

# Surrender

female hormone balance blend 10ml

Surrender is a female hormone supportive blend especially useful for women during childbirth. It is primarily for women, at any stage of life, and can assist with surrendering to all things womanly.\*

Surrender can help women get in tune with their emotions and also helps balance hormones at the emotional level so they are more stable. During pregnancy and childbirth, Surrender helps release any fear surrounding labor, delivery, and becoming a mom. It can assist women with all challenges and help them to become more self-accepting.\*

Many women operate daily in a state of low anxiety or worry, also called generalized anxiety, that may blossom into full-blown panic attacks, phobias, or anxiety disorders during times of psychological stress or biological change like menopause. From the time a female reaches puberty until about the age of 50, she is twice as likely as a man to have an anxiety disorder. This can be attributed, in part, to differences in brain chemistry. In women, the brain system responsible for the "fight or flight" response is activated more readily than in men, and stays activated longer due in part as a result of the action of estrogen and progesterone.\*

## uses

### aromatic

- **Inhalation:** Inhale 1 to 2 drops directly from a tissue, cotton ball, or the palms of the hands as needed for hot flashes, insomnia, mood enhancement, and aphrodisiac effects.\*

### 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 to help balance hormones and to relieve pain and muscle aches brought on by menstruation. The incredible fragrance can also lift depression and soothe the nerves. Take a bath before bed to take advantage of Surrender's aphrodisiac benefits.\*

### topical

- **Compression:** For compression, mix with 2 quarts of hot or cold water, soak a towel in the water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.\*
- **Reflexology:** Apply 1 to 2 drops on the foot reflex points for the reproductive organs, gently stimulate the points as you massage in the oil.\*

### 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 2<sup>nd</sup> trimester at 3% dilution(15 drops/1 ounce).\*

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## 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 2<sup>nd</sup> trimester.

## ingredients

*Salvia sclarea (Clary Sage), Lavandula angustifolia (Lavender Vera), Jasminum grandiflorum (Jasmine), Cocos nucifera (Fractionated Coconut)*

## responsible cautions

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

*\*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.*