

Blend Name:  
*Don't Hold Back Blend*

Rub away those aches and pains with this simple blend straight from Sylla's medicine cabinet.

THE OIL LIST

*(Write in the botanical names for extra credit!)*

OIL NAME	THERAPEUTICS
Spruce	antispasmodic, anti-infectious, anti-inflammatory, antimycotic, antiparasitic, airborne antiseptic, antifungal, antimicrobial, expectorant, nervine, general tonic.
Pine	analgesic, expectorant, anti-infectious, decongestant, tonic for mental and nervous exhaustion.

**MASTER BLEND RECIPE:**

10 drops of Spruce  
10 drops of Pine

**Variations:**

- Want a softer smell? Add Lavender or Petitgrain.
- Like spices? Try Ginger.
- Keep it woody with some other wood oils like Fir.

# Inner Sanctum Recipe Guide

Make your own blend! Use the chart below to create your own version of this blend. Be sure to fill in the details so you can create it again.

There's space below to make notes on how you used it so you can learn as you go.

*EXTRA CREDIT:* Write in information about the oils you use including country of origin, method of extraction and plant part used.

Ingredient	Starting Recipe	Additions	Final Calculations
Spruce	10		
Pine	10		

**Notes on the Blend**

Date Created:

Date Used:

How did you use it?

How did it work for you?