
what type of a mix do you use

Posted by hazephase - 2007/07/07 22:54

I use a lavender with a basic of olive oil , I think that is the best mix , I am sure each one has its own mix , what is yours

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Re:what type of a mix do you use

Posted by James - 2007/09/04 08:00

Obviously it depends what you want.

Lavender is fantastic for relaxation on its own, but have you tried Lavender with Rosemary?

You could also try camomile.

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Re:what type of a mix do you use

Posted by Archbob - 2007/10/06 07:47

How have these worked out for you guys? Usually I see oils mixed in with some sort of lavender and combined with something like lemongrass or something natural from a plant.

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