

Learn about your oils + emotions



Smell your oil from your hands or the bottle.

Take 3 or 4 deep breathes. If you want to make this really fun do this blindfolded or with eyes closed so you don't know what oils you are smelling.

1. Do you like this oil ?
2. Is it heavy or light ?
3. Does it make you think of a colour ?
4. Where do you feel it in your body ?
5. How does it make you feel ?
6. Does it bring up memories for you ?
7. What does this remind you of ?
8. What do you think it is ?

