

I Think

chakra blend 10ml

The Solar Plexus Chakra is where we develop our positive ego. This allows us to go out into the world as an independent, confident, and worthy being ready to accomplish whatever is ours to do in this lifetime. Having a positive ego gives us the ability to be an independent being who can be in relationship or partnership with others while still being independent and not becoming co-dependent.*

The skills we build at the Sacral Chakra, to have empathy and compassion and how to be interdependent within a relationship, will guide our ego development here.*

The Solar Plexus Chakra is known as our center of will, because this is from where our ability to act on our own behalf stems. A good sense of our own will and the power it gives us helps us to be assertive in our own life without being under the will of someone else, and to not abuse our power by having to assert our will over others. To succeed in life, we need to have a strong will to put our plans into action. The Solar Plexus Chakra is also the center of our logical left-brained thinking. It is here that we learn to analyze, make plans, and be open to change when it is necessary.*

At the Solar Plexus we not only make plans, but we develop the will to bring them into the material world.*

USES

aromatic

- **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 use. Mist around the upper abdominal area, front and back, when feeling unsure of yourself, lacking the will to take action, or when in need of left-brain support for activities like studying, planning, or other times when focus is desired. May also be used when experiencing issues that stem from your inability to take appropriate action.*

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. Bathing in I Think will strengthen the Solar Plexus Chakra, helping us realize our own power and how that power can be used to move us forward.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Massage:** Apply 1 to 3 drops of I think to the Solar Plexus Chakra area between the navel and breastbone and on the spine at the mid back directly across from the Solar Plexus application point in front.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).

goDesana

Product Information Page



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

Laurus nobilis (Bay Laurel), Cymbopogon flexuosus (Lemongrass), Citrus aurantium bergamia (Bergamot), Thymus vulgaris ct thymol (Thyme ct Thymol), Picea mariana (Black Spruce), Juniperus communis (Juniper Berry), Melaleuca alternifolia (Tea Tree), Abies sibirica (Siberian Fir), Pinus pinaster (Ocean Pine), Citrus aurantiifolia (Lime), Chamaemelum nobile (Roman Chamomile), Cocos nucifera (Fractionated Coconut)

responsible cautions

- 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.*