

Aromatherapy blends	Safe pregnant/breastfeeding	Safe kids
Relaxation (lavender, rose, vetiver)	Y	Y
Uplifting 1 (grapefruit, jasmine, geranium)	Y	Y
Uplifting 2 (sandalwood, rose, cypress)	Y	Y
Soothing (frankincense, neroli, orange)	Y	Y
Calming 1 (rose, geranium)	Y	Y
Calming 2 (nerve calming) (mandarin, german chamomile, lavender)	Y	Y
Focus (rosemary, clove, peppermint)	Y (but some women may find peppermint reduces milk supply)	NOT UNDER 10
Purifying (juniper, frankincense, lemon)	Y	Y
Cleansing (palmarosa, grapefruit, lavender)	Y	Y
Sensual him 1 (ylang ylang, sandalwood, nutmeg)	Y	Y (not topical under 2)
Sensual him 2 (bergamot, neroli, frankincense)	Y	Y
Sensual her 1 (rose, patchouli, vetiver, geranium)	Y	Y
Sensual her 2 (jasmine, clary sage, sweet orange)	Y	Y
Immune-boosting (lemon, thyme, tea tree)	Y	Y
Anti-germ 1 (Cinnamon leaf, sweet orange, cypress)	Y	Y

Anti-germ 2 (tea tree, sweet orange, cedarwood)	Y	Y
Anti-germ 3 (tea tree, sweet orange, lavender)	Y	Y
Stimulating 1 (ginger, black pepper, tea tree)	Y	Y
Stimulating 2 (vetiver, rosemary, lemongrass)	Y (diffusing or low dilution)	NOT UNDER 10
Refreshing (pine, peppermint, eucalyptus)	Y (but some women may find peppermint reduces milk supply)	NOT UNDER 10
Floral (ylang ylang, bergamot, vetiver, clary sage)	Y	Y (not topical under 2)
Zesty (lime, lemon, bergamot, mandarin)	Y	Y
Relaxing bedroom 1 (jasmine, frankincense, cardamom)	Y	NOT UNDER 7
Relaxing bedroom 2 (lavender, pine, atlas cedarwood)	Y	Y
Beauty Sleep (ylang ylang, cypress, clary sage, benzoin, patchouli, sweet orange)	Y	Y (not topical under 2)
Aromatic (geranium, lavender, sweet marjoram)	Y	Y
Serenity (bergamot, roman chamomile, clary sage, cypress, frankincense, geranium, lavender, sweet marjoram, myrrh, patchouli, rosewood, rosemary, sandalwood, rose absolute, vetiver, ylang ylang)	N (myrrh)	NOT UNDER 10