

TRANSFORM

uplifting blend 10ml



application

Aromatic • Bath • Topical

safety group #4

ingredients

Salvia officinalis (Sage), Abies balsamea (Fir, balsam), Picea mariana (Spruce, black), Canarium luzonicum (Elemi), Salvia sclarea (Clary Sage), Inula helenium (Inula), Cistus ladanifer (Rockrose), Pogostemon cablin (Patchouli), Nardostachys jatamansi (Spikenard), Lavandula angustifolia (Lavender, fine), Cananga odorata (Ylang Ylang Complete), Origanum majorana (Marjoram, sweet), Citrus paradisi (Grapefruit, pink), Pelargonium graveolens (Geranium, rose), Cocos nucifera (Fractionated Coconut)

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

Transform assists with the release of emotional patterning or traumatic experiences that are stored on a cellular level in our limbic system. This blend gives us the needed push and courage to let go and release old beliefs and open ourselves to new beliefs, allowing us to make needed adjustments during times of change.*

Supports and moves us to open up to our own personal transformation and changes, particularly in areas where we know changes need to be made yet are hesitant to take action.*

In times of change, fearing the unknown territory of transformation, we may choose to remain in our all too familiar state of suffering. This blend gives us the needed push and courage to let go and move on.*

Only you can choose to live a meaningful and joyous life!*

USES

- Mix 10-15 drops into ½ cup Pink Himalayan or Dead Sea bath salts and dissolve into warm water for a relaxing, transformational bath. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- 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, whenever you feel the need for willpower. Shake well before use.*
- Diffuse 10-12 drops in a cool mist essential oil diffuser as needed throughout the day.*
- Apply 3-4 drops as desired to solar plexus region of the body or on solar plexus reflex points of feet to support your willpower.*