

# Healer's Heart

comforting blend 10ml

This proprietary blend is formulated specifically to support caregivers of any nature, whether it be moms of little ones, those caring for aging parents, loved ones caring for special needs family members, or healthcare and wellness practitioners.\*

Healer's Heart is a valuable energetic support to anyone who is involved in the care and nurturing of others, whether it be physical, emotional, or spiritual in nature.\*

Healer's Heart blend connected the heart chakra with the high heart chakra, helping to expand the caregiver's own innate intuitive abilities, thereby enhancing their facilitative abilities. This synergistic blend also provides protection from "taking in" any negative energies from those who are being cared for.\*

## ingredient highlights

- **Sandalwood:** Used for centuries in aromatherapy and meditation for its calming and grounding properties, Sandalwood can help calm emotions, relieve stress and anxiety, and promote a sense of peace and clarity.\*
- **Spikenard:** Creates space and encourages peace through surrender and acceptance. From a spiritual aspect, Spikenard is believed to inspire devotion and add to inner peace.\*
- **Frankincense:** Well known for its ability to improve mood and emotional well-being, Frankincense can also enhance focus and help us disconnect from unpleasant thoughts and mental chatter. Spiritually, it is believed to cleanse energies, uplift the mood, and promote inner peace and balance.\*

## 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.\*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before using. Mist throughout living areas, or for practitioners, in treatment rooms or other areas where client interaction occurs.\*

### 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.\*
- **Massage:** Place 1 to 2 drops on the breastbone and gently massage upward toward the thymus.\*

### 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

*Santalum album (Sandalwood), Nardostachys jatamansi (Spikenard), Boswellia carteri (Frankincense), Simmondsia chinensis (Jojoba), Cupressus sempervirens (Cypress), Canarium luzonicum (Elemi), Cedrus atlantica (Cedarwood Atlas)*

## responsible cautions

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