

# MIND CLEARING MIST



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*MOLBECK'S*  
Health & Spice Shop

**Ingredients:**

4 ounces water

10 drops **peppermint essential oil**

20 drops **sweet orange essential oil**

4 drops **patchouli essential oil**

This easy-to-make mist is comprised of peppermint for clarifying benefits, sweet orange to lift your mood and patchouli to promote peaceful feelings. It can serve as a mental wake-up call, helping you to naturally attain a clear, refreshed state of mind.

**Directions:**

1. In a spray-mist bottle, combine all ingredients. Shake vigorously.
2. To use, apply a light misting to face, neck and surrounding airspace.