

# HALLOWEEN

## *potions*



### MONSTER SPRAY

3-6 drops of your favorite calming oil (Serenity®, Adaptiv™, Lavender, Wild Orange)

Add oils to a glass spray bottle and fill the rest with water.

### PUMPKIN PRESERVER

10-15 drops On Guard®

Add oil to a spray bottle and top with distilled water. Shake well and spray inside of pumpkin daily to keep fresh.

### CALM THE WITCH

10 drops Serenity®  
10 drops Balance®

Add oils to a 10ml roller bottle and top with carrier oil. Apply when feeling overwhelmed or stressed.

### TOO MUCH CANDY

10-15 drops DigestZen®

Add oils to a 10ml roller bottle and top with carrier oil. Roll over abdomen when dealing with an occasional upset stomach.

### IMMUNITY APPLES

1-3 drops On Guard®

Cut apples and place in bowl of water. Add On Guard and let soak 10-15 minutes. Rinse and enjoy!

### ZOMBIE BLEND

3 drops Peppermint  
3 drops Wild Orange

Add oils to a diffuser and use when you need help waking up.

