

enjoy the  
holidays



**candy cane**

Peppermint Oil = 3 drops; Vanilla Oil = 2 drops

**gingerbread man**

Cinnamon Bark Oil = 3 drops; Clove Oil = 1 drop;  
Ginger Oil = 2 drops; Nutmeg Oil = 1 drop;  
Vanilla Oil = 2 drops

**holiday cookies**

Vanilla Oil = 12 drops; Tangerine Oil = 1 drop.

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**Instructions**

Blend oils together, add to a diffuser and enjoy an energizing, fresh scent or add to 1 oz. of your favorite NOW Skin Care Oil such as Almond or Jojoba for an uplifting body blend. Apply liberally and enjoy. *Please avoid sensitive areas and mucas membranes.*