



# YLANG DIFFUSION

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*MOLBECK'S*  
Health & Spice Shop

**Ingredients:**

15 drops **ylang ylang essential oil**

45 drops **mandarin orange essential oil**

40 drops **bergamot essential oil**

**Benefits:** Relaxing

**Directions:**

Combine oils.

Mix 6 drops of this relaxing blend with 1 ounce of water and diffuse the mixture in an aromatherapy lamp.

**Ease of Preparation:** 3 to 5 ingredients

**From:** Aura Cacia Aromatherapy Group