

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. *bee*, causing her mouth to swell. An hour after her owner applied coconut oil to the sting and gave her a tablespoon to swallow, the swelling disappeared and the dog was herself again.

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.