



Forest Bathing Blends

Concentration

The blend promotes focus and invigorates the mind.

- ◆◆ Hinoki leaf
- ◆◆ Basil
- ◆◆ Lemon

Clear the airways

This blend helps to clear the sinuses.

- ◆◆ Hinoki leaf
- ◆◆ Peppermint
- ◆◆ Blue mallee eucalyptus

Forest wisdom

This blend connects us with the wisdom of the forest.

- ◆◆ Hinoki leaf
- ◆◆ Sugi leaf
- ◆◆ Hinoki wood
- ◆◆ Sugi wood
- ◆◆ Vetiver

Confidence

This blend restores self-confidence and strengthens the will-power.

- ◆◆ Sugi wood
- ◆◆ Lemon
- ◆◆ Black pepper

Intuition

This blend allows us to trust our intuition.

- ◆◆ Hinoki wood
- ◆◆ Sugi leaf
- ◆◆ Fragonia

Creativity

This blend helps promote creativity.

- ◆◆ Sugi leaf
- ◆◆ Sweet orange
- ◆◆ Coriander seed

Joyfulness

This blend nourishes the soul with joy.

- ◆◆ Hinoki wood
- ◆◆ Sugi leaf
- ◆◆ Sweet orange

Grounding

This blend grounds us and reconnects us with earth's energy.

- ◆◆ Sugi wood
- ◆◆ Vetiver
- ◆◆ Hinoki wood

Peaceful

A beautiful blend to promote harmony and balances our emotions.

- ◆◆ Sugi wood
- ◆◆ Geranium
- ◆◆ Hinoki wood

Japanese bath

This blend recreates the luscious aromas of a traditional Japanese bath.

- ◆◆ Hinoki wood
- ◆◆ Hinoki leaf
- ◆◆ Lavender

Meditation

This blend promotes meditation and strengthens our spiritual awareness.

- ◆◆ Hinoki wood
- ◆◆ Sugi wood
- ◆◆ Frankincense

Purify

This blend clears and cleanses negative energy.

- ◆◆ Hinoki leaf
- ◆◆ Juniper berry
- ◆◆ Sugi leaf

Tranquility

This blend promotes feelings calm.

- ◆◆ Hinoki leaf
- ◆◆ Sugi wood
- ◆◆ Lavender

Vitality

Feel revitalized and energized with this blend.

- ◆◆ Hinoki leaf
- ◆◆ Sugi leaf
- ◆◆ Lemon