy)

6 Jasmine (Joy)

2 Basil, 2 Sage, 2 Nutmeg (aspiration)

2 Clove, 2 Fennel, 2 Thyme (aspiration)

### **Joy and Peace**

3 Sandalwood, 3 Bergamot (peace)

3 Palma Rosa, 3 Mandarin (peace)

### **Calm, Sleep, Peace**

3 Sandalwood, 3 Ylang Ylang (evening)

3 Chamomile, 3 Bergamot (evening)

2 Ylang Ylang, 2 Sandalwood, 2 Valerian (serenity)

3 Melissa, 3 Chamomile (serenity)

3 Lavander, 3 Bergamot (tranquillity)

3 Cypress, 3 Bergamot (tranquillity)

2 Melissa, 2 Neroli, 2 Ylang Ylang (to sooth excitability)

2 Juniper, 2 Clary Sage, 2 Chamomile (to sooth excitability)

3 Lavender, 2 Chamomile (relax)

3 Marjoram, 3 Thyme (relax)