

## Essential Oil Suggestions to add to NingXia Red™

<h3>To Your Health</h3> <ul style="list-style-type: none"><li>1 drop Orange</li><li>2 drops Tangerine</li><li>1 drop Thieves</li></ul>	<h3>O My Gosh For Your Digestion</h3> <ul style="list-style-type: none"><li>2 drops Tangerine</li><li>1 drop Frankincense</li><li>1 drop Fennel</li><li>1 drop Peppermint</li></ul>
<p>YOUNG LIVING ESSENTIAL OILS 2010 International Grand Convention</p>	
<h3>Herfel Special</h3> <ul style="list-style-type: none"><li>2 drops Frankincense</li><li>2 drops Peppermint</li><li>2 drops Tangerine</li><li>2 drops Grapefruit</li><li>2 drops Ocotea</li></ul>	<h3>Sunrise Special</h3> <ul style="list-style-type: none"><li>1 drop Orange (or Grapefruit, Lemon, or Citrus Fresh)</li><li>2 drops Tangerine</li><li>1 drop Frankincense</li></ul> <p><i>Variation:</i> 1 drop Cassia on the back of your hand – like a shot</p>
<p>YOUNG LIVING ESSENTIAL OILS 2010 International Grand Convention</p>	
<h3>The Nuclear Explosion</h3> <ul style="list-style-type: none"><li>1 drop Peppermint</li><li>1 drop Lavender</li><li>1 drop Frankincense</li><li>1 drop Lemon</li><li>1 drop Tangerine</li><li>1 drop Orange</li></ul>	<h3>The Holy Cow</h3> <ul style="list-style-type: none"><li>1 drop Peppermint</li><li>2 drops Frankincense</li><li>1 drop Lemon</li></ul>
<p>YOUNG LIVING ESSENTIAL OILS 2010 International Grand Convention</p>	
<h3>Who Let the Dogs Out?</h3> <ul style="list-style-type: none"><li>1 drop Lemon</li><li>2 drops Tangerine</li><li>1 drop Frankincense</li><li>1 drop Cinnamon Bark</li></ul> <p><i>Variation:</i> 1 drop Cassia on the back of your hand – like a shot</p>	<h3>Oh My Gosh</h3> <ul style="list-style-type: none"><li>1 drop Ocotea</li><li>4 drops Peppermint</li><li>3 drops Tangerine</li><li>3 drops Lemon</li></ul>
<p>YOUNG LIVING ESSENTIAL OILS</p>	