



## ESSENTIAL OIL BRACELET

- 4 light brown natural beads
- 1 - 8 inch string of elastic
- 17 other beads
- JE Essential Oil of choice

String the beads spacing out the 4 natural beads. Tie the elastic together. Cut off the excess elastic. Put a drop of essential oil on each of the 4 natural beads. Rub your hands together with the bracelet in your palms.



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