

**ADHD inhaler :**

**Rosemary- stimulates the mind and promotes alertness**

**Vetiver - sedative for the nervous system, helps with agitation**

**Spearmint - mild stimulant, helps emotional and mental confusion, reduces deep limbic system hyperfunctioning**

**Blood Orange -**

**Black Spruce - promotes motivation and self-confidence, helps with indecision**

**Moon Goddess roll on:**

**Yarrow -**

**Vitex Agnus -**

**Clary Sage - promotes relaxation and mild euphoria**

**Geranium Bourbon - helps with mood swings, sugar cravings, and low stamina**

**White Frankincense -**

**Basically I want to use recycled knits and make mini covers and personalities for each essential oil. Each oil can be personalized to the customer and either based on a situation that person is going through (if they feel like they want to be more awake, so we would have to discuss their personal situation), or have some things that are pre-made that are for common problems that people have. I want this to be about people's stories and what they go through. I want to bring in some of my fine arts experience and create these bottles as if they're each their own little characters for the person, using my old knits and putting them on the bottle. This brings in the sense of both touch and smell, which can be comforting to people. Through these smells I want to talk about what colors people think of when they smell a perfume. Perfume is also another way to dress the body and it's another way to break the barrier between one person and another, and it's connected to memories and nostalgia. I want them to be very personalized and to be able to tell the person's own story, and to also be good for you and your wellbeing. It's another element of an experience.**

## **ADHD**

**I decided to make the ADHD inhaler because as someone who has ADHD, I find it very hard to focus. It doesn't have to be for someone who has ADHD, it can be for anyone who needs a pick-me-up. An inhaler seemed like the best way to wake somebody up, it gets straight to the brain. All the ingredients inside the inhaler are good for ADD, especially black spruce. It's a refreshing scent.**

## **PMS**

**The Moon Goddess roll-on is for people who menstruate and who experience PMS. Yarrow is very good for pain during menstruation. Geranium helps with mood swings and increases relaxation. I wanted to create this because I know in general that everyone who has a period has had these kinds of problems. I want there to be more alternatives than just going straight to painkillers.**