LeExhilaration

Strengthens and stabilizes emotions; for use in situations which previously have appeared hopeless and discouraging; use to help release emotional blocks and let go of negative feelings.

Ingredients: Melissa Blend, Helichrysum, Clary Sage, Cedarwood, Rosewood, Ginger, Neroli, Sandalwood, Patchouli, Jasmine

Affinity for: nervous system; emotional balance

Aromatic Considerations: improvement of attitude; maintaining confidence and courage

Application: Apply on wrists, temples, heart chakra, forehead; add to the bath; or use as perfume or cologne.

Resonance: physical and emotional

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