

sincerity blends hope to inspire moments of reflection, insight, & strengthen emotional wellness.

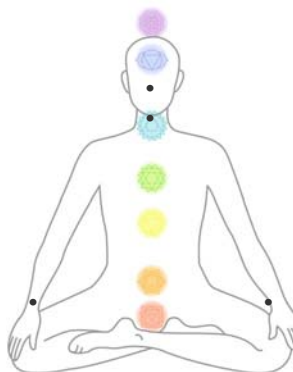
INSTRUCTIONS: Settle into a comfortable position. Use appropriate blend technique. Take 3 deep & slow breaths repeating the provided affirmation or use your own inspiring words. When thoughts wander, focus on your breath & sense what your body & soul is communicating. Enjoy the sincerity of the moment.

H2O MIST BLEND

Close eyes. Spray on areas (•) indicated (refreshing & safe for face) or mist room 7-9 times.

MASSAGE OIL BLEND

Apply 1 drop on index finger. In a circular motion, gently massage touch points (•) indicated.



PLEASE BE MINDFUL OF NATURE'S POTENCY. Test patch recommended for those with skin sensitivities. Use drops of pure vegetable oil as a diluting agent (NEVER USE WATER) if direct contact with the essential oil concentrate occurs. If contact with eyes or mucus membranes call your doctor. If you have ANY medical condition or are pregnant or nursing, use oils under the guidance of a qualified practitioner and inform your family physician. Do not ingest. Keep away from children. Store in a cool dark place. Relax, Enjoy, & Appreciate.