

Hart  Circle

A HART CIRCLE BOOK

Moment by Moment

27 of my favorite crystal and essential oil blends

MISTY HART



ROLL • BREATHE • SET

HARTCIRCLE.COM

WELCOME, FRIEND

A letter from Misty

I'm so glad you're here!

Thank you for this, truly. This one has been a long while in the making, and I've been so looking forward to you having it. I think you're going to like what's inside.

Before you go any further I want to tell you the thing I love most about these. Crystals and essential oils together in one little bottle is AMAZING to me. They're two of nature's most beautiful tools, and each one is lovely all on its own, but put them together and they create a synergy neither one can reach alone. Match a crystal to oils doing the same job and you amplify both. That's the whole reason I blend them this way.

These are my blends, the ones I actually reach for, and I've put them in the order that makes sense to me. Not by crystal and not by oil, but by the moment you'd go looking for one, because that's how we think about it. You don't wake up wanting bergamot. You reach for a bottle because of the moment you're standing in.

So don't read this front to back. Look through it and find the moments you already know you have on a regular basis. Pick three to five of those, make them, and then they're sitting there ready when the moment turns up.

There's no rush on the rest. Add more over time, whenever a moment comes along that you'd like to have something for. A few bottles you'll actually reach for are worth a great deal more than all 27 sitting in a drawer, and you don't need to make all of these in a weekend. (Though you certainly can, if you want to.)

Every blend in here is put together the same way. A few crystal chips, a few drops of essential oils, a carrier oil to fill it up, and ten seconds to go with it. Roll, breathe, and set your intention. I've written three intentions for every blend, and they're there to give you the idea more than the exact words. Use whichever one fits, or say your own. I don't say the same thing every time either. It comes out however it comes out that day.

One thing before you start. The next page covers dilution, which is how much essential oil goes into a bottle, and it changes depending on who the blend is for and how often you use it. It's worth coming back to, and worth reading closely if you ever make one of these for somebody else.

Now go make yourself something.

Misty Hart

BEFORE YOU START

Read this first

A few minutes here and you'll know how to make every blend in this book at the strength that's right for you. There are three things worth knowing before you start: how much essential oil goes in a bottle, why a couple of the citrus oils behave differently in sunlight, and how to go about an oil you've never used before.

How much essential oil goes in your bottle

The right amount isn't the same for everybody. It changes with age, with pregnancy, and with skin that reacts easily, and it's worth getting right rather than guessing at.

The word for this is dilution, and it just means how much essential oil is sitting in how much carrier oil. **The same drops in more carrier oil make a gentler blend. The same drops in less carrier oil make a stronger one.** Nothing about the recipe changes and no oil comes out of it. The only difference is how far those same drops are spread.

Every blend in here is **4 drops of essential oil in a 10 ml roller**, which comes to 2%. That's the everyday strength for a healthy adult.

To make one gentler, keep the 4 drops exactly as they're written and mix them into more carrier oil. You'll want a small glass container to mix in. Mix the whole thing in one place, then pour it into your rollers.

Every blend in this book is 4 drops. This table is how you decide how much carrier oil to use, to get the right strength for you or for whoever you're making it for.

WHO IT'S FOR	WHAT TO DO	STRENGTH
A healthy adult, or a teen 12 and up	Make it as written. Fills one 10 ml roller	2%
65 or older, or thin skin	Double the carrier oil. Fills two 10 ml rollers	1%
Skin that reacts easily	Double the carrier oil. Fills two 10 ml rollers	1%
Pregnant or nursing	Double the carrier oil. Fills two 10 ml rollers	1%
Children 6 to 12	Double the carrier oil. Fills two 10 ml rollers	1%
Children 2 to 6	Four times the carrier oil. Fills four 10 ml rollers	0.5%
Under 2	No essential oils at all	—

The recommended ceiling for how much essential oil goes on you in a day is 5% for a healthy adult, counting everything together. A blend made as written is 2%, so two of them comes to 4%, and you could add a gentler one at 1% on top of that. It's a ceiling rather than something to aim for. One blend, or none at all, is perfectly fine.

Trying an oil that's new to you

If your skin is touchy, or something has reacted on you before, start low and go slow. Make it at half strength or less, live with it for a few days, and go up from there if all is well.

Sunlight and citrus

Some citrus oils make skin burn in sunlight. Not an ordinary sunburn either. It turns up a day or two later and can leave a mark that lasts for months. It's called phototoxicity, and it comes from the cold-pressed citrus oils, including lime, lemon, grapefruit and ordinary bergamot.

Each of those has an amount it's safe to use, and every blend in this book stays under it. That's also why the ingredient lists say **bergamot FCF** rather than plain bergamot. FCF means the part that causes the burning has been taken back out, so it smells the same and it's fine in daylight. Sweet orange doesn't cause this at all, so it goes in exactly as it is.

Please read. Not every essential oil is safe for everyone. If you are pregnant, nursing, taking medications, living with a health condition or allergies, or using oils on a child, talk to a health professional before use.

Avoid contact with your eyes, inner ears, and sensitive areas. Skin sensitivity is possible.

FIND YOUR MOMENT

What's inside

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REST

For the nights

HUSH

for the nights your mind won't quit

SETTLE

for when you're tired but you can't wind down

STILL

for the 3am wake-up

UNKNOT

for when your neck and shoulders are still holding the day

HUSH

my favorite blend for the nights your mind won't quit

Some nights your body is ready and your mind is not. You are finally in bed, the lights are out, the day is behind you, and that is the exact moment your mind decides it has things to say.

It goes looking for material and it always finds some. Something from today that you keep replaying, or something from tomorrow that you can't reach yet and can't stop reaching for anyway. Around and around it goes, and you are just lying there in the dark listening to it.

There is nothing to be done about any of it at that hour, which is the part your mind refuses to accept. So you reach for something instead.

This bottle is what I made for those nights. Amethyst and lavender together is my favorite pairing of anything I have ever put in a bottle, and I have made a great many of them over the years. Two of the calmest things I know of, in one small bottle, and that is the whole reason this one comes first.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 amethyst chips

② Lavender

① Bergamot FCF

① Cedarwood

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Amethyst. My favorite crystal. Not one of my favorites, THE one. It is what people have reached for for hundreds of years when they want to slow down and stop going over the same thought, and the Greeks thought so highly of it that they set it into their wine cups to stay clear-headed. Its name comes from a word meaning not drunken. Same idea as tonight, different hour.

Lavender. If you own exactly one bottle of essential oil, this is the one you own. Soft and sweet with a little herb underneath it, and here it is doing most of the work.

Cedarwood. Warm and dry, like the inside of a cedar chest. Cedarwood is a base note, which means it is heavy and slow to leave, and that is exactly the job it has here. It holds the lavender down so the whole blend doesn't lift off you and vanish inside an hour. It is what I reach for at bedtime, every single time.

Bergamot FCF. A top note, so it is the first thing you smell and the first thing to go. One drop is all it takes to give this a bright opening instead of heading straight into sweet, and it is the reason the bottle doesn't smell like something you'd tuck in a drawer. Bergamot manages to be calming and bright at the same time, which is a strange trick for one oil to pull off.

What it smells like

Soft and floral to begin with. Then the warm dry wood comes up underneath it and settles in for the night. There is a little brightness sitting on top that will fade inside the first hour or so, which is about right, because so should you.

Why I made this one

Most of the blends I tried for sleep had far too much going on in them. Six oils, seven oils, every one of them talking at the same time, and you end up lying there smelling a very busy bottle instead of falling asleep.

So I started taking things out. I kept taking things out until there were 3 left, and then I stopped changing it. That was a few years ago now, and I have not touched the recipe since.

Your 10-Second Ritual

ROLL it on your wrists and over your heart. Or the bottoms of your feet, then socks.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I'm allowed to stop thinking about this.

My body is already doing its part. I can let it.

Whatever this is, it keeps until morning.

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SETTLE

my favorite blend for when you're tired but you can't wind down

It is late enough that you should be in bed, and nobody has to tell you so. You are not in bed. You are carrying a laundry basket from one room into another, or wiping down a counter that was already clean, or standing in front of an open cupboard having entirely forgotten what you opened it for.

Too tired to do any of it properly and too wound up to sit down, so you keep going in slow circles, waiting for the tiredness to finally win.

None of it needs doing tonight and you know that too. What you actually want is for something to tell you the day is finished, and there is nobody left awake to say it.

That is what this bottle is for. It is a heavy blend and that was deliberate. There is no bright note anywhere in it, and nothing in here is going to wake you back up.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 red leopard jasper chips

② Clary sage

① Vetiver

① Lavender

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Red leopard jasper. The settled one. Mayan and Aztec shamans called it the Jaguar Stone and carried it as a guide through big changes, and that is close to what it's doing here. It is putting some ground under you on a night when nothing else will hand you an ending.

Clary sage. The balancing one, and the reason this blend works at all. When every part of you seems to be running at a different speed from every other part, clary sage is what evens it out. It smells sweet and clean and a little like tea.

Lavender. Back again, and here it is doing the rounding-off. Clary sage left to itself can go very herbal indeed. Lavender takes the edge off it.

Vetiver. One drop, and that is all it takes. It is the heaviest of the three, dark and smoky and a little like dry grass on a hot afternoon. Think of it as the weight sitting at the bottom of the bottle, holding everything else down.

What it smells like

Sweet and herby to start, like a cup of tea somebody left sitting on the table and forgot about. Then something dark and dry rises up underneath it. This is not a pretty blend and I never wanted it to be. It smells like the end of something.

Why I made this one

I work from home, which means my day doesn't end anywhere in particular. There is no drive, no parking lot, no walking out of a building and into the evening. I close a laptop and then I am simply standing in my house.

Most nights that is fine. Some nights it is not, and I find myself circling the kitchen at eleven o'clock for no reason at all. This is the bottle for those nights.

Your 10-Second Ritual

ROLL it over your heart and on the back of your neck. Or the bottoms of your feet.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

The day is over because I say it is.

I don't have to earn the rest of this evening.

Slow is allowed.

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STILL

my favorite blend for the 3am wake-up

Three in the morning has a quality all its own. The house has gone completely quiet, the kind of quiet that seems to have weight to it, and you are lying there wide awake with no idea how you got that way.

It takes your mind a few seconds to catch up and hand you the reason. And whatever it hands you is almost always something that felt ordinary in the daylight, something you would have shrugged at, and here in the dark it has grown teeth.

Nothing about it is going to be settled before morning, and some part of you knows that already. But knowing a thing and believing it at 3am are two different animals.

This is the bottle I keep for that. Everything in it is slow. Nothing in it sparkles. Its entire job is to not wake you any further than you already are.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 clear quartz chips

② Frankincense

① Cypress

① Lavender

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Clear quartz. The clean-slate stone. It's what people reach for when their head is cluttered and they can't tell where to start, which is most of what 3am is. It also strengthens whatever you put it with, so everything else in this bottle works a little harder for you.

Frankincense. Two drops, more than anything else in here. Of everything I own, this is the one that slows me down the most. Warm and clean with a bit of spice, and it settles over the top of the whole blend.

Lavender. One drop. At 3am familiar is most of what you are after, and lavender is the smell you already know without having to place it.

Cypress. One drop of something green and dry. Frankincense left on its own can sit heavy, and cypress opens it back up so the whole thing stays easy to breathe.

What it smells like

Warm resin first. Then something soft behind it. Then a thin green line running underneath the whole thing. It is a quiet smell, and you would not notice it from across the room, which is exactly right, because it was never meant for the room.

Why I made this one

I used to get up. That was my mistake for years. I would wake at 3, decide I was finished sleeping, and go downstairs, and then my whole day started at 3 in the morning and fell over by four in the afternoon.

So I made this to give myself a reason to stay put. It is not really about the smell. It is about having something to do in the dark that does not involve standing up.

Your 10-Second Ritual

ROLL it on your wrists and over your heart. You don't have to sit up.

BREATHE in slow. Just the one. You aren't trying to accomplish anything.

SET your intention. Use one of mine, or use your own.

Nothing is wrong right now. Not in this room, not in this minute.

This can wait for daylight, and so can I.

I am warm, I am safe, and I can close my eyes again.

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UNKNOT

my favorite blend for when your neck and shoulders are still holding the day

There is a particular tightness that shows up across the neck and shoulders and then simply stays. You carried it through the afternoon without noticing. You carried it through dinner. And now you are lying down and it is the loudest thing in the room.

It isn't pain exactly. It's holding. Something in you has been braced since morning, and it is still waiting to be let off.

Your mind can be perfectly ready for sleep while your body is still hanging on to something, and a body is very hard to talk out of anything.

So this one goes where the holding actually is, which is nowhere near your wrists.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 black obsidian chips

② Marjoram

① Vetiver

① Lavender

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Black obsidian. The anchor. It's what people reach for at the end of a day spent carrying everybody else's things, and your neck and shoulders are usually where that gets carried.

Marjoram. The main event, and the reason this blend exists at all. Marjoram is what people reach for when the tightness has settled into the body rather than the head. Mild and warm, with something almost minty folded into it.

Lavender. One drop, holding the middle. Marjoram on its own is a little plain, and lavender gives it something soft to sit against.

Vetiver. One drop, the same as in SETTLE, and here for the same reason. It is the weight. This whole blend is trying to bring something down, and vetiver is the heaviest thing I have.

What it smells like

Warm and herby, with a faint mintiness running through the marjoram. Then the dark dry vetiver underneath all of it. This is a warm smell rather than a fresh one, and nothing in it is trying to perk you up.

Why I made this one

For a long time I had one bedtime blend and I used it for everything. Most nights that was fine. But some nights I would do the whole ritual, lie down, and the tightness would still be sitting right there across my neck, because I had handed a body problem to a blend I built for my head.

So I made a second one. This is for the nights when it's your body that won't quit rather than your mind.

Your 10-Second Ritual

ROLL it on the back of your neck and across the tops of your shoulders. Take your time with this one.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

There is nothing left today that needs holding.

I can put this down now.

I didn't notice I was doing that. I notice now.

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CALM

For the middle of it

NERVE

for right before a hard conversation

NEXT

for when everything happens at once

COMFORT

for the worry you can't put down

RESET

for leaving your bad mood at the door

MINE

for when you've been taking care of everyone but you

COOL

for when you're angry and it isn't wearing off

NERVE

my favorite blend for right before a hard conversation

You have been thinking about this conversation for days. You know roughly what you want to say, and you have said it perfectly several times in the car and once in the shower.

And now it is twenty minutes away, and none of that preparation appears to have reached your hands, which have gone cold, or your stomach, which is doing something entirely of its own.

It might be bad news you have to give somebody. It might be the talk with your teenager, or the one with your mother about whether that house is really still manageable on her own. It might be five minutes with your boss that you have been putting off since March. Whatever it is, you are not looking forward to it, and you have not been for days.

The talking is not really the problem. You can talk. The problem is that you have rehearsed this for so long that you are halfway through it before you arrive, and the version of you who walks in is already tired from a conversation that hasn't happened yet.

That is what this bottle is for. It is not going to make the conversation easy, and nothing is. It is for the nerve. Getting yourself to go is its own job, separate from anything you say once you're in there, and this is the bottle for the going.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 lapis lazuli chips

② Bergamot FCF

① Cypress

① Frankincense

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Lapis lazuli. The truth stone. It's the one people reach for when they need to be honest with somebody and shyness is the thing standing in the way, which is this conversation almost exactly.

Bergamot FCF. Two drops, and it leads the whole blend. Most calming oils settle you by dulling you down a bit, and dull is the last thing you want twenty minutes before you have to be clear. Bergamot steadies you and leaves the lights on.

Frankincense. One drop, underneath everything else. It is the slow one. When I am about to rush at something, this is what I want under my feet.

Cypress. Clean, dry and green. Bergamot and frankincense left to themselves go sweet and warm together, and cypress is the bit of cold air that keeps it honest.

What it smells like

Bright and citrusy first, then something clean and green underneath it, then a warmth holding the whole thing still. It smells like being outside on a cool morning, which is the exact opposite of where you are about to be standing.

Why I made this one

I noticed I was doing the same thing before every hard conversation I ever had. Put it off, rehearse it, put it off again, and by the time I finally went I had already had the whole conversation eleven times in my head and I was worn out before a single word was said out loud.

So this one exists to interrupt that. It isn't really for the conversation. It's for the twenty minutes beforehand, which is where I always did the damage.

Your 10-Second Ritual

ROLL it on your wrists and the back of your neck. Do this in the car, not in front of them.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I know what I came here to say.

I don't have to win this. I have to be honest in it.

I can stay myself even if they don't.

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NEXT

my favorite blend for when everything happens at once

There are days when it all lands inside the same ten minutes. The phone goes while somebody is already talking to you, and there is something in the oven, and the person on the phone wants an answer you would need to sit down to give properly.

None of it, taken one at a time, is very much. You would answer the phone. You would deal with the oven. You would find the answer. It's the arriving all together that does it.

And what happens next is that you speed up, because speeding up feels like doing something. Speeding up is almost never the thing that helps.

So this bottle is not here to clear your afternoon, and it cannot. What it does is buy you the ten seconds it takes to stop moving, pick one thing, and start there.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 amethyst chips

② Clary sage

① Cedarwood

① Grapefruit

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Amethyst. The slowing-down one. It is not going to take a single thing off your list. It's here to make you slower than the day is, which turns out to be the useful direction to go.

Clary sage. Two drops, leading the blend. It doesn't make the noise any quieter. It makes you steadier inside the noise.

Grapefruit. One drop, bright and sharp. This is the one for a head with too much in it at once. It also stops the blend from only pulling downward, which is not what you want at two in the afternoon with half a day still to go.

Cedarwood. The floor. Warm and dry and slow. When everything else in the room is moving fast, cedarwood is the part of the bottle that isn't.

What it smells like

Sweet and herby at first, with a sharp citrus edge cutting across the top and dry wood sitting underneath all of it. Busier than most of my blends, which is either fitting or funny depending on the kind of day you are having.

Why I made this one

What I do when four things land at once is try to do all four of them. So I start every one and finish none, and an hour later there are four half-done things sitting around the house and I have lost track of which halves are which.

So this one is not really about being calm. It's about picking one thing before I start, and finishing it before I pick up the next. Stopping for ten seconds first is usually all it takes to make that happen.

Your 10-Second Ritual

ROLL it on your wrists and behind your ears. You don't have to leave the room to do it.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

One thing. Then the next thing.

Not all of this is mine, and none of it is mine all at once.

Going faster will not make this shorter.

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COMFORT

my favorite blend for the worry you can't put down

There is a kind of worry that doesn't need you to do anything at all. It isn't a problem you can go and solve, because if it were you would have solved it by now. It just sits in the background of everything else you do all day.

You put it down to make lunch. It is waiting when you finish. You put it down to talk to somebody, and it comes back the second they leave. And by evening you are tired in a way that has nothing to do with anything you actually did.

You cannot think your way to the bottom of this kind, because there isn't a bottom. That's the whole difference between a worry and a problem.

So this one is not here to solve anything. It's for the putting down. Not forever, most likely. Just for long enough to get a breath in around it.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 sodalite chips

② Roman chamomile

① Cedarwood

① Bergamot FCF

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Sodalite. Daoist stone medicine called this the clear Soul stone and reached for it with the things people keep chewing on, to help a person set them down and start fresh. That is this exactly. It is the stone for the thought you keep picking back up.

Roman chamomile. Two drops, leading the blend. Sweet and warm, somewhere between green apples and a field. It's the comforting one, and comfort is what you want here rather than clarity. You already have clarity. Clarity is the problem.

Bergamot FCF. One drop for brightness. Chamomile left to itself goes very sweet, almost syrupy, and bergamot cuts a clean line straight across the top of it.

Cedarwood. Warm, dry, and old in a good way. It is the closest thing I know of to being wrapped in something.

What it smells like

Sweet and soft, like apples, with something bright sitting over the top and dry wood underneath it all. This is about as comforting as I know how to make a bottle, and that was on purpose. Nothing in it is asking you to do anything.

Why I made this one

There is not much anybody can do about this kind of worry, so I stopped trying to build a blend that did something about it. This one isn't for fixing your afternoon. It's for being kind to you in the middle of it.

That is why it smells the way it does. Sweet and soft and a little like something baking. I wanted a bottle that felt like somebody putting a blanket over your shoulders and not asking a single question about it.

You are allowed a break from a worry. Setting it down for ten seconds doesn't mean you have stopped caring about it.

Your 10-Second Ritual

ROLL it over your heart and on the insides of your wrists.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

There is nothing here for me to do right now.

I can pick this up again tomorrow if it still needs me.

I have carried this enough today.

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RESET

my favorite blend for leaving your bad mood at the door

Something happened today and it is still with you. It might have been a person, or a phone call, or thirty seconds in a parking lot that you have now replayed nine times on the way home.

And here you are pulling into your driveway carrying every bit of it, about to walk through the door and hand it to whoever is inside. Who did nothing. Who has been having a perfectly reasonable day.

You know you are going to do it, too. You can feel it sitting right behind your teeth.

So this one goes on before you walk in. Or the first quiet minute after, if that's when you remember it. It does not undo whatever happened, and it can't. What it does is put a small gap between the thing and the rest of your evening, and the gap is where the whole difference lives.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 green aventurine chips

② Bergamot FCF

① Spearmint

① Geranium

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Green aventurine. The hopeful one. It's what people reach for to shake off the ordinary wear of a day that has simply worn them down, which is what most bad moods actually are underneath.

Bergamot FCF. Two drops, leading the blend. Bergamot has been called sunshine packed in a bottle and I have never once argued with that. It is the one that changes your mind about a day.

Geranium. Soft and rosy. Without it this is only a fresh smell, and a fresh smell is not the same thing as feeling better. Geranium is the warm part.

Spearmint. One drop, and it is the snap. Spearmint is the gentle mint, sweet rather than sharp, and it's what makes this feel like a reset instead of a wind-down.

What it smells like

Bright citrus first, then a sweet green snap, then something soft and rosy sitting underneath. This is a wide-awake smell. Nothing in it is trying to put you to bed.

Why I made this one

For a long time I would come in the door still holding whatever had happened and hand it straight to whoever was standing there. And then I felt worse than I had before, because now there were two things. The original thing, and being short with somebody who had nothing to do with it.

So this one is not really about the bad mood. It's about the doorway. Whatever happened out there has already happened. The only part still up to me is what comes through the door with me.

Your 10-Second Ritual

ROLL it on your wrists and the back of your neck. Before you walk in if you can, or the first minute you get to yourself.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

This did not follow me in here.

Nobody in this house did that to me.

That was one moment out of a whole day. It doesn't get my evening.

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MINE

my favorite blend for when you've been taking care of everyone but you

You made sure everybody ate. You remembered the appointment that was not yours, and the birthday that was not yours either. You asked three separate people how they were doing today and you meant it every single time.

And nobody asked you. Not because they don't love you. Because you are so reliably fine that it stopped occurring to anyone to check.

You are not angry about it, exactly. You would do all of it again tomorrow, and you will. It's just that somewhere along the way you went to the bottom of your own list and then stayed down there.

So this one is not a complaint and it isn't a rescue either. It's you putting yourself back on the list. Not at the top of it. Just on it.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 rose quartz chips

② Geranium

① Ylang ylang

① Grapefruit

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Rose quartz. The heart stone, and the one people reach for on the days they are hardest on themselves. It's in here because the difficult part of this is usually not other people at all. It's the part of you that thinks asking for anything is a bit much.

Geranium. Two drops, leading the blend. Geranium is rose's affordable cousin, with nearly all of the same softness for a fraction of what rose costs. That feels about right in a blend that's meant to be a small luxury rather than an extravagant one.

Grapefruit. One drop of cheerful. Without it this goes soft and slightly sorry for itself, which is not what you need. Grapefruit keeps the whole thing upright.

Ylang ylang. One drop, and one drop is its cap. Ylang ylang is rich and heavy and sweet and entirely unapologetic about it. It's what people reach for around self-love.

What it smells like

Rosy and soft, with a bright citrus lift over the top and something heavy and sweet sitting underneath it. It smells like a little luxury, which is the entire point of it.

Why I made this one

Almost everything you do has a job waiting on the other side of it. You sleep so that tomorrow goes better. You steady yourself so you can have the conversation. Even resting is usually resting in order to get on with something.

This one has nothing after it. It isn't here to make me more useful to anybody, or easier to be around, or better at the rest of my day. I made it to be selfish, and that is the whole design of it.

Make one for a friend if you like. But make yours first, and don't wait until you feel you have earned it.

Your 10-Second Ritual

ROLL it over your heart and on the insides of your wrists. Sit down while you do it, if you can manage it.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I am allowed to be on my own list.

I don't have to be finished to be taken care of.

Ten seconds of this one is mine.

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COOL

my favorite blend for when you're angry and it isn't wearing off

You are angry, and it has not worn off. It has been an hour, maybe longer. You have done other things in between, and it is still sitting right there at exactly the temperature it started at.

And everything around you knows it. The cupboard door gets shut harder than it needs to. The plate hits the counter with a crack. You aren't doing it on purpose, exactly, but every single thing you touch for the next hour is getting a little bit of it.

Given long enough it does lose some heat on its own. But long enough can be the rest of the afternoon, and in the meantime it goes looking for smaller and smaller things to be about.

So this one does what its name says. It takes some of the heat out sooner than it would go on its own. Not all of it, and it shouldn't, because your anger is telling you something worth listening to. Just enough that you're the one carrying it, instead of everything you touch.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 amethyst chips

② Lavender

① Ylang ylang

① Clary sage

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Amethyst. It's the one people reach for with anger they want to cool down rather than act on, which is a very particular kind of anger and it's this one exactly.

Lavender. Two drops, leading the blend. Lavender is the oil almost everybody already knows, and that's precisely why it's here. When you are furious you do not want to be surprised by a smell. You want the one you already know.

Clary sage. One drop. Clary sage is the one for a mood that arrived quickly, and anger almost always arrives quickly.

Ylang ylang. One drop, and one drop is its cap. Ylang ylang is traditionally reached for to calm anger, which makes it about as on the nose as an ingredient gets.

What it smells like

Soft and floral, sweet and herby, with something heavy sitting underneath. It is a gentle smell, and there is something slightly funny about reaching for a gentle smell in the middle of being furious, but it works anyway.

Why I made this one

Anger is one of the few feelings that moves. Most of them you can sit inside of and wait out. This one gets up and goes and finds somebody.

So it needed something quieter than itself to sit next to. Everything in this bottle is softer than the feeling it's built for, and that was the whole decision. Nothing in here is sharp, nothing is bracing, nothing is trying to match you.

Anger is loud enough on its own. Put something quiet beside it for long enough and it starts coming down toward the quiet, instead of the quiet having to come up and meet it.

Your 10-Second Ritual

ROLL it on your wrists and the back of your neck.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I can say this tomorrow if it still needs saying.

I can mean every word of this and still choose better ones.

Nothing in this kitchen did anything to me.

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PROTECTION

For what you carry that isn't yours

SHIELD

for the days you absorb everyone else's mood

GRACE

for the thing you have to do and don't want to

HOLD

for when the news gets heavy

ANCHOR

for the scattered, unmoored days

SHIELD

my favorite blend for the days you absorb everyone else's mood

Some people walk out of a room carrying only what they walked in with. You are not one of those people.

You can tell inside about four seconds whether somebody is upset, and the moment you can tell, it's yours. You didn't agree to it. You didn't ask for it. It simply comes in through whatever door everybody else apparently keeps shut.

It might be the person at the next desk who is quietly furious about something they haven't mentioned. It might be a phone call from somebody you love who is having a hard month. It might be four different people, none of whom did anything wrong at all.

And at the end of a day like that you are tired in a way that doesn't match anything you actually did. You were fine. Nothing happened to you. You just spent nine hours running everybody else's weather through your own body.

This one is not going to make you less able to feel people. What it does is give you a place to put down the parts that were never yours. Put it on before you walk into a day like that, or at the end of one when you are carrying more than you brought. I do both.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 clear quartz chips

③ Frankincense

① Cinnamon leaf

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Clear quartz. The clean-slate stone, and the amplifier of the whole group. It's here doing both jobs. A clean slate is most of what you want at the end of a day like this, and quartz makes whatever sits beside it work harder, which in this bottle is the frankincense.

Frankincense. Three drops, and it carries this one almost by itself. People have been building protection blends around it for about as long as people have been making blends at all.

Cinnamon leaf. One drop, and one drop is its cap. Warm and sweet and a little like clove. Everything else in this bottle is calm and cool, and this is the part with some fire in it. A shield that is only soft is not much of a shield.

What it smells like

Warm resin, mostly. Deep and clean and slightly sweet, with a thin line of spice running the length of it. It smells like something solid, which is the entire idea.

Why I made this one

This is one of the oldest blends I have. I have been making it the same way for years and I have never once been tempted to change it.

You can know for certain that the heaviness you came home with belongs to somebody at work. You can know it the entire way home. And you can still be sitting with it at nine o'clock at night.

It has never stopped me picking things up, and nothing will. What it does is mark the end of the day, so the carrying stops even when the picking up doesn't.

Your 10-Second Ritual

ROLL it over your heart, on the back of your neck, and on your wrists.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

That was theirs. This is mine.

I can care about somebody without carrying them.

I am putting down everything I picked up today.

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GRACE

my favorite blend for the thing you have to do and don't want to

There is a whole category of things you have to do that you would never once have chosen happily. The dentist. The appointment you have already rescheduled twice. The school meeting where you have a fair idea what they are going to tell you.

These are things you dread rather than fear. Not small enough to skip, so you have to go and be a reasonable adult about it for forty minutes.

And you will go. You always go. The only question is what you take in there with you, because the version where you arrive already annoyed is a very different forty minutes from the one where you don't.

So this one is not going to make you want to go. It's for the going in well. Same errand. Same forty minutes. But you handle it with grace.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 tiger eye jasper chips

②

Bergamot FCF

①

Ginger

①

Cypress

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Tiger eye jasper. The steady, sunny one. It's what people reach for on the morning they have to be brave about something, and most of the times we have to be brave it is about something this size.

Bergamot FCF. Two drops, leading the blend. Bergamot is about the friendliest smell there is, and that matters here. You are about to spend forty minutes being pleasant on purpose. You may as well smell like somebody who meant it.

Cypress. Clean and dry and upright. It's the note that stops this going sweet, and sweet is not what you want to walk in wearing.

Ginger. One drop of heat, right down at the bottom. Grace with no spine in it is only politeness, and politeness runs out at about the twenty minute mark.

What it smells like

Bright and citrusy first, then something clean and green behind it, with a warm spice sitting at the very bottom. It smells like somebody who is glad to see you, which is a genuinely useful thing to have on.

Why I made this one

I made this one for myself as a sort of decision. Not a decision about whether to go, because I was always going to go. A decision about how I was going to walk in.

So this is not about pretending to enjoy anything. It's about not spending the whole time arguing with the fact that I'm in it.

And that's most of what grace is, as far as I can tell. Not enjoyment. Not pretending. It's showing up as yourself instead of showing up as your mood.

Your 10-Second Ritual

ROLL it on your wrists and the base of your throat. In the car, in the hallway, or wherever it is you are doing your standing about.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

How I walk in is the part that's up to me.

I can be here for forty minutes and then go home.

I don't have to enjoy this to be gracious in it.

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HOLD

my favorite blend for when the news gets heavy

You did not go looking for it. It was there when you picked up your phone, or it came on while you were making dinner, and now you know about it and you cannot un-know it.

It might be somewhere very far away. It might be close enough that you know somebody. It might be the fourth thing this month, which is a heaviness all of its own.

And there is nothing for you to do about it. So you carry it around instead, which is what caring looks like when there is nowhere to put it.

This one is not going to make any of it lighter, and it should not. It's here to hold you while you're holding the rest of it.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 red leopard jasper chips

② Cedarwood

① Patchouli

① Frankincense

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Red leopard jasper. The one people reach for when things are unpredictable and they want solid ground underneath them. It doesn't make the ground any steadier. It gives you something steady to stand on while it isn't.

Cedarwood. Two drops, leading the blend. Cedarwood is the oldest-smelling thing I own. Trees don't hurry, and that is most of what I want on a day when everything is moving faster than I can follow it.

Frankincense. One drop. Frankincense is what people have reached for during the big moments for a very long time, and heavy news is a big moment.

Patchouli. One drop, and it's the one people tend to feel strongly about in one direction or the other. It's in here because it's the slowest thing in the bottle. It evaporates so slowly that it's still with you hours later, long after everything else has gone.

What it smells like

Deep and dry and earthy, like the ground after rain. It doesn't lift anything and it isn't trying to. It just sits there with you.

Why I made this one

There is nothing to be done about heavy news. Nothing undoes it, and nothing is going to make it smaller for you right now. It is all right to feel the whole weight of something. That is the correct response to it, and I would not talk anybody out of it.

What this blend does is help me stay somebody who is still useful to the people in my own house, which is the only place my hands actually reach.

Your 10-Second Ritual

ROLL it over your heart. Just there, this time.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I can care about this and still put the phone down.

My hands reach as far as they reach.

I don't have to carry it to prove I care.

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ANCHOR

my favorite blend for the scattered, unmoored days

Some days you are not quite in the room. You are doing the ordinary things and you can hear yourself doing them, but there is a distance between you and all of it that you did not put there and cannot seem to close.

You go to grab something and find yourself standing in a different room with no memory of deciding to walk there. You read the same paragraph three times. Somebody asks what you are thinking about and you honestly could not tell them, because it isn't a thought. It's more like static.

It might be a day with no shape to it. It might be the week after something changed. It might turn up on a day when nothing at all has happened.

This one goes on your feet, which is not where you would think to put a blend, and that's the entire idea. It's for putting you back down at the bottom of yourself, where you can feel the floor.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 black obsidian chips

② Vetiver

① Black pepper

① Cypress

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Black obsidian. People call this one the anchor, and the blend is named after it. It belongs to the root, and to what some traditions call the earth star, which sits below the body rather than in it. That's about right for a bottle you're going to put on your feet.

Vetiver. Two drops, leading the blend. Vetiver comes out of deep roots, which is not a coincidence in a recipe for days when you feel like you haven't got any. It's what people reach for when they want to be back inside their body rather than three feet above it.

Cypress. One drop of something green and growing. Everything else in this bottle is dark and heading downward. Cypress is the part that's alive.

Black pepper. One drop, and you will notice it. Sharp and warm at the same time. It's what stops grounded from turning into flattened.

What it smells like

Dark and dry and rooty, with a sharp warm bite cutting through the middle of it. This is not a pretty smell. It's a solid one.

Why I made this one

For a long time I treated these days as a focus problem. I would write a list, sit down properly, and try to concentrate my way out of it. It did not work a single time.

Then it occurred to me that I was trying to fix it in the same place it was happening. Everything on a day like that is going on above the neck, and adding more up there was never going to be the answer.

So this one goes as low as I can put it. Feet, base of the spine, as far from my head as a bottle can reach.

Your 10-Second Ritual

ROLL it on the bottoms of your feet, one at a time, and the base of your spine if you can reach it. Let it dry before you put your feet down.

BREATHE in slow, with both feet flat on the floor. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

This floor. This room. Right now.

I don't have to be sharp today. I only have to be here.

This passes. It always has.

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LIFT

For the flat days

DAYLIGHT

for the gray days

SNAP

for the afternoon slump

NEAR

for when you miss someone

SPARK

for the weeks you've been going through the motions

DAYLIGHT

my favorite blend for the gray days

It gets dark at four thirty now. You noticed the exact day it started happening, and ever since, the afternoons have had a way of ending before you are finished with them.

And it isn't only the dark. It's four gray days in a row, that flat white sky that doesn't change at all between nine in the morning and whenever it gives up. You are fine. Nothing is wrong. You simply have less of whatever it is you normally run on, and everything you have to do is costing a little more than it usually would.

It might be the middle of February. It might be a wet stretch in the middle of summer. It might be the third day running that you have not properly been outside.

This one is not going to change the weather and it will not make you cheerful about it. What it does is put something warm in your hands on a day that hasn't got much warmth in it anywhere else.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 carnelian chips

② Sweet orange

① Ginger

① Black spruce

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Carnelian. Warm orange, and it glows when you hold it up to the light. It's what people reach for when they feel flat, and flat is most of what a gray stretch does to a person.

Sweet orange. Two drops, leading the blend. Sweet orange is the warmest citrus there is. Lemon is sharp and grapefruit is tart. This one is simply warm.

Black spruce. One drop, and it's the cold part. A blend that's only warm and sweet turns cloying by about ten in the morning. Black spruce is a pine forest running underneath it, and it's also what people have long reached for through long gray stretches.

Ginger. One drop of actual heat, right at the bottom. Not the smell of warmth. Warmth.

What it smells like

Warm orange first, then something cold and green underneath it, then a slow heat arriving at the end. It smells like coming indoors.

Why I made this one

I spent a lot of winters waiting. Waiting for the light to come back, waiting to feel like myself again, treating the whole stretch as something to get through rather than something I was actually living in.

This one came out of giving that up. The gray is going to be gray for exactly as long as it is gray, and I would like to be somebody who is still here during it.

It doesn't fix a gray day. Nothing does. It's a small warm thing on a day that hasn't got many.

Your 10-Second Ritual

ROLL it on your wrists and over your heart.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

Today gets to be a small day.

This is the weather. It isn't me.

One warm thing is enough for now.

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SNAP

my favorite blend for the afternoon slump

Somewhere in the middle of the afternoon the day goes flat. You do not feel bad, exactly. You feel blah. Everything on your list is still sitting on your list, every item on it has somehow gotten heavier since lunch, and you do not want to do a single one of them.

It takes a different shape depending on the day. Some afternoons it is the couch, where you sit down for one second and the second turns into forty minutes. Some afternoons you keep moving and get nothing done at all, drifting from one room to the next, opening the refrigerator like the answer might be in there.

And it is only two o'clock. That is the part that gets you. There is a whole afternoon still standing in front of you and you have already spent everything you brought to it.

This one will not hand back your morning, and it is not a nap. What it does is put something sharp and cold under your nose and give you a reason to stand up.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 carnelian chips

② Peppermint

① Grapefruit

① Rosemary

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Carnelian. Carnelian is cool when you first pick it up and warms slowly in your hand, and I have never stopped finding that satisfying. It is the stone people reach for when they want to make something, and by the middle of the afternoon making anything at all can feel like a bit of a stretch.

Peppermint. Two drops, and it leads, because a blend for this moment has no business being gentle. Peppermint is my favorite essential oil and has been for years, which surprises people who expect me to say lavender. It is sharp and sweet and cold all at once, and there is no ignoring it, which is precisely the point in an hour like that.

Rosemary. One drop, green and herby, and it is the one carrying the history. Greek scholars wore rosemary in garlands on their heads while they studied, which is how it came to be called the oil of remembrance. Two in the afternoon is exactly when I would like a little of that.

Grapefruit. One drop, and it is tart rather than sweet, which matters. Something sweet would have made this blend pleasant, and pleasant is not what gets anybody off the couch. Grapefruit is the bright edge, and it keeps the whole thing from being nothing but cold and green.

What it smells like

Cold mint first, and it arrives before you have finished breathing in. Then something green and herby behind it, then a tart citrus edge that stays after the mint has gone. It smells like a window opening.

Why I made this one

I used to treat the afternoon as a failure. If I went soft at two it meant I had eaten wrong or slept wrong or wasn't trying hard enough, and I would push straight through it and get an hour of poor work out of the next three.

So this one is not for making the tired go away. It is for the part right after, when I want my head back for one more stretch of the day. Roll it on, breathe it in, and go finish the one thing that was in front of me before the afternoon happened.

Your 10-Second Ritual

ROLL it on your wrists and the back of your neck.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I am not out of energy. I am out of morning.

The day is not over. I only need the next part of it.

One thing. The one in front of me.

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NEAR

my favorite blend for when you miss someone

It does not announce itself. You can go a good long stretch doing perfectly well and then there it is, on an ordinary afternoon, in the middle of something that had nothing to do with anything.

It is not quite the same as being sad. It is a specific ache with a person's name on it, and it does not particularly care that you have things to do, or that right up until a moment ago you were doing fine.

There is no schedule for it, and there is no amount of time after which you are supposed to be done. It comes when it comes.

This one will not make you miss them any less. What it does is give you a minute to sit down inside it on purpose, which is a different thing from being caught out by it.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 rose quartz chips

② Geranium

① Rose

① Frankincense

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Rose quartz. People have been handing this stone to each other as a token of love for thousands of years, and that is most of the reason it is in here. This is not a hurt you are trying to get rid of. It is one you would like to be gentler with than you usually are.

Geranium. Two drops, leading the blend. Geranium is the soft floral you will smell for most of the time you are wearing this. Sweet and rosy and sitting right in the middle of the blend, which is exactly where I want the warmth in a bottle like this one.

Frankincense. One drop. Frankincense is what people reach for when they want to breathe deeper, and missing someone sits in your chest more than it sits anywhere else.

Rose. One drop, and one drop is its cap. Rose is not simply more geranium. It is deeper and heavier, honey-sweet with a little spice at the back, and it settles underneath everything else instead of sitting on top. Real rose is one of the most expensive oils there is. The Roman emperor Nero once spent a fortune on rose water for a single banquet, so people have thought it worth overspending on for about two thousand years, and this is the blend I decided was worth it.

What it smells like

Soft and floral the whole way through, sweeter than you are expecting, with something warm and a little spicy holding it up from underneath. Nothing in it is sharp. Nothing in it is in a hurry.

Why I made this one

I used to reach for something bright when this feeling turned up. Citrus, usually, because bright is what you grab when you want to feel better. And every single time it was wrong. A cheerful blend on top of this particular feeling is somebody telling you to look on the bright side, and it does not land any better coming out of a bottle.

So this one does not try to lift you. It sits down next to the feeling and keeps it company, and most days that turns out to be the more useful of the two.

Your 10-Second Ritual

ROLL it over your heart and on the insides of your wrists.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I am allowed to miss you today.

This is what love does when the person isn't here.

I can carry this and still have my day.

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Avoid contact with your eyes, inner ears, and sensitive areas. Skin sensitivity is possible.

SPARK

my favorite blend for the weeks you've been going through the motions

Nothing is wrong. That is the strange part, and it is the part that makes this one hard to explain to anybody. You are getting up, and doing the things, and doing them reasonably well, and somewhere along the way you stopped actually being in any of it.

The weeks have started running together. Somebody asks how your week has been and you have to stop and think about it, not because anything happened to you but because nothing did, and one week has been shaped exactly like the one before it for a while now.

Sometimes you catch it when something good happens and you notice it and feel almost nothing. Sometimes you catch it in the middle of an activity you used to like. Either way it is not sadness. It is flatness, and flatness is harder to argue with, because there is nothing in it to point at.

This one does not change your weeks, and it will not hand back whatever it is you have lost interest in. What it does is smell like nothing else you own, and in a stretch where everything is the same, that turns out to be worth something.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 green aventurine chips

② Cardamom

① Sweet orange

① Lime

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Green aventurine. It has been called the stone of opportunity for a very long time, and it is the one people reach for when something is about to begin. That is exactly what I am after here. Not a new life or a new anything, just the part of me that notices things starting back up.

Cardamom. Two drops, leading the blend, and it is the reason this one exists. Cardamom smells like a warm chai latte, sweet and spicy and woody with a green edge running through it. It does not smell like anything else you are likely to have, and when every week has been the same shape, an unfamiliar smell is not a small thing.

Lime. One drop, and one drop is its cap. Lime is intensely tart and it carries a long way, so a single drop cuts straight across all that warmth. It has also been a favorite in cleansing rituals for the spirit and the home for a very long time, which seems about right for a stretch that has gone stale on you.

Sweet orange. One drop. Everybody knows what an orange smells like, and that is its whole job here. Cardamom and lime are each a lot on their own, and orange is the part that makes this friendly instead of strange.

What it smells like

Warm spice first, like something brewing on the stove, then a hard bright cut of lime straight through the middle of it, then orange rounding it off at the end. It is an unusual thing to be wearing.

Why I made this one

A blend is usually for a feeling. Something is happening to you, and here is the bottle for it. This one took me the longest to build, because there is no feeling to aim at. That is the entire complaint.

So I stopped trying to fix the flatness and made something that simply does not fit inside it. Cardamom and lime do not belong in a week like that, and that is the whole idea. You cannot talk yourself out of a stretch like this one. You can put one unfamiliar thing right in the middle of it.

Your 10-Second Ritual

ROLL it on your wrists and over your heart.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

Today does not have to look like yesterday.

I am allowed to want more than fine.

This is a stretch. It is not the rest of my life.

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FOCUS

For a clear head

FOCUS

for the work that needs your whole head

CLEAR

for when your brain feels foggy

START

for the thing you've been putting off all week

VOICE

for when you have to stand up for yourself

BRAVE

for a day around people

FOCUS

my favorite blend for the work that needs your whole head

Your mind wanders off. It goes without asking, and you catch it a few minutes later somewhere else entirely, and by then you have to start the whole thought over again.

Bringing it back once is nothing. Bringing it back forty times between breakfast and the middle of the afternoon is its own kind of tiring, and at the end of it there is very little to show for the hours.

You are not tired and you are not unwilling. You are scattered, and scattered is its own particular kind of stuck. It does not answer to trying harder, either. Trying harder is most of what you have already been doing all morning.

This one does not do the work for you, and it will not make the work interesting. What it does is mark the beginning, so that sitting down to something becomes an actual moment instead of one more thing you drift into and back out of.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 tiger eye jasper chips

② Frankincense

① Vetiver

① Bergamot FCF

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Tiger eye jasper. Brown and striped, with a band of light that slides across the surface as you tip it. Roman soldiers carried this stone into battle and had it set into their breastplates for focus, and while that is a far heavier occasion than yours, the thing being asked for is the same.

Frankincense. Two drops, leading the blend. Nearly everything sold for focus is sharp and cold and meant to jolt you. Frankincense does the opposite. It settles you, and a settled head is the one that can stay on a single thing for an hour.

Bergamot FCF. One drop. Frankincense and vetiver are both serious, heavy things, but bergamot is the drop that makes you want to put it on.

Vetiver. One drop. It is dark and heavy, and it quiets the part of your head that keeps offering you somewhere else to be.

What it smells like

Warm resin first, then something clean and bright crossing over the top of it, then a dark dry base underneath that is still there hours later.

Why I made this one

For years I treated concentration as an energy problem. If I could not settle into something, I decided the answer was to be more awake, so I would reach for something cold and sharp, get very alert, and still get nothing done.

Awake and focused turned out to be two different things entirely. I was never short on alert. I was short on staying, and staying is a quieter thing than I expected it to be.

Your 10-Second Ritual

ROLL it on your wrists and the back of your neck. Do it sitting down, at the thing, rather than on your way to it.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

This hour is only for this.

I do not have to want to. I only have to start.

Everything else can wait exactly where it is.

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CLEAR

my favorite blend for when your brain feels foggy

Some mornings your head does not come all the way with you. You are up and dressed and moving around and there is coffee, and somewhere underneath all of that the lights have not properly come on yet.

Everything feels a little murky. What you know is all still in there somewhere, sitting just below the surface, and none of it is coming up when you go looking for it.

You just feel out of it. You come into a room and have to stand there a second waiting to remember why you came, and it turns up a beat later than it should, and you carry on as though that were normal, because by now it more or less is.

This one will not clear your head for you, and it is not going to make the morning sharp. What it gives you is something cold and clean to breathe while you wait for the rest of you to catch up.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 sodalite chips

② Lemon

① Basil

① Peppermint

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Sodalite. It has been called the Poet's Stone for a very long time, prized by writers and thinkers who believed it turned tangled thinking into clear words, which is close to the exact thing you are after on a morning like this one.

Lemon. Two drops, leading the blend. Lemon is about as sharp and clean as a smell gets. There is nothing soft or warm or comforting anywhere in it, and that is precisely why it goes first here.

Peppermint. One drop. Everything else in this bottle is bright or green. Peppermint is the only cold thing in there, and cold is the hardest thing to drift away from.

Basil. One drop. Warm and green with a little licorice in it. The Maya treated basil as a cooling herb for a clear head, and it is in here for the same reason.

What it smells like

Sharp lemon first, and there is no mistaking it. Then a cold breath of mint underneath, then something green and faintly sweet at the back that keeps the whole thing from being nothing but sharp.

Why I made this one

Nearly everything I make has something soft in it somewhere. A warm note, a sweet one, something to round off the edges, because that is the sort of blend I like to wear.

This one has none of it. A morning like this is already soft, and soft is the whole trouble, so I built this one with nothing comforting in it anywhere. Sharp, cold, green, and then it stops.

Your 10-Second Ritual

ROLL it on your wrists. Then bring them up near your face and take the breath from there.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

My head will come back. It always does.

Slower today is still today.

I am not going to argue with this. I am going to start.

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START

my favorite blend for the thing you've been putting off all week

Things have a way of growing while you are not looking at them. Something that would have taken twenty minutes on the day it turned up has sat there long enough now to become a mountain, and you are standing at the bottom of it wondering how on earth it got that big.

It might be one thing, or it might be a whole pile of things that have run together into a single shape. Either way it has stopped looking like a job. It looks like a climb, and you are tired before you have taken a step.

None of this has much to do with the actual size of it. You have done far harder things than this one and you know it perfectly well. But a mountain is what it feels like, and a feeling is not especially interested in being argued with.

This one does not shrink the mountain and it will not make the climb any shorter. What it gives you is one step, and that is usually the one that feels hardest.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 carnelian chips

② Grapefruit

① Ginger

① Black pepper

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Carnelian. Carnelian is what people reach for against the particular kind of stuck where you know exactly what needs doing and cannot make yourself begin it. That is the whole of what is happening here.

Grapefruit. Two drops, leading the blend. Something you have been avoiding gets heavier every day you leave it sitting there, and grapefruit is what people have long reached for against a heavy head. It is the lightest thing in this bottle and it goes first on purpose.

Black pepper. One drop, and it does not sit politely in the background. Sharp and warm at the same time.

Ginger. One drop. Black pepper gets your attention and ginger keeps it, which is what you want in the first ten minutes after you have started, when quitting is still very much on the table.

What it smells like

Grapefruit first, tart and wide awake. Then a sharp warmth arriving underneath it, and a slow heat at the back that is still there long after the citrus has gone.

Why I made this one

I have one rule with this bottle. I do not put it on unless I am starting within the minute. Otherwise it becomes one more thing I can do instead of the job, and I am extremely good at finding those.

The blend is not the point. Getting up and going is the point. This one just gives me a small thing to do first, so that going is a decision I have already half made.

Your 10-Second Ritual

ROLL it on your wrists and the back of your neck. Cap it, and go.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I am not going to think about this. I am going to start it.

Five minutes counts. Five minutes is a start.

The worst part is the part before.

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VOICE

my favorite blend for when you have to stand up for yourself

Being generous with people is not a weakness. It is one of the better things a person can be, and you come by it honestly. You listen. You notice what people need before they have got around to saying it, and you say yes, because yes is usually the right answer and because you would rather be the sort of person who gives it.

The trouble is that there is a line somewhere in all of that, and it does not stay put. On one side of it you are helping somebody, which is exactly what you meant to do. On the other side, somebody has figured out that you will always say yes and has stopped asking as though it were a favor. The line very rarely announces itself at the moment you cross it.

You work it out afterwards instead. There is a tiredness that turns up when you have given something you did not really want to give, and by the time you feel it the giving has already happened, and you tell yourself it was fine, because it mostly was, and because the alternative is a conversation you would rather not have.

This one will not make you less kind, and it will not make the conversation any easier. What it gives you is a minute to work out where the line actually is before you answer, so that a yes you give is one you meant.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 carnelian chips

② Black spruce

① Lemongrass

① Frankincense

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Carnelian. Roman orators carried carnelian to give them a strong voice, and a voice is what goes missing in a moment like this one.

Black spruce. Two drops, leading the blend. Deep and woody and very slow, with nothing sharp or jumpy anywhere in it. That is the whole reason it leads. A moment like this one tempts you to speed up, and everything in this bottle is pulling the other way.

Frankincense. One drop. When you are bracing yourself your breath climbs up high into your chest, and everything you say from up there comes out thinner than you meant it to. Frankincense is what people reach for to get a breath to go low again.

Lemongrass. One drop, and one drop is its cap, because lemongrass is exceptionally strong and a little goes a very long way. Sharp lemon sitting on something heavy and grassy, and it has long been reached for around the throat and around a person's sense of her own worth, which are the two things at stake here.

What it smells like

Deep clean pine first, like the air outside. Then a sharp lemon edge cutting across the top of it, and a warm resin note underneath holding the whole thing steady.

Why I made this one

The advice people give for this is always some version of stop being so nice, and I have never once found that useful. Being nice is not the problem. It is most of what makes a person worth knowing, and I would not hand anybody a bottle meant to sand it off.

What goes wrong is not the kindness. It is that the line moves, and it moves without telling you, and it almost always moves in somebody else's favor. So this one is not built to make you harder. It is built for the half minute before you answer, because that is where the line actually gets drawn.

Your 10-Second Ritual

ROLL it on your wrists and at the base of your throat.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I can help without handing over the whole afternoon.

A yes is worth more when a no was possible.

Kind and pushover are not the same thing.

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BRAVE

my favorite blend for a day around people

You say yes in one mood, and the day arrives to find you in another. When it was arranged it sounded like a good time. You meant it, and there was no particular reason to think anything would change.

Now you are sitting at home going back over why you agreed to this in the first place. You are not sorry you said yes, and that is not what this is, but you are nervous in a way that is hard to explain to anybody, about a thing you genuinely want to do.

You do want to go. These are your people. You would be sorry to miss it, and you know you would have a good time. But none of that makes up for the feeling that you would rather not leave the house tonight.

This one is not going to make you a social butterfly, and you will most likely be fine once you are there. What it is for is the hour before you leave, sitting at home looking at the door, because that is the part that is actually hard.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 tiger eye jasper chips

② White fir

① Ginger

① Frankincense

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Tiger eye jasper. Tiger eye jasper is what people reach for around confidence and a little courage, and those are the two things running low in the hour before you go.

White fir. Two drops, leading the blend. Cold and clean, like outside air. It has long been reached for around confidence, and it steadies you without softening you.

Frankincense. One drop. People have long reached for frankincense to set down a fear. That is what it is doing here.

Ginger. One drop. Nerves make a person cold, in the hands first, and ginger is straightforward heat.

What it smells like

Cold clean forest first, sharp enough that you take a proper breath without deciding to. Then something warm and old settling in behind it, and at the very back a slow heat that arrives last and stays longest.

Why I made this one

The feeling always ends in the same place. It goes about twenty minutes after I get there, and it has never once gone while I was still at home talking myself into it.

So this bottle is not for fixing the hour beforehand. It is for getting through it. The rest takes care of itself once you are in the room.

Your 10-Second Ritual

ROLL it on your wrists and over your heart while you are getting ready. Again in the car, if you want it.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I can leave whenever I want to leave.

I do not have to feel like going in order to go.

This part is the hard part, and it ends when I get there.

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HEART

For you, and yours

TREAT

for after you have finished something hard

MERCY

for when you're working on forgiving someone

GRATITUDE

for the first quiet ten minutes of the morning

HOME

for when you feel far from yourself

TREAT

my favorite blend for after you have finished something hard

Some things come with a ceremony attached, and most things do not. A wedding gets one. A graduation gets one. Getting to the end of a week that asked a great deal of you gets nothing at all, and the next week starts on schedule.

So you finish, and nothing happens. There is no moment where anybody notices, because that is not how ordinary accomplishments work. The thing is done, the next thing is already sitting there waiting, and the only person who knows what it cost is you.

Which is a fair argument for handing yourself something. Not a big something, and not one that has to be arranged in advance. A small deliberate one, marking the fact that a thing got finished and that you are the one who finished it.

This one does not celebrate anything by itself, and no bottle is going to make what you did bigger than it was. What it is is something to mark it with, which is the part that usually gets skipped.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 amethyst chips

②

Sweet orange

①

Ylang ylang

①

Vanilla

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Amethyst. Amethyst is what people reach for in the evening, at the end of things, which is usually when you notice that something got finished.

Sweet orange. Two drops, leading the blend. Bright and easy with nothing complicated about it, which is the right thing to meet first in a bottle whose only job is to be pleasant.

Vanilla. One drop. Sweet and smooth and warm, and it sits at the bottom of the blend where it lasts longest. People reach for vanilla for plain comfort, and comfort is a fair thing to give yourself at the end of something.

Ylang ylang. One drop, and one drop is its cap. Ylang ylang is what makes a blend smell like perfume rather than like a remedy.

What it smells like

Bright orange first, then something sweet and floral coming up underneath it, and vanilla sitting at the bottom of all of it where it stays longest.

Why I made this one

I love this one. It smells delightful.

That is why I made it. A reward has to be worth walking toward. Knowing this one is waiting changes the hard thing while you are still in the middle of it, because you stop simply wanting it to be over and start moving toward something you want.

Your 10-Second Ritual

ROLL it on the insides of your wrists and behind your ears.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I did that, and it counted.

Nobody else has to notice for it to be true.

This is me saying well done.

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MERCY

my favorite blend for when you're working on forgiving someone

Forgiveness gets talked about as though it were a decision. You make up your mind, you set the thing down, and afterward you are a person who has forgiven somebody. This is a tidy version of it, and it does not really resemble the actual work needed.

What happens instead is that you decide, and then you have to decide again a week later when it comes back around. You were sincere both times. The deciding does not take the first time, or the fourth, and none of that means you are doing it wrong.

It is worth saying too that forgiving somebody is not the same as telling them so, and it does not require them to have asked. Most of this happens where nobody can see it. You can be doing the whole of it on your own, on an ordinary evening, about a person who has no idea you are working on it.

This one does not forgive anybody for you, and it will not shorten the part where you have to keep deciding. What it does is give you ten seconds that you choose.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 rose quartz chips

② Geranium

① Ylang ylang

① Cypress

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Rose quartz. People hold rose quartz while they are working through a resentment they are ready to be done carrying, and that is what this bottle is for.

Geranium. Two drops, leading the blend. Warm and floral and the gentlest thing in this bottle.

Cypress. One drop. Cypress has long stood for transition and for strength, and forgiving somebody takes both.

Ylang ylang. One drop, and one drop is its cap. Ylang ylang has long been reached for to loosen a tight chest, and carrying something against somebody is tight work.

What it smells like

Warm and floral first, then something clean and green cutting through the middle of it, and a rich sweetness underneath that stays after the rest has gone.

Why I made this one

I made this one to be picked up again and again.

That is not a failure of the blend, and it is not a failure of yours either. Forgiving somebody is a thing you do repeatedly until one day you notice you have not had to do it in a while. The bottle is built for the repeating rather than for the first time.

Your 10-Second Ritual

ROLL it over your heart and on your wrists.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I can set this down today and pick it up tomorrow if I have to.

Trying counts. It counted the last four times too.

This is mine to put down. Nobody else has to agree.

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GRATITUDE

my favorite blend for the first quiet ten minutes of the morning

Most mornings have a little stretch at the front of them before anything has started asking for you. The house is still, nobody needs anything yet, and there is nothing in front of you but the coffee and the window and whatever the light happens to be doing.

What usually becomes of that stretch is that it gets spent forward. You are drinking the coffee and already sorting through the day, or you have the phone in your hand, and the ten minutes go by without you being anywhere inside them. There is nothing wrong with spending them that way, except that it uses up the one part of the day nobody had spoken for.

Gratitude sounds like a large feeling, the sort a person is supposed to have about a whole life at once. Most of the time it is smaller than that and it is much closer to noticing. The coffee is hot, the house is quiet, and somebody down the hall is still asleep and is fine. That is usually the whole of it, and all of it was already there before you thought to say so.

This bottle does not make you grateful, and it will not hand you anything to be grateful for that was not already in the room with you. What it does is take up the first part of those ten minutes, so that you are somewhere in particular when they start.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 green aventurine chips

③ Sweet orange

① Geranium

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Green aventurine. The hopeful one, and a heart stone. Tibetan monks set polished green aventurine into the eyes of temple statues so that the statues would look on people kindly. It is in this bottle because gratitude is mostly a matter of what you notice.

Sweet orange. Three drops, which is nearly the whole bottle. Bright and fresh and straightforwardly an orange, with nothing in it you have to work out.

Geranium. One drop, and one drop is all this needs. Geranium is the sweet rosy floral that puts a floor underneath so the whole thing comes out like something you would wear.

What it smells like

Orange, mostly, right from the first second. There is something soft and rosy underneath. This one is light and it does not stay on you long, which suits the part of the day it was made for.

Why I made this one

Everything I ever read about gratitude wanted me to make a list. Three things every morning, written down, and I kept at that for a while and mostly ended up writing the same three things and then wondering whether writing them counted for anything.

So I made this one to be something I put on instead of something I finished. There is nothing in it to keep up with, and what I notice on one morning can be different from what I noticed the morning before, or it can be the same three things over again.

Your 10-Second Ritual

ROLL it on your wrists and over your heart.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

There are already three good things in this room.

It does not have to be a big thing to count.

These are the ten minutes I get today, and I would like to be in them.

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HOME

my favorite blend for when you feel far from yourself

Some stretches of life ask you to be a slightly different person than you actually are, and they rarely announce that they are doing it. It might be a long season of looking after somebody, or a job that only ever wants one part of you, or a run of months that went by looking so much alike that there is very little to tell them apart by.

What you notice at the end of one of those is not sadness exactly. You are fine, and you would say so if anybody asked, and you would mean it. It is more that you have gotten a little way off from yourself somewhere along the line, and you could not say when it started, and you are not sure what you would do about it if you could.

This is a normal thing rather than a sign that something has gone badly wrong. People go away from themselves and come back again all the time, mostly without ever putting it into words, and the coming back tends to happen in small ordinary ways instead of all at once.

This one does not tell you where you went, and it will not hurry the part where you come back. What it does is put the question somewhere you can see it, instead of letting another month go by with it sitting underneath everything.

IN YOUR BOTTLE • 10 ML ROLLER

3 to 10 lapis lazuli chips

② Frankincense

① Sandalwood

① Bergamot FCF

Top with jojoba or fractionated coconut oil

4 DROPS • 2%

Why each one is in there

Lapis lazuli. The wisdom stone, and the one people reach for when something true needs saying. Usually that means saying it to somebody else. Here it means saying it to yourself, and that is what this bottle is for.

Frankincense. Two drops, leading the blend. Frankincense is what people have long reached for when they want to be still and take stock, and taking stock is most of what is happening in these ten seconds.

Sandalwood. One drop, and one drop is plenty. Deep and soft and sweet, more like warm wood than like a flower. People have reached for it for a very long time for contentment with yourself, which is the thing that goes missing first in a stretch like this one.

Bergamot FCF. One drop. Everything else in this bottle is wood and resin, and bergamot is the one fresh thing in it. It sits on top and keeps the blend from smelling heavy.

What it smells like

Bright for a moment, and then it goes deep and stays there. Warm dry wood and resin with a sweetness running underneath all of it. This one stays with you, and you will still catch it on your wrists hours after you put it on.

Why I made this one

For a long time I built this kind of blend backward. When I felt far off from myself I reached for the brightest, busiest things I owned, on the idea that what I needed was a lift. It never did much, because the feeling is not low energy and a lift does not reach it.

So this one is made out of the slowest things I have. It is not for a bad day and it will not do a great deal for one. It is for the longer thing sitting underneath a run of them.

Your 10-Second Ritual

ROLL it over your heart and at the base of your throat.

BREATHE in slow. One breath, all the way down.

SET your intention. Use one of mine, or use your own.

I am still in here.

None of this has to be figured out tonight.

I have been away from myself before, and I came back.

Please read. Not every essential oil is safe for everyone. If you are pregnant, nursing, taking medications, living with a health condition or allergies, or using oils on a child, talk to a health professional before use.

Avoid contact with your eyes, inner ears, and sensitive areas. Skin sensitivity is possible.

Before you go

That's all 27 of them.

I hope a few of these end up being yours. The ones you make again as soon as the bottle runs low, and the ones you find yourself reaching for whenever their moment comes around.

There's no right way to go about choosing them. Make the ones that sound like your life, use them when their moment turns up, and leave the rest until you want them. Some of these you may never make at all, and that's perfectly fine. This isn't a list to work through.

I've been making blends like these for years, and mine have changed over that time. Yours can too. Make one the way it's written first, and then if you find you'd rather have a different oil in it somewhere, put yours in and keep the drop counts the same. That's how a blend of mine becomes a blend of yours.

Thank you for letting me hand these over.

Misty Hart