

Making Your Own Aromatic Charm

Choose Materials

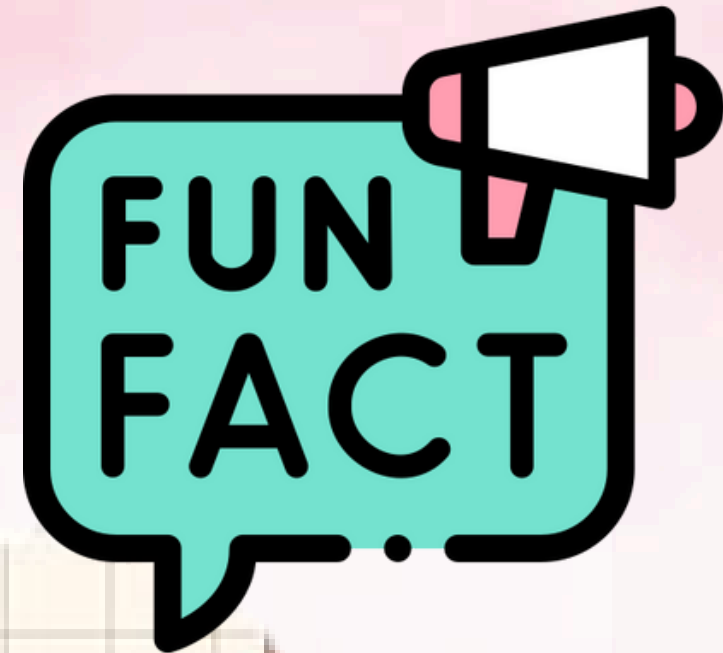


Cut & Stick



Choose scent for the Charm





Essential Oil Benefits

- Rosemary: Increase focus
- Lemon: Improve concentration
- Eucalyptus: Clear sinuses
- Lavender: Better sleep
- Lemongrass: Relieve stress
- Lemon Myrtle leaf: Calm nerves
- Tangerine: Mental alertness
- Cinnamon: Diminish feelings of exhaustion

Aromatherapy is a branch of phytotherapy that uses the volatile active ingredients of aromatic plants. These are plants that have the ability to produce an essence thanks to sunlight and photosynthesis

