Concentration & Joie de Vivre



## Recipes with Organic Lemon

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## PRIMAVERA DIY RECIPES & RITUALS

Organic Lemon

Lemon essential oil is well-known for its refreshing, concentration-enhancing and energizing effects.

Fragrance Profile

Fresh, sparkling, clear

Benefit

Helpful in neutralizing odors, it energizes and revitalizes you when suffering from fatigue and listlessness and puts a smile back on your face.



"COOL & FRESH"

Lip Balm

- 25 g Raw & Organic Shea Butter
- 1 drop of Organic Lemon
- 1 drop of Organic Peppermint

Melt the shea butter in a double boiler (max. 40 °C). Blend the essential oils into the liquefied Shea Butter, mix and pour into a glass jar. Allow to harden for one day.

## "COMPLETE CONCENTRATION" BLEND **Blend**

- 4 drops of Organic Lemon
- 3 drops of Organic Grapefruit
- 2 drops of Siberian Fir

To increase your attentiveness and concentration, add the blend to your favorite fragrance warmer, diffuser or aroma stone.



Would you like more recipes and tips for using essential oils? Online courses and more DIY recipes at www.primaveralife.com