



DIY Essentials Oils to Quit Smoking

CURB THE URGE INHALER BLEND

WHAT YOU'LL NEED:

Aromatherapy Inhaler

7 drops Sandalwood Australian

5 drops Cardamom

3 drops Neroli

1 drop Black Pepper

WHAT YOU'LL DO:

Inhale throughout the day when needed to reduce feelings of irritability.



PLANT THERAPY
100% PURE ESSENTIAL OILS