

Essential Oil Recipe

# Seasonal Depression Blends

## Woody Mint

**Basil**  
3 drops

**Bergamot**  
4 drops

**Peppermint**  
3 drops

**Patchouli**  
4 drops

**Frankincense**  
3 drops

## Fruity & Uplifting

**Bergamot**  
9 drops

**Clary Sage**  
5 drops

**Cedarwood**  
4 drops



## Floral Woods

**Basil**  
3 drops

**Geranium**  
4 drops

**Rosewood**  
3 drops

**Lavender**  
4 drops

**Ylang Ylang**  
3 drops

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