



# ROSEMARY

## FOR DIFFUSER USE

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

## ROSEMARY AND LEMON BODY SCRUB

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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.