

rosemary

For Diffuser Use

To keep concentration up during studying diffuse 3-4 drops around the room.

Rosemary and Lemon Body Scrub

Mix:

* 1 and ½ cups of Epsom salts
* 3 drops of Rosemary Essential Oil
* 2-3 drops of Lemon Essential Oil
* 3 tbsp melted coconut oil
* 2 tbsp lemon zest

Keep in an air tight container and it will keep for 1-2 months.

Sources: pinterest.com and doterra.com