



Stress Away. The name says it all, amiright?

# #oilforthat

I use this daily - in my diffuser necklace, car diffuser, and have a rollerball on the top so I can just slap it on in a hurry.

Boss frustrating me? Stress Away.

Kids screaming? Stress Away.

Stuck in traffic? Stress Away.

Not sure what in the world I'm going to cook for dinner? Stress Away.

You get the point. Stress Away is a lovely combination of Copaiba, Lime, Cedarwood, Vanilla, Ocotea, and Lavender

## Bath Time

Mix together 1 C. Epsom Salt, 1/4 C. Baking Soda, 10 drops Stress Away and 5 Drops of Lavender. Store in a jar.

Put Frozen in the DVD player, fix snacks, and lock yourself in the bathroom. Draw a hot bath and add 1/4 to 1/2 C. of mixture.

This is your new reality.

## Sweet Dreams

Add 2-3 drops of Stress Away, Copaiba, and Lavender to your diffuser.

Nighty night.

## Vanilla Spice Room Spray

Surprise guests? No problem. Is your mom on her way? No worries.

Keep a bottle of room spray on hand. Just use an empty spray bottle and add 4-5 drops of Stress Away and distilled water (okay...or for those of us lazy folks, tap water is fine too).

As soon as you get off the phone (or let's be honest finished reading the text) grab that bottle and spray like a mother, because your mother is on her way!

## Anxiety? To the curb you go...

In a roller bottle mix together: 30 Drops Stress Away, 50 Drops Lavender, 15 Drops Patchouli, 35 Drops Valor, 15 Drops Vetiver, and 40 Drops Carrier Oil. Apply behind ears, on wrists, and temples.

Notice these drops are divisible by 5? (sorry for the math anxiety). Make a smaller bath by dividing by 5: 6 Stress Away, 10 Lavender, 3 Patchouli, 7 Valor, 3 Vetiver, 8 Carrier.

## Diffuser Recipes

Combine Stress Away & Cinnamon Bark for a lovely fall smell.

Diffuse with Peppermint for an invigorating AND calm morning.

Add a few drops of citrus fresh for a clean, calming scent

4 Stress Away, 1 Vetiver, 3 Citrus Fresh, & 4 Cedarwood, will help provide a fresh outlook