



## Holiday Cheer Essential Oil Blend

**DESCRIPTION:** Spread Holiday Cheer with this spicy & sweet blend. Diffuse to freshen the air and invite the holiday spirit in.

**TOP AROMATHERAPY BENEFITS:** merry • uplift • warm

**AROMA:** Spicy & Sweet

**INGREDIENTS:** Caprylic/capric triglyceride, cinnamomum zeylanicum leaf oil, citrus aurantium dulcis (orange) peel oil, abies sibirica oil, vanillin, eugenia caryophyllus (clove) leaf oil, cinnamomum zeylanicum bark oil, myristica fragrans (nutmeg) kernel oil

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children. Avoid sunlight or UV rays for up to 12 hours after applying product.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a comforting and invigorating aromatherapy experience.

#### Refresh Potpourri

Add a few drops to refresh your potpourri.

#### Balance

Dilute and apply topically to promote balance.

#### Natural Holiday Fragrance

Combine with oils such as cinnamon, Canadian fir, orange, peppermint and/or ginger for a natural holiday scent.

#### Feel Comfort

Diffuse or dilute and use topically when you need a pick me up. Apply diluted to feet to promote feelings of comfort and relief.

#### Shampoo Boost

Add a few drops to shampoo to encourage healthy hair.

#### Enhance Hand Soap

Add a few drops to liquid hand soap.

#### Surface Cleaner

To a spray bottle, add 15 drops of Holiday Cheer oil, 1 cup distilled water and 1/4 cup white vinegar. Shake well.

#### Clothing Deodorizer

Add 10-15 drops per gallon of water and soak dirty clothes and sports gear before adding to washing machine.

#### Holiday Air Freshener

Add a few drops to a spray bottle filled with distilled water, shake well and use as a holiday air freshener.

### EXPERTLY BLENDED

Holiday Cheer is specially designed by our aromatherapy experts with the following oils:



Cinnamon



Clove



Fir



Nutmeg



Orange