

# LOVE!

WE'VE  
SPOILED

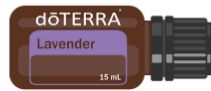
Love and the connection between body & mind.

love  
is in the air



2 drops of **Rose**  
for unconditional love  
3 drops of **Lavender**  
for relaxation and balance  
2 drops of **Bergamot**  
for uplifting your spirits

## Calm and comfort



There's nothing quite like the soothing power of **Lavender** to bring a sense of calm and emotional balance into your day.

Here's why we love it:

- Relaxing:** Lavender promotes relaxation and stress relief. Perfect for unwinding after a long day.
- Soothing:** It helps calm the mind and body, creating a peaceful environment.
- Versatile:** From diffusing to adding a drop on your pillow, Lavender can be your go-to for instant tranquility.

## THE POWER of Self-Love

Self-love is the foundation for emotional well-being and healthy relationships. Taking time to care for yourself isn't selfish - it's essential for your heart and mind.



### Frankincense:

Known for its grounding and calming properties, it helps promote emotional healing and clarity.

### Clary Sage:

Supports emotional balance and confidence, helping you embrace your true self.

## Bath Soak



Recipe:

- 1 cup Epsom salt
- 5 drops Northern Escape™
- 5 drops Tangerine
- 2 tablespoons baking soda

This bath soak will leave you feeling refreshed, relaxed, and ready to take on the world with a renewed sense of calm.

## TIPS FOR IMPROVING

## Emotional Health



### Deep Breathing

Take a few deep breaths throughout the day. Add Sandalwood essential oil to enhance relaxation and calm your mind.

### Meditation with Essential Oils

Use Anchor® during meditation to feel grounded and centered.

### Create a Self-Care Routine

Set aside a few minutes each day for reflection, journaling, or simply using calming oils like Sandalwood.

## Heart Center Roll-On



10 drops **Arise®**  
5 drops **Blue Tansy**  
Fractionated coconut oil  
to fill the roller bottle

## Loving Touch massage oil



4 drops **Cypress**  
3 drops **Jasmine**  
2 tablespoons  
fractionated coconut oil

## Heartwarming DIFFUSER BLEND



3 drops **Bergamot**  
2 drops **Rosemary**  
2 drops **Cedarwood**