

Blend JOURNAL

MY CRYSTAL AND ESSENTIAL OIL BLENDS





I'm so glad you're here!

Let me tell you why I wanted you to have this journal.

You make a blend and it comes out lovely. You use it for a few weeks and it quickly turns into one of your favorites. When it runs low you go to make it again, but you can't remember the exact ingredients you used. It's such a letdown. You had something you loved, and now you can't make it again.

Once you've made several blends you can look back through them and see what you actually like and use. The same 2 or 3 oils keep showing up. Your hands keep going to the same crystals. Some blends you make again and again, and some you made once and didn't end up using. Writing it all down is how you start to notice.

What's in here

There are 3 pages, one of each, and you print as many copies as you want. A 3-ring binder is a nice way to keep them together, and it means you can keep adding to it for years.

The blend page. One blend, one page. Which crystal chips you used, which essential oils and how many drops, which carrier oil, and how strong you made it. There's room for anything you changed from the recipe you started with, what it smells like to you, and the moment you made it for. At the bottom you mark whether you'd make it again, and write down what you'd do differently next time.

My favorite essential oils. This one is about the oils on their own, apart from any blend. What each one smells like to you, and how it makes you feel. Yours is the description that matters here.

My favorite crystals. The same thing for your crystals. Which ones you keep reaching for, and what you like about them.

There's no right way to fill these in. Write a lot on one page and 3 words on the next. Leave a line blank if it doesn't matter to you that day. It's your journal, and nobody is going to read it but you.

Now go make something.



Misty Hart



MY BLEND

Notes

For every blend worth remembering

BLEND NAME

DATE MADE

WHO IT'S FOR

The Moment I Made It For

Essential Oils Used

ESSENTIAL OIL

DROPS

Crystals Used

CRYSTAL

HOW MANY CHIPS

Carrier Oils Used

CARRIER OIL

10ML BOTTLES

Would I Make It Again?

☐ Yes ☐ No ☐ Maybe

DILUTION

☐ 0.5% ☐ 1% ☐ 2% ☐ 3% ☐

What It Smells Like to Me

Where I Keep It

Notes (what I like or would change)

Hart  Circle

For general wellness and ritual only. Not intended to diagnose, treat, or cure. Always check with a medical professional before using essential oils.

MY FAVORITE
Essential Oils

The oils you keep coming back to.

Write what you actually smell, not what you think you're supposed to.

MY FAVORITE
Crystals

This is about the chips that go in your bottles, and there are no right answers. If you love a crystal simply because you think it's beautiful, that's a good enough reason, and it's the only one you need. Write down your thoughts and whatever it is you like about them.

If you don't know yet how one makes you feel, leave that part blank. You can always come back to it.



That's the whole journal. 3 pages, printed as often as you like.

Here's what I hope happens. A year from now you have a stack of these, and every one of them is a blend that's truly yours. It doesn't matter where it came from or where you found it. You made it. Maybe you changed something, maybe you made it exactly as it was written. Either way, it's officially yours now.

Don't worry about keeping it tidy. A messy stack you actually kept up with beats a beautiful one you gave up on.

I hope it fills up.

Misty Hart