



BLENDING BASICS

TOP note (citrus, mints)

20%

Bergamot	Eucalyptus	Grapefruit	Lemon
Lemongrass	Lime	Litsea	Peppermint
Spearmint	Tangerine	Wild Orange	Wintergreen

Evaporates quickly. Lasts 1-2 hours. Energising, invigorating, uplifting, motivating.

MID note (herbs, floral, pines)

60%

Basil	Black Pepper	Clary Sage	Coriander
Cypress	Douglas Fir	Fennel	Geranium
Juniper Berry	Lavender	Marjoram	Rosemary
Spikenard	White Fir		

Evaporates less quickly. Lingers 2-4 hours. Balancing, calming, stabilising.

BASE note (spices, woods, resins)

20%

Cassia	Cedarwood	Cinnamon	Clove
Frankincense	Ginger	Myrrh	Patchouli
Sandalwood	Vetiver	Ylang Ylang	

Evaporates slowly. Lingers 6+ hours. Stabilising, grounding, calming, soothing.



THE BALANCED COACH