

E-MOTION

encouraging blend 5ml



application

Aromatic • Bath • Topical

safety group #3

ingredients

Anthemis nobilis (Chamomile, roman), Thymus vulgaris ct. thymol (Thyme ct. thymol), Melaleuca alternifolia (Tea Tree), Cymbopogon citratus (Lemongrass), Juniperus communis (Juniper Berry), Simmondsia chinensis (Jojoba), Laurus nobilis (Bay Laurel)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

product summary

E-Motion, short for "Energy In Motion" was created to support the Solar Plexus (3rd) Chakra, the seat of self-esteem, inner strength, and personal power.

The energy of this chakra defines how we see ourselves in relation to the world, influencing our capacity to establish appropriate boundaries, maintain a personal code of honor, and strengthen personal confidence, self-esteem, self-respect, and strong will.*

Supporting overall emotional balance, this uplifting blend fosters the ability to use personal energy in taking appropriate action to create the visions, goals, and objectives we've set our sights upon - putting energy into motion - literally.

E-Motion can be especially uplifting for those struggling with depression, fear, insomnia, stress, anxiety, and general feelings of overwhelm by one's circumstances. Self-esteem can be strengthened, providing empowerment to take action in moving forward rather than remaining emotionally stuck.

USES

- Mix 10-15 drops into ½ cup Pink Himalayan or Dead Sea bath salts and dissolve into a warm bath.*
- For a foot soak, add 8-10 drops to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.*
- Mix 12-15 drops in a 4-ounce cobalt blue spray bottle of distilled water. Mist around yourself, front and back. Shake well before use.*
- Diffuse 10-12 drops in a cool mist essential oil diffuser.*
- Apply 3-4 drops as desired to solar plexus region of the body or on solar plexus reflex points of feet.*