



DIFFUSION

For All Users



8 - 10 drops (general dosage)

Dosage can vary depending on type of diffuser used.

Electric Diffusion Aromatherapy Usages



Improve and purify air quality



Motivation or mood enhancement



Sleep disorders and Insomnia



Increase alertness



Stress / Anxiety

Dilution with Carrier Oils or Lotions



X 10 tsp



X 20 drops of essential oil into 2 fluid ounce (60ml)



X 05 tsp



X 10 drops of essential oil into 1 fluid ounce (30ml)



X 1 ½ tsp



X 5 drops of essential oil into ½ fluid ounce (15ml)



X 02 tsp



X 4 drops of essential oil

Disclaimer

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