

RELAX

4 STRESS AWAY
2 LAVENDER

CLEAR AIR

3 PURIFICATION
3 LEMON

DIFFUSER RECIPES
WITH YOUNG LIVING
PREMIUM STARTER KIT



SNIFFLES

2 PURIFICATION
4 THIEVES

FOCUS

2 PEPPERMINT
3 LEMON

WIND DOWN

2 FRANKINCENSE
4 LAVENDER

BREATHE EASY

2 PEPPERMINT
4 R.C

SEASONAL

2 LEMON
2 PEPPERMINT
2 LAVENDER

GOOD NIGHT

2 COPAIBA
2 STRESS AWAY
2 LAVENDER