



# The Intuitive Connection

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## Oil Spotlight: Citrus Bliss



Experience the joy of an orange dreamsicle popsicle in the form of an essential oil. This blend combines the benefits of seven citrus essential oils that come together to create a harmonious blend called Citrus Bliss. This invigorating blend of Wild Orange, Lemon, Grapefruit, Bergamot, Red Mandarin, Green Mandarin, Lime, Litsea, plus Tonka Bean and Vanilla Absolute is pure joy in a bottle.

Citrus Bliss can be used aromatically and topically, and can be applied neat (dilution is only needed if you have super sensitive skin). One note of caution is that citrus oils can cause photosensitivity (aka a sunburn), so you should avoid sunlight or UV rays for 12 hours to the areas where the oil was applied directly.

Citrus Bliss is an energizing blend with a positive and refreshing effect on mood and emotions. When diffused, it reduces feelings of restlessness and irritability, while helping create an upbeat atmosphere. In addition, Citrus Bliss is rich in limonene which has potent cleaning properties and, when mixed with water, makes a powerful surface cleanser.

- ◆ **Aromatic Usage Ideas:** Use 3-4 drops in a diffuser of choice to create an uplifting, invigorating atmosphere. Add 1-2 drops to a diffuser bracelet or necklace to help reduce stress and positively affect mood, whether you're overwhelmed by negative emotions, run down by work deadlines, or just having an off-day. Add 1-2 drops to a car diffuser (or cottonball placed on the car air vents) and give yourself a pick-me-up, while purifying the air in your car.
- ◆ **Topical Usage Ideas:** Put 1 drop on your wrist, and then rub your wrists together, for a non toxic and bright personal aroma. Apply 1-2 drops to the bottoms of your feet in the morning to help prepare you for the day by invigorating your mood.
- ◆ **Household Usage Ideas:** Add 2-3 drops to a dryer sheet (or dryer balls) to give your clothes a refreshing, sweet scent. Add a few drops of Citrus Bliss to a damp rag or cloth before wiping down surfaces in your bathroom or kitchen. Not only will it leave your surfaces refreshed, but it is great at removing grease and grime. Make a deodorizing spray by combining 1 oz witch hazel (should contain alcohol), 20 drops Citrus Bliss, and 1 oz distilled water in a 2 oz glass spray bottle. Shake well and spray to refresh your linens, hampers, closets, yoga mat, or your kids rooms to remove the "funk" and refresh the item/area.

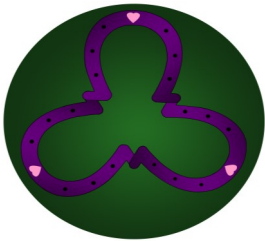
If you'd like more information about Citrus Bliss, please contact me by email at [contact@trinityhealingconnection.com](mailto:contact@trinityhealingconnection.com) or come visit my Trinity Healing Connection store located at 8260 E. Plum Creek Way, Prescott Valley, AZ to check out the wonderful scent yourself.



Check out our alpaca inspired lip balm flavor of the month featuring Peach Bellini!

*“Once you meet her, you’ll go bananas and fall for her berry sweet charm!”*

## *Strawberry Banana*



*Trinity Healing*

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*For your convenience, services can be scheduled  
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### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Cindy Holt, Holt Holistic Healing**

Medical Intuitive, Emotional Release Healing, Energy Healing

Website: [www.holtholistichealing.com](http://www.holtholistichealing.com)

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