

## Product Information and Traditional & Alternative Uses

One of the three members of our Meridian Aromatic Touch modality, this blend consists of organic and wild-crafted Lavender, Fir, Frankincense, Copaiba, Hyssop, Turmeric, Peppermint, and Black Pepper and was created specifically to facilitate the strong ancient Chinese medicine of balancing the energy flow between meridians so that the flow of energy is unfettered. These areas of energy flow between the Meridians are known as the Governing Vessels, which are all intersected at one or more points by the body's meridians and act as the body's energy storehouse.

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|-------------------------------|----------------------------|
| <b>1 MOOD ELEVATION</b>       | <b>5 STRESS</b>            |
| <b>2 PURIFY AIR</b>           | <b>6 CALMING</b>           |
| <b>3 REDUCE NEGATIVE IONS</b> | <b>7 MERIDAN BALANCING</b> |
| <b>4 AIR FRESHENER</b>        |                            |

### Primary Action - Relaxing, Detox & 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 is stagnant or need to be balance.

**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.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\*Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.

