



DIY Essentials Oils to Quit Smoking

# CURB THE URGE INHALER BLEND

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## WHAT YOU'LL NEED:

Aromatherapy Inhaler

7 drops Australian Sandalwood

5 drops Cardamom

3 drops Neroli

1 drop Black Pepper

## WHAT YOU'LL DO:

Inhale throughout the day when needed to reduce feelings of irritability.