



Product Information and Traditional & Alternative Uses

This specially crafted blend contains Lemon, Orange, Geranium, Lime, Ylang Ylang and Blue Tansy essential oils and was designed primarily with consideration for the emotional needs of the body, notably releasing bound emotions and allowing for a greater capacity to reach out to others by creating a more open emotional state. This emotional strengthening impacts the reproductive and digestive systems.

- | | | |
|-----------------------|-----------------------------------|----------------------------|
| 1 BALANCE QI | 5 BALANCE EMOTIONS | 9 STRESS |
| 2 HEART CHAKRA | 6 REDUCE NEGATIVE THOUGHTS | 10 FEELINGS OF FEAR |
| 3 UPLIFTING | 7 SENSE OF "GROUNDING" | |
| 4 INVIGOTATING | 8 CALMING | |

Primary Action - Emotions & Heart Chakra:

BALANCE QI: Apply 1-2 drops directly to heart chakra and/or governing or conception vessel.

GROUNDING/BALANCE EMOTIONS: Apply 1-2 drops to the following accupressure points: Lung-1, Large Intestine-4, Kidney-1, Bladder-23, Liver-3 and Heart-7.

STRESS: Add to diffuser and difuse throughout the day.

