

# AROMATHERAPY

restore

## **GROUNDING | MEDITATIVE**

FRANKINCENSE, SANDALWOOD, LAVENDER, VETIVER, CEDARWOOD

Restore, our most popular blend, grounds the body and mind. This wood based scent is often associated with wisdom and maturity. Can be helpful with anxiety and decision making based on reason. Good for meditation and contemplation.

relax

## **CALMING | NOURISHING**

LAVENDER, BERGAMOT, GERANIUM, GERMAN CHAMOMILE

Relax is a calming and cooling floral blend. It is very approachable and accepting of where you are. The lavender brings your energy upwards, based on how the plant grows. It is associated with the liver, which promotes the movement of chi/energy and can help alleviate stagnation.

release

## **HEART OPENING | COMFORTING**

GERANIUM, PALMAROSA, ROSE MAROC, BLOOD ORANGE

This floral blend works by opening the heart. It is particularly helpful if you want to bring more love into your life or if you have a new found love. It is a great Valentines's Day blend. Very nourishing for the heart, it will also give you solace if suffering from grief or loss.

renew

## **UPLIFTING | MOVING**

BLOOD ORANGE, BERGAMOT, LEMON, LEMONGRASS

Bright, citrus and uplifting, renew works quickly to move energy. Helps to relieve tension when used in massage, particularly on the upper parts of the body (neck and shoulders). It's like peeling off a layer, like you might with a citrus fruit.

refresh

## **INVIGORATING | COOLING**

LEMON, EUCALYPTUS, ROSEMARY, PEPPERMINT

Refresh is invigorating, cooling and helps to open the orifices. Beneficial with dealing with grief as it opens the lungs. In Chinese medicine, the lungs are associated with grief and loss. It can improve memory and clarity, bringing life into focus. Aids in clearing chest congestion and improves the ability to take a deep breath, which is essential to taking in life.

\*ESSENTIAL OILS DO NOT REPLACE MEDICAL TREATMENT.