

Charity

uplifting blend 10ml

Charity is a proprietary blend that assists in strengthening emotional balance and supports one in being more open and emotionally available to others, particularly during times when one may feel "hard hearted", shut down, or is hiding behind a wall. Adults and children of any age can benefit from the use of Charity and its energy of unconditional love.*

Charity can be of added benefit during pregnancy and upon the birth of an infant. The child can become familiar with its aroma during pregnancy and thereby associate it with the safety and security of the mother. When the time comes to leave the baby with a sitter, a drop or two of Charity applied to a babysitter's clothing can calm and reassure the little one, lessening or eliminating any potential anxiety resulting from the mother's absence.*

This sweet, gentle synergistic blend was created to support the fourth chakra, the heart, which represents the pure, unconditional love of Divinity. It is the energy center of benevolence and compassion.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired throughout the day.*
- **Inhalation:** Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as desired.*
- **Misting:** Mix 10 to 12 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before use. Close your eyes and mist into the environment as desired.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results.*

topical

- **Massage:** Add 5 to 6 drops to 1 tablespoon of carrier or massage oil and massage as desired. Increase proportions if desired for a full body massage.*
- **Perfume/Cologne:** Apply 1 to 2 drops to pulse points and/or on the heart. To open the heart and support emotional balance, apply 2 to 3 drops to heart chakra and/ or 2 to 3 drops on the soles of the feet.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

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Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

ingredients

Commiphora myrrha (Myrrh), *Rosa damascena* (Rose), *Pelargonium graveolens* (Rose Geranium), *Cananga odorata* (Ylang Ylang Complete), *Lavandula angustifolia* (Lavender Vera), *Citrus reticulata* (Red Mandarin), *Cymbopogon martinii* (Palmarosa), *Jasminum grandiflorum* (Jasmine), *Cocos nucifera* (Fractionated Coconut)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Non-toxic, non-irritant, non-sensitizing.
- 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.

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