



Summer Time Colours

**“I love how
summer just
wraps its arms
around you like a
warm blanket.”**

Kellie Elmore





Red

A passionate, adventurous time when the days are long and excitement is in the air. Put on your Red shoes of any kind and feel the motivation to try something daring, new or thrilling.





Coral

Let's get social with Coral, treasure friendships and good times together. Our Social Coral blend of essential oils is great to diffuse and generates a light-filled and welcoming atmosphere:-

Cilantro 1 drop

Ylang Ylang 2 drops

Wild Orange 4 drops





Orange

Celebration is what Orange is all about. Kicking back, enjoying life to the fullest. Savouring all the delights that life has to offer. Letting go of the past. With Orange you can be the life of the party.. Here's a great affirmation to get you in an Orange Celebration mood:

"I celebrate my life by enjoying all that I do"



*A day without laughter
is a day wasted'*

Charlie Chaplin



Gold

A great time to throw cares away, and feel the joy of summer. Focus on your good fortune and what brings you joy. Time just to be with yourself, maybe do nothing and feel really good about yourself. Lie in the fields of gold warmed by the sun and smile.

This Abundant Gold diffuser blend is expansive and helps you feel prosperous.

Wild Orange 4 drops

Myrrh 2 drops

Cardamon 2 drops





Yellow

Sun, sand and sunflowers, great reminders of fun, light-filled days and the smiles of summer. Happiness as far as the eye can see. A simply wonderful time of the year.

To fully embrace all this, try our Cheerful Yellow diffuser blend:

Lemongrass 1 drop

Cassia 2 drops

Bergamot 3 drops





Olive

It's been one crazy year but Olive invites you to accept all that has been in a spirit of forgiveness. Acknowledge your inner strength to have done as well as you have. Congratulate yourself, your resilience and your determination to see it through.

Our Hope Olive diffuser blend is great for setting the resonance of hope for the New Year.

Lemongrass 1 drop

Thyme 2 drops

Lime 3 drops





Green

Green is all about time - time for yourself, time to get out in nature, time to consider your options, time for expansive perspectives and time to be with those you love.

Some great Green affirmations are:

"I take time out to connect with nature"

"I march to the beat of my own heart"





Freedom is the oxygen of the Soul"

Moshe Dayan



Turquoise

Turquoise invites you to be quirky, be different and most importantly be authentically you, whatever that looks like. Revel in the freedom of not having to conform - free to follow your heart.

Turquoise is such a liberating colour and no better time to express it than now. What wild and wonderful thing are you going to do this summer?



Blue

Our coolest, calmest and most peaceful colour. Blue is just fabulous for unwinding. Feel the tension flowing out of your body and a wonderful sense of serenity oozing in.

Try our Blue Peace diffuser blend as you repeat the affirmation *"I am calm, peaceful and relaxed"*

Juniper Berry 2 drops

Lavender 3 drops

Roman Chamomile 2 drops





Royal

Dream big with Royal Blue, and touch the limitlessness of your imagination. The year is ending and a new one beginning. What would inspire you in 2021? How can you make it happen? Take time to sit quietly and 'see' it happening in your minds eye. Try our Royal Inspiration diffuser blend

Frankincense 2 drops

Douglas Fir 2 drops

Wild Orange 4 drops

**Dreaming of
holidays**





Violet

Violet is a wonderful colour for transforming, whether it is forming a new relationship with yourself or others, or how you view the meaning in your life. Helping others is so rewarding and feels right. Violet helps you find joy in supportive roles and a wonderful sense of inner fulfilment.

Our Violet Transformation diffuser blend is perfect for New Year's resolutions and setting a positive energy for the future.

Bergamot 3 drops

Frankincense 2 drops

Wild Orange 4 drops





Magenta

Don't you just love all the delicious summer magenta and crimson fruits. They make it so easy to feel gratitude and delight in Nature's bounty. Healthy and luscious, they are such a gift to us all. The word 'fruit' derives from the Latin *fructus* meaning "an enjoyment and delight", how well named.





Season's greetings from us all at
Drop into Life™.

Our love and best wishes for this holiday
season and 2021 - may it be very joyful
and filled with colour.

Vicki, Tricia, Paula, Harry and Marg

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