




Imbolc-Inspired Essential Oil Blend

The Blend

- 8 drops of Myrrh
- 4 drops of Sandalwood
- 2 drops of Patchouli
- 1 drop of Jasmine
- 1 drop of Peppermint



Reputed Benefits

- Myrrh – A deeply grounding oil that purifies both the mind and spirit, creating a sense of clarity and balance.
- Sandalwood – Known for its calming properties, it helps centre the mind, encouraging inner peace and focus.
- Patchouli – An earthy, energising oil that stabilises emotions and supports renewal, grounding you in the present.
- Jasmine – A sweet and uplifting oil that inspires confidence, opens the heart and fosters emotional healing.
- Peppermint – A refreshing and invigorating oil that clears mental fog, sharpens focus and promotes clarity.

Recipe by Anna Hall