

Grief Relief

comforting blend 10ml

Sooner or later, everyone's life is touched by loss, the loss of a loved one, an important relationship, a valued job or some other event that causes us to fall into a state of grief.*

If we are not able to keep our heart open and process that grief it will stay with us for a very long time, maybe even the rest of our life. When this happens, we recall the incident and feel all the pain as if it were happening today.*

Grief Relief blend allows the heart center to stay open and process through the pain to allow real healing to take place. The Bergamot Essential Oil in the blend resonates with the heart and acts as a soothing balm, allowing healing to gently take place, without the deep cathartic experience that many associate with emotional healing.*

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:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed when feeling overwhelmed by feelings of grief.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before using. Misting around yourself or into a room creates an uplifting and heart-soothing atmosphere and brings a feeling of being loved and cared for.*

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:** Apply 1 to 2 drops over the heart chakra to allow the heart center to stay open and to provide comfort and support to the heart.*

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

Citrus bergamia (Bergamot), Cedrus atlantica (Cedarwood Atlas), Salvia sclarea (Clary Sage), Rosa damascena (Rose), Nardostachys jatamansi (Spikenard), Simmondsia chinensis (Jojoba)

responsible cautions

- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs.
- Due to the amount of Bergamot in this blend and its high photosensitivity, it is best to avoid direct sun exposure to any areas where this blend has been applied for at least 24 hours.
- 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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