

DIY

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# Aromatherapy for Yoga Blend

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*What you'll need:*

2 drops Yuzu

2 drops Frankincense Serrata

1 drop Coriander Seed

2 drops Kumquat

*What you'll do:*

Add essential oils to your Aromatherapy Diffuser and use for an uplifting and mind-clearing workout blend.



PLANT THERAPY  
100% PURE ESSENTIAL OILS