



CUSTOM BLEND RECIPE SAMPLE

This is a SAMPLE RECIPE. Your recipe will be custom to your request & needs. This is just to give you an idea of what you can expect from your request. Please [click here](#) to request your custom blend recipe.

Jane Doe
2-16-21

Help with sleep

Sweet Dreams Blend - 5ml roller bottle, mix in order listed

- 1 drop rosemary
- 6 drops sandalwood (either one)
- 2 drops OnGuard
- 10 drops yarrow pom
- 10 drops Peace
- fill with fractionated coconut oil

add selenite gemstone chips

(If you request gemstone chips (\$3 charge), these will be mailed to you to add to the blend you make.)

Apply on back of neck before bed

Thank you and I hope you enjoyed your session. Please remember to drink a lot of water and rest when you can. If you notice light-headedness, dizziness, nausea, headache, or are feeling more emotional, these can be processing effects from releasing and adjusting energetically. They usually pass within 1-2 days.
Please let me know if you have any questions. nicole@nicolervincent.com. If you would like to book another session, please visit <https://www.nicolervincent.com/services>

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products and/or recommendations are not intended to diagnose, treat, cure or prevent any disease. Consult your physician before making any changes.

Holistic Empowerment sessions & other notes are for educational purposes only. Please use your own intuition, along with divine guidance for additional insights and clarity.

Notes and recordings are not to be shared or published to others.

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