



the oils you never knew you always loved

Spray Recipes

These sprays are incredibly versatile. Use them for body spray (lovely, refreshing spray for your face), linen spray, an uplifting room spray. Proportions are for a 2oz glass spray bottle. Fill it with distilled water. Enjoy!

ENERGY

- **3-4 drops Young Living Peppermint Essential Oil***

MOOD UP

- **3-4 drops Young Living Frankincense Essential Oil***

IMMUNE SUPPORT

- **3 drops Young Living Thieves Essential Oil Blend***
- **2 drops Young Living R.C. Essential Oil Blend***

AIR FRESHENER

- **3 drops Young Living Purification Essential Oil Blend***
- **2 drops Young Living Lemon Essential Oil***

MANIFESTING INSPIRATION

- **1 drop each: Into the Future, Envision, Magnify Your Purpose**

COOLING

- **1 drop Peppermint***
- **2 drops Spearmint**

CLARITY - FOCUS

- **1 drop Clarity**
- **4 drops Lemon**

SLUMBERING SLEEP SPRAY

- **2 drops Young Living Lavender Essential Oil***
- **2 drop Young Living Stress Away Essential Oil Blend***
- **1 drop Young Living Cedarwood Essential Oil**

GROUNDING

- **1 drop each: Ylang Ylang, Grounding, Valor (or Valor II) and Vetiver**

Ready to get these oils for yourself?

Check our website:

www.SimpleSerendipityCentral.com and click on "Join the Oily Obsession"

We can *personally* guide you through the process!

Like our Facebook page: [Simple Serendipity Central](#)

*** Please note: These oils come in Young Living's Essential Oil Premium Starter Kit.**