

Spectrum Oil Recommendations:

Oils for Stability & Function

Balance (Grounding Blend)

Frankincense

Basil

DDR Prime (Cellular Complex Blend)



Oils for Focus & Attention

In Tune (Focus Blend)

Vetiver

Cedarwood



Oils to Calm

Lavender

Roman Chamomile

In Tune (Focus Blend)

Serenity (Calming Blend)

Balance (Grounding Blend)



Oils for Anxious Feelings & Stress

Serenity (Calming Blend)

Peace (Reassuring Blend)

Ylang Ylang

Bergamot

Wild Orange

Lemon



Other Helpful Oils

Elevation (Joyful Blend)

Clary Sage

Geranium

Cypress

Cheer (Uplifting Blend)

Console (Comforting Blend)

Forgive (Renewing Blend)

Motivate (Encouraging Blend)

DigestZen (Digestive Blend)

Peppermint

On Guard (Protective Blend)



Recommended Recipes:

Overstimulated/Sleep Diffuser Blend

3 drops Serenity

3 drops Vetiver

Calming Blend

15 drops each: Serenity, Frankincense

5 drops each Lavender, Lemon, Wild Orange

5mL (1 tsp) Fractionated Coconut Oil

Focus Roll-On Blend

10 drops each:

Cedarwood

Vetiver

Lavender

5 mL (1 tsp) Fractionated Coconut Oil

