

## **LAWRENCE'S AROMATHERAPY SPRAY RECIPE**

This fabulous aromatic creation can be sprayed in your workout room to freshen the environment or directly on the skin. Remember to CLOSE the eyes when spraying the face!

COMBINE THE FOLLOWING:

- 1 CUP GREEN TEA (I BREW IT STRONG WITH ABOUT 4 TEA BAGS PER CUP TO MAXIMIZE ANTIOXIDANTS FOR THE FACE)
- 4 DROPS ESSENTIAL OIL OF LAVENDER
- 4 DROPS EXTRACT OF ORANGE
- 4 DROPS EXTRACT OF PEPPERMINT/MINT

Store in an airtight spray container in the refrigerator