



A WEEK OF ESSENTIAL OIL BLENDS

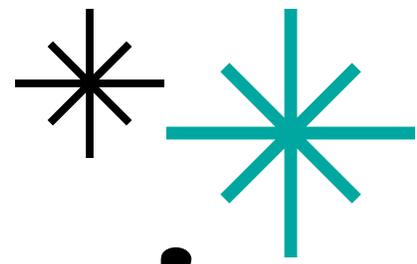
BLENDS THAT GET YOU
THROUGH A ROUGH WEEK.

Find more at
www.AtTheHealersNook.com



Tina Potter

Herbalist



Let's get
blending!

Sometimes you just need *help*.

Sometimes that help comes in a roller bottle.

As the owner of The Healer's Nook, a daycare teacher, and a college student I am pretty much *always* busy! Although I enjoy what I do, I can get overwhelmed. We all need something that we can whip out of our pockets or purses in a jiffy that will help bring us back down to earth.

Sometimes, we need something to relax or revive us.

Other times, we need something to protect us from the germs and viruses we may encounter out in the world.

Whatever you need a essential oil blend for, I'm pretty sure I've got you covered.

So take a look at the formulas I've got here for you and *try* them! Let me know what you liked and didn't like. I love feedback!



BTW...



For your safety, read below.

Essential oils are fun but they should be treated as the medicine they are.

Essential oils are highly concentrated substances and are used in small amounts. Due to their concentration and your body's chemistry, you may end up developing sensitivity with an oil. To protect yourself and others, follow these instructions:

1. Always dilute your oils with a carrier oil (jojoba, sweet almond, grapeseed, etc).
2. Do a skin patch test by diluting an essential oil and putting a drop or two on the inside of your elbow.
3. If you do develop a rash or sensitivity, immediately remove the oil with another oil such as olive oil. The essential oil will be attracted to it. Keep reapplying and wiping until the sensation is gone. The CDC does not recommend using water and soap when removing essential oil.



Sunday



God bless Sundays...

For me, it's the day of rest.

I do absolutely nothing but things I enjoy. Some people go to church, some stay home and do a Bible study.

The point of it is to relax and reflect on the past week with admiration.

You did it! You may have completed some goals or at least kept tiny humans alive for another week. Either way, pat yourself on the back.

So sit back and meditate on what God has done this past week and look forward to the next week.

Stay positive, everyone!

Treat Yo' Self

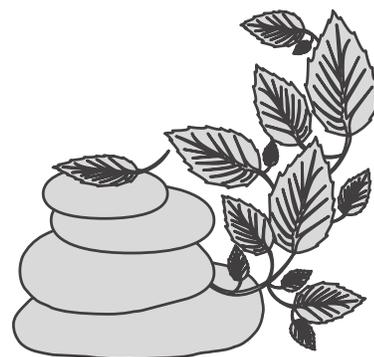
3 drops of Cocoa *Theobroma cacao* absolute

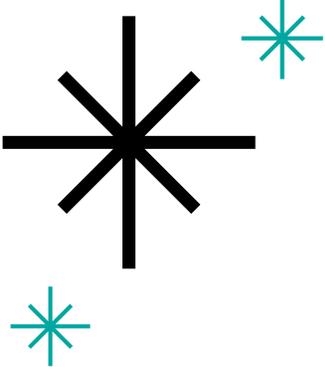
2 drops of neroli *Citrus aurantium*

1 drop of jasmine *Jasminum*

1 drop of frankincense *Boswellia carteri*

10 ml of the carrier oil of your choice.





Monday

Let's do this!

I don't know if it's in our DNA to hate Mondays or if society has brainwashed us into believing that Mondays are horrible.

They don't have to be, though!

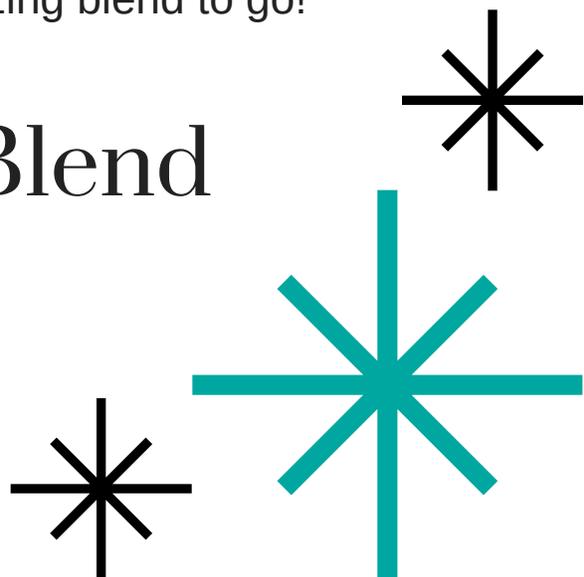
It's all about your mindset. Wake up with determination and think only about the positives. If you are wishing away Mondays, you are wishing away precious days of your life. Soak up the opportunities to get up and **get stuff done**.

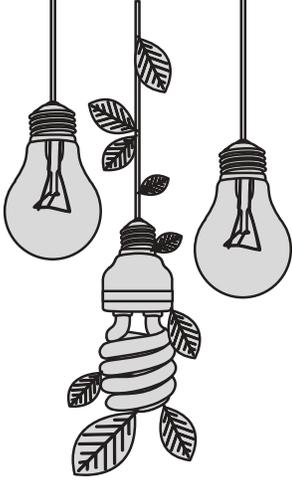
Little by little, over time you'll find yourself meeting your goals and planning new ones.

What can help get you motivated? An energizing blend to go!

Good Morning Goals Blend

- 5 drops of coffee *Coffea arabica*
- 2 drops of orange *Citrus × sinensis*
- 1 drop of cedarwood *Cedrus atlantica*
- 10 ml of the carrier oil of your choice.





Tuesday

Day 2, still so much to do!

So maybe Monday didn't go as planned.

Or maybe it did, but you're stressing.

That's okay, you're allowed to be stressed once in a while. You're a hard worker and sometimes you just need to relax.

Remember: your inbox will *never* be empty, so take a moment to take in some deep breaths and handle it.

Here's a very relaxing essential oil blend that you'll need if your Tuesdays are basically Monday #2.

Just Chill Out Blend

- 3 drops of lavender *Lavendula angustifolia*
- 2 drops clary sage *Salvia sclarea*
- 1 drop of chamomile *Matricaria chamomilla*
- 1 drop peppermint *Mentha piperita*
- 10 ml of your choice of carrier oil.



Wednesday

Halfway there...

Hey! It's already halfway through the week! This isn't so bad.

You've already knocked out a goal or two, and you've got a pretty good idea how the week is going to end.

You need a mid-week blend, something that warms you emotionally, like a cup of mulled cider on an autumn day.

Wait a minute...doesn't that sound amazing? A mulled cider blend?

I've got you covered. (BTW: **It's the same formula for my Autumn at The Nook lip cream!** With cinnamon added, I just gave it to y'all!)

Autumn at The Nook Blend

6 drops sweet orange *Citrus sinensis*
3 drops nutmeg *Myristica fragrans*
2 drops clove *Syzygium aromaticum*
2 drops of cinnamon *Cinnamomum zeylanicum*
10 ml of the carrier oil of your choice.





It's Friday Eve!

Or am I the only one who celebrates it that way?

However you label it, label it positively. You're almost there, you can see the light at the end of the tunnel!

You feel yourself relax on your own now.

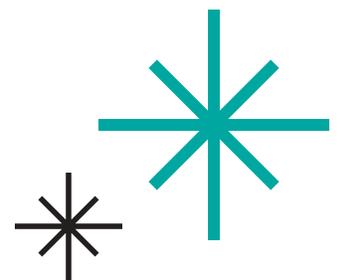
Now you can start making some plans on what you're doing this weekend, and if you're anything like me it involves getting done what you couldn't get done during the week. That'll be okay, too, because that means you'll be able to go at your own pace.

Hang in there.

Hang Tight Blend

*This is a cooling,
uplifting blend.*

5 drops of peppermint *Mentha piperita*
4 drops of chamomile *Matricaria chamomilla*
2 drops of rose *rosa damascena*
10 ml of your choice of carrier oil.





You've made it!

It took some elbow grease to get here, but it happened.

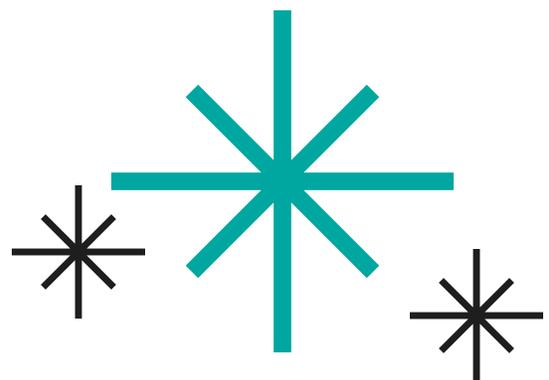
This may be my Friday but it isn't everyone's. If that's the case for you, just print this PDF out and switch around the papers to fit your schedule!

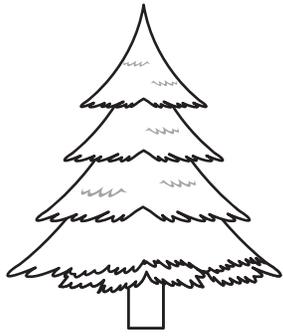
Ok, maybe that's extreme but hey I'm only trying to help.

So for those who are excited that Friday is their last work day of the week, hooray for you! For those who have to work another day or so? Hang in there.

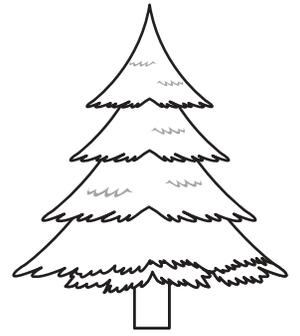
Celebrate Blend

3 drops of lavender *Lavandula angustifolia*
3 drops of peppermint *Mentha piperita*
2 drops of ylang ylang *Cananga odorata*
10 ml of your choice of carrier oil.





Saturday



Get out there!

It's the weekend, so go escape outside. Go hiking, cycling, running, take the kids to the playground - something!

If you've been cooped up inside an office too long, now's your chance to escape.

Buuuuut....what if you still have tons to get done inside?

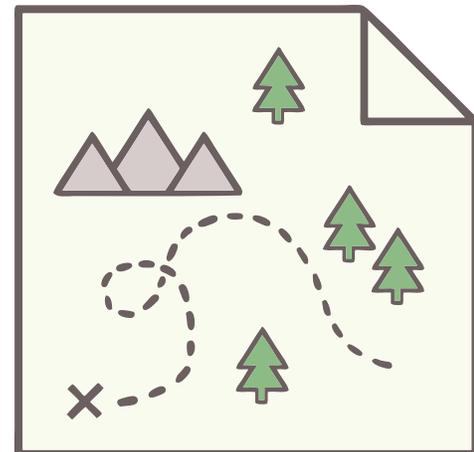
Studies, cleaning, laundry, shopping, and other errands?

Still overwhelming.

If you still want that outdoors vibe then check the blend down below.

Outdoors Escape Blend

5 drops of pine *Pinus sylvestrus*
2 drops of patchouli *Pogostemon cablin*
2 drops of peppermint *Mentha piperita*
10 ml of you choice of carrier oil.





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