

Transform

uplifting blend 10ml

Transform is spiritually energizing and supportive. It assists with the release of emotional patterning or traumatic experiences that are stored on a cellular level in our limbic system.*

This blend gives us the needed push and courage to let go and release old beliefs and open ourselves to new beliefs, allowing us to make needed adjustments during times of change.*

In times of change, fearing the unknown territory of transformation, we may choose to remain in our all-too-familiar state of suffering. Transform supports and moves us to open up to our own personal transformation and changes, particularly in areas where we know changes need to be made yet we are hesitant to take action.*

This blend acts as a catalyst to move us into taking the positive actions necessary to create the life we've only dreamed of.*

uses

aromatic

- **Diffuser:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser in 15 minute intervals throughout the day.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well before using. Close your eyes and mist around your body to create a relaxing, balancing environment.

bath

- **Bath:** Add 12 to 15 drops to ½ cup of Pink Himalayan or Dead Sea salts and dissolve in warm water for a relaxing, transformational bath.*

topical

- **Massage:** Apply 1 to 2 drop to the solar plexus to support your willpower.*
- **Perfume/Cologne:** For a safe, healthier alternative to synthetic fragrances, apply 2 to 4 drops on pulse points behind the ears, at the base of the throat, on the wrists, inside the elbows, and behind the knees.*

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

Salvia officinalis (Sage), Abies balsamea (Balsam Fir), Picea mariana (Black Spruce), Canarium luzonicum (Elemi), Salvia sclarea (Clary Sage), Inula helenium (Inula), Cistus ladanifer (Rockrose), Pogostemon cablin (Patchouli), Nardostachys jatamansi (Spikenard), Lavandula angustifolia (Lavender Vera), Cananga odorata (Ylang Ylang Complete), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Pelargonium graveolens (Rose Geranium)

responsible cautions

- Dilution not required, but may be done in cases on individual sensitivity.
- 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.*