



Product Information and Traditional & Alternative Uses

This revolutionary blend contains Rose, Geranium, Lemon, Eucalyptus (Radiata), Spearmint, Thyme, Tarragon, Juniper Berry, Grapefruit, Holy Basil, Cardamon, and Hyssop essential oil. It is a part of our revolutionary Meridian Aromatic Touch (MAT) product trio which applies the successful ancient Chinese medicine for balancing the energy flow between meridians.

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| ① MOOD ELEVATION | ⑤ STRESS |
| ② PURIFY AIR | ⑥ CALMING |
| ③ ENHANCE ACTION OF E.O'S | ⑦ RELAXATION |
| ④ AIR FRESHENER | ⑧ MERIDIAN BALANCING |

Primary Action -Meridan Balancing:

ENHANCE ACTION OF E.O'S: Layer on top of other essential oils when using them topically to enhance their action.

STRESS: Apply 1-2 drops to the back of the neck and temples. Practice relaxation techniques such as deep breathing, positive affirmations, meditation, etc.

MERIDAN BALANCING: Use with acupressure on areas where QI has a lower flow of energy.

CALMING/RELAXATION: Apply 1-2 drops to the back of the neck and temples. Practice relaxations techniques such as deep breathing, positive affirmations, meditation, etc. Add 2-5 drops to each scoop of Star Flake bath salt and take a bath.

