

E-Motion

encouraging blend 10ml

E-Motion, short for "Energy In Motion" was created to support the third (solar plexus) 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.*

When confronted with negative or challenging situations, E-Motion can support and empower a sense of strength in the face of opposition, aiding us in recognizing the powerful life lessons therein.*

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

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 10 minutes per hour throughout the day as needed.*
- **Inhalation:** Apply 2 drops to a tissue, cotton ball, or palms of the hands and inhale to help bring relief in times of high stress and emotional overwhelm.*
- **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 around your body as needed.*

bath

- **Bath:** Mix 8 to 10 drops into ½ cup Pink Himalayan or Dead Sea bath salts and dissolve into warm water for an uplifting, emotionally strengthening bath.*

topical

- **Massage:** Add 8 to 10 drops per 1 tablespoon of carrier oil or lotion for foot rubs or localized massage.*
- **Reflexology:** Apply 3 to 4 drops as desired to solar plexus region of the body or on solar plexus reflex points of feet.*
- **Perfume/Cologne:** Apply 1 to 2 drops on pulse points as a replacement for 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

Chamaemelum nobile (Roman Chamomile), *Thymus vulgaris ct. thymol* (Thyme ct. Thymol), *Melaleuca alternifolia* (Tea Tree), *Cymbopogon flexuosus* (Lemongrass), *Juniperus communis* (Juniper Berry), *Simmondsia chinensis* (Jojoba), *Laurus nobilis* (Bay Laurel)

responsible cautions

- Not recommended for use in children under 10 years of age.
- 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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