



Product Information and Traditional & Alternative Uses

Contains premium organic and wild-crafted Lavender, Vanilla, Clary Sage, Mandarin Orange, Spruce, Frankincense, Geranium, and Sandalwood essential oils; This Aeroma product is a part of our Emotional Aromatic Touch modality and has been created to get to the root of powerful negative emotions and help them to heal and release. This includes grief, distrust, abandonment and even ongoing frustration that beats on a person day after day. This focus on the mental and emotional system enables the systems to heal and strengthen so that we can press on in victory in spite of circumstances that threaten to derail us. Grounded emotions can replace see-saw mood swings.

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| 1 EMOTIONAL RELEASE | 5 INCREASED MOTABOLISM |
| 2 NAVEL CHAKRA | 6 DIGESTIVE SUPPORT |
| 3 SOLAR PLEXUS | 7 ELEVATE MOOD |
| 4 ENERGY | |

Primary Action - 3rd chakra & Emotions:

NAVEL CHAKRA: Apply 1-2 drops directly to navel chakra.

EMOTIONAL RELEASE: Best if used with Emotional Aromatic Touch modality.

SOLAR PLEXUS: Apply 1-2 drops directly to solar plexus.

INCREASED METABOLISM: Add to diffuser and diffuse throughout the day.

ELEVATE MOOD: Add to diffuser and diffuse throughout the day.

