

Dream Weaver

inspiring blend 10ml

This mind-enhancing blend is formulated to support the expansion of the sixth (third eye) Chakra, the center of imagination and intuition.*

When life experiences have stifled our dreams, this blend aids our ability to create a positive vision for the future. Supportive to inner wisdom and foresight.*

Dream Weaver energizes the creative process, inspires abstract thinking, and aids us in bringing dreams into reality.*

Its intoxicating aroma can assist in transforming apathy and hopelessness into productive energy, thereby providing forward sight into a future of our own desire and making.*

ingredient highlights

- **Neroli:** Can assist with reducing stress, anxiety, and anxiety-induced depression. When inhaled, Neroli may help the brain release serotonin and reduce levels of the "stress hormone", cortisol.*
- **Tanacetum Annum:** Also known as Blue Tansy, Tanacetum oil can help with depression, anxiety, and optimism. It can help release anger and allow for more flow in one's life.*
- **Jasmine:** Known for its ability to put people in the mood for love, Jasmine is a sedative that calms the mind, body, and soul. It brings out positive, constructive emotions which may help with stress, anger, depression.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for up to 15 minutes per hour throughout the day as desired.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale as needed and/or before bed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue spray bottle. Shake well before using. Close your eyes and mist around your body during meditation or whenever you feel the need for a creative boost.*

bath

- **Bath:** Mix 10 to 12 drops in ½ cup Pink Himalayan or Dead Sea salt and add to a warm tub of water. A nightly practice of bathing with Dream Weaver can expand the dream-state and creative nature in general.*

topical

- **Massage:** Add 5 to 10 drops to 1 tablespoon of carrier or massage oil and massage into skin using a clockwise motion.*
- **Reflexology:** Apply 1 drop to the third eye to enhance meditation or expand your vision of the future.*
- **Perfume/Cologne:** Apply 1 to 2 drops on pulse points as a daily fragrance to replace chemical-laden perfumes.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*

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application methods

Aromatic • Bath • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

ingredients

Citrus aurantium var. amara (Neroli), Tanacetum annuum (Tanacetum Annum), Citrus sinensis (Sweet Orange), Cymbopogon martinii (Palmarosa), Dalbergia maritima (Rosewood), Simmondsia chinensis (Jojoba), Jasminum grandiflorum (Jasmine), Inula helenium (Inula), Canarium luzonicum (Elemi), Salvia sclarea (Clary Sage), Cistus ladanifer (Cistus), Picea mariana (Black Spruce), Citrus bergamia (Bergamot)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Not for use during pregnancy.
- 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.*