



Well Balanced Essential Oil Blend

DESCRIPTION: A grounding blend that is woody and deep. Diffuse it to encourage feelings of stability and balance.

TOP AROMATHERAPY BENEFITS: grounding • balance • harmony

AROMA: Woody & Deep

INGREDIENTS: Caprylic/capric triglyceride, juniperus communis fruit oil, picea mariana branch/leaf oil, abies sibirica oil, cinnamomum camphora (camphor) oil, boswallia carterii oil, chamomilla recutita (matricaria) flower oil

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for an balancing and grounding aromatherapy experience.

Air Freshener

Add a few drops to a spray bottle filled with distilled water, shake well and spritz.

Feel Balanced

Diffuse or dilute and use topically when you need a pick me up to encourage stability and harmony.

Clear the Air

Diffuse to encourage mindful breathing.

Use Before Bed

Add 1-2 drops to carrier oil and apply to feet to promote calming feelings.

Gentle Massage

Combine with peppermint and a carrier oil and rub on sore muscles and joints.

Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

Add to Bath

Add a few drops to a warm bath for a grounding bath.

Cleanse Body Odors

Add a few drops to a warm bath for a odor-cleansing soak.

Wood Polish

Combine 10 drops essential oil with 1/4 cup olive oil and 1/4 cup vinegar in a spray bottle for DIY furniture and floor polish.

Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10-15 drops Well Balanced oil to a spray bottle.

EXPERTLY BLENDED

Well Balanced is specially designed by our aromatherapy experts with the following oils:



Balsam Fir



Chamomile



Fir Needle



Frankincense



Juniper Berry



Spruce

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 1 ratio with carrier oil to use topically.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.