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The bergamot

essential oil

comes from

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It's used to

make medicine.

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extracted from
the flowers of
the lavender.
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Common examples are nutmeg, juniper, and lavender. Base Notes: Robust and earthy, base notes are the richest form of essential oil and often come from tree resin. Their heavy, distinctive scents are great

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for calming
anxiety and
nerves. Some
well-known
varieties are
vanilla, myrrh,
and patchouli.

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dilute them with
carrier oils
like Almond oil,
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Jojoba Oil and
other plant
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add Essential
oils to water.
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shake the bottle
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properly.

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blends that are
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basic oil used
for its scent
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relieve
migraines and
stabilize moods.

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has
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