

# HAND TECHNIQUE OIL BLENDS

## 5 OIL BLENDS

### THE STABILIZER Blend

- 3 Forgive
- 3 Motivate
- 3 Serenity
- 3 Patchouli
- 3 Copaiba

### GOT IT ALL Blend

- 3 On Guard
- 3 Lavender
- 3 Peppermint
- 3 Wintergreen
- 3 Eucalyptus

### ATHLETES CHOICE Blend

- 3 Deep Blue
- 3 Peace
- 3 Lemongrass
- 3 Patchouli
- 3 Spearmint

## 4 OIL BLENDS

### CRISP & CLEAN Blend

- 3 Douglas Fir
- 4 Eucalyptus
- 4 Citrus Bliss
- 4 Spearmint

### REST & DIGEST Blend

- 3 Ylang Ylang
- 5 Lavender
- 4 Digestzen
- 3 Peppermint

### COOL & COLLECTED Blend

- 3 Rosemary
- 5 Lime
- 4 Spearmint
- 3 Wintergreen

## 3 OIL BLENDS

### WALK IN THE WOODS Blend

- 4 Copaiba
- 6 Douglas Fir
- 5 Peppermint

### CARE FREE Blend

- 4 Cedarwood
- 3 Ylang Ylang
- 8 Balance

### SUNSHINY DAY Blend

- 5 Citrus Bliss
- 5 Motivate
- 5 Lime

## 2 OIL BLENDS

### YIN AND YANG Blend

- 4 Copaiba
- 6 Douglas Fir

### BREATHE DEEPLY Blend

- 7 Breathe
- 7 Balance

### THE ARMOR UP Blend

- 7 Copaiba
- 7 On Guard