



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 REDUCE NEGATIVE IONS | 7 RELAXATION |
| 4 AIR FRESHENER | |

Primary Action - Meridan Balancing:

MOOD ELEVATION: Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

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 acupuncture on areas where Qi has a higher flow of energy.

CALMING/RELAXATION: Apply 1-2 drops to the back of the neck and temples. Practice relaxation 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.

