


# Essential Oil

## JOURNAL



# ESSENTIAL OIL PROFILE

NAME:	BRAND:
SIZE:	COST:
PREGNANCY SAFE:	CHILD SAFE:
PET SAFE:	REGION OF ORIGIN:
PLANT PART:	EXTRACTION METHOD:
AROMATIC DESCRIPTION:	BENEFITS & USES:
APPLICATIONS:	PROPERTIES:
CHEMICAL CONSTITUENTS:	PRECAUTIONS:
BLENDS WELL WITH:	NOTES:
PRECAUTIONS:	
	MY RATING:
	

# ESSENTIAL OILS INVENTORY

DATE	ESSENTIAL OIL	BOTTLE SIZE	QUANTITY REMAINING	EXPIRY DATE

# MY FAVORITE OILS

ENERGIZING

--

ALERTNESS

--

RELAXATION

--

MEMORY

--

DETOX

--

IMMUNITY

--

ANXIETY

--

SLEEP

--

JOY

--

SKIN, HAIR & NAILS

--

# ESSENTIAL OIL BLENDS

FOR

ENERGY

ALERTNESS

RELAXATION

MEMORY

DETOX

IMMUNITY

ANXIETY

SLEEP

JOY

SKIN, HAIR & NAILS

# MY FAVORITE OILS











# ESSENTIAL OIL BLENDS

FOR







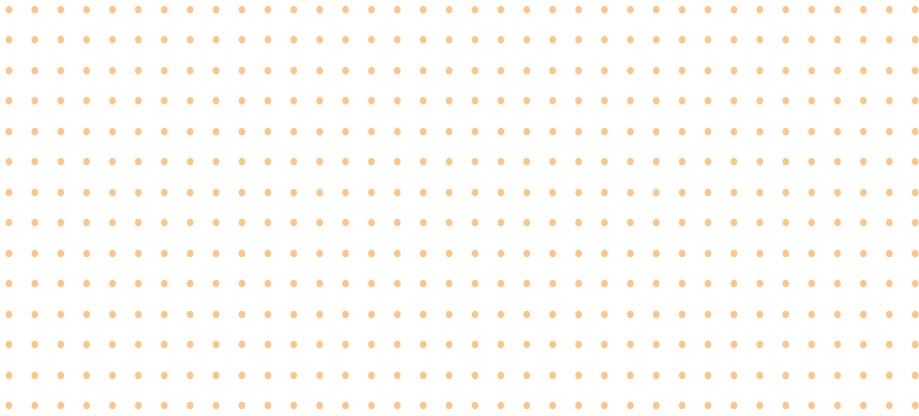




# ESSENTIAL OIL BLEND SHEET

<b>BLEND NAME:</b>	<b>DATE:</b>
<b>INGREDIENTS:</b>	<b>USED FOR:</b> <input type="checkbox"/> Inhaler <input type="checkbox"/> Diffuser <input type="checkbox"/> Cleaning <input type="checkbox"/> Topical <input type="checkbox"/> Other: _____

## INSPIRATION



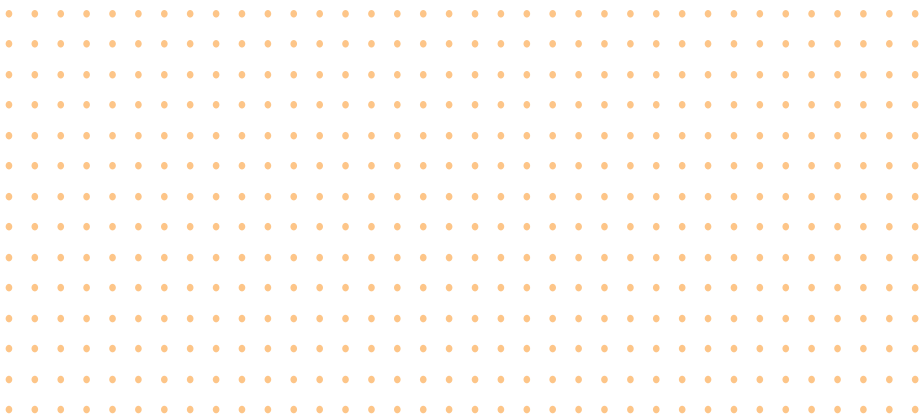
## NOTES



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## INSPIRATION



## NOTES

