

Essential oils needed if you don't/can't obtain a practical pack from IPCS:

5 mL of each oil:

Lavender essential oil (ideally *Lavandula officinalis*)

Lemongrass essential oil

Petitgrain essential oil

You will also need to source essential oils to make the following blends:

Oily

French lavender 50%

Cedarwood atlas 25%

Ylang ylang 1st 12%

Rose geranium 12%

Australian sandalwood 1%

Normal

French lavender 50%

Indian Rosewood 30%

Rose geranium 15%

Patchouli 3%

Jasmine absolute 1%

Rose absolute 1%

Dry

French lavender 55%

Frankincense 19.5%

Palmarosa 10%

Rose geranium 10%

Ylang ylang 1st 5.5%