



## BEGINNING BLENDING 1, 2, 3 WORKSHEET

**Primary Issue/Concern:**

For Whom:

How Used:

Safety Concerns:

Other Considerations:

### Essential Oil Choices

*(adapted from "The Dynamics of Blending," by Jade Shutes)*

**Essential Oil #1 – Primary Oil:** \_\_\_\_\_

**Essential Oil #2 – Supporting Oil:** \_\_\_\_\_

**Essential Oil #3 – Enhancing Oil:** \_\_\_\_\_

### BLENDING TRACKER (3 OILS/5 DROPS)

ESSENTIAL OIL	# OF DROPS				

**SYNERGY/RECIPE NAME:** \_\_\_\_\_

# DROPS	ESSENTIAL OIL/BOTANICAL NAME