

Fresh Mountain Walk



The Blend

- 4 drops Pine Essential Oil
- 1 drops Peppermint Essential Oil:
- 2 drops Grapefruit Essential Oil:
- 2 drops Eucalyptus Essential Oil:

Reputed Benefits

- Pine evokes the scent of towering evergreens, grounding and refreshing. Its clean, woody aroma promotes deep breathing and clear thoughts.
- Peppermint adds a cool, invigorating touch. Its stimulating properties can enhance mental clarity and focus.
- Grapefruit brings a bright, uplifting citrus note. Its cheerful aroma can help alleviate stress and promote a positive mood.
- Eucalyptus adds a camphoraceous, purifying element. Its refreshing aroma can open up the airways and promote a sense of calm.

Recipe by Anna Hall