



The Intuitive Connection

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Oil Spotlight: Balance



Need to find your balance after the holidays? Balance (aka Grounding Blend) is a great way to bring back tranquility and peace to your life. This blend synergistically combines Spruce Leaf, Ho Wood Leaf, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus Flower Extract in a base of Fractionated Coconut Oil. It's sweet, woody aroma is formulated to create a calm, relaxing atmosphere, bringing body, mind and spirit back into Balance.

Spruce Leaf: Clinical research shows that inhaling this oil promotes feelings of calm and relaxation.

Ho Wood Leaf: Rich in the chemical component Linalool, which is known for its calming properties, promotes relaxation when inhaled.

Frankincense: A great source of alpha-pinene, which helps to provide a soothing, balanced experience whether diffused or applied topically.

Blue Tansy: Due to its high content of Chamazulene, it has a relaxing and calming effect on anxiety and stress.

Blue Chamomile: Valued for its calming effect when used aromatically.

Osmanthus: Has been shown in clinical research to reduce feelings of stress when inhaled.

Usage Ideas: (Balance can used topically or aromatically)

1. Diffuse while meditating or practicing yoga to create a calm, quiet environment conducive to ground and focus emotions.
2. Apply 1-2 drops to the bottoms of your feet to start your day off right and help keep you grounded throughout the day (my personal favorite).
3. Diffuse during road trips to create a calm, soothing environment.
4. Diffuse (or apply to pulse points) when feeling overwhelmed or anxious.
5. For a quick grounding pick-me-up, apply 1-2 drops in hands, rub together, cup hands, and breathe in deeply.
6. Apply 1-2 drops to the bottom of your feet just before bedtime to unwind and promote relaxation.
7. Add a few drops to your bathwater for a calming, soothing soak.
8. Apply 1-2 drops to pulse points before stressful events, meetings, or other activities to promote feeling calm, and grounded.

If you'd like more information about Balance, please contact me by email at contact@trinityhealingconnection.com. If you'd like to purchase the product, visit my Trinity Healing Connection store at <https://www.trinityhealingconnection.com/product-page/doterra-blends>.

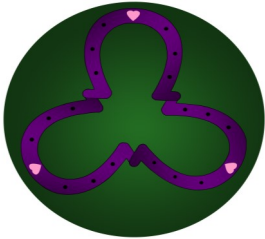


Alpaca inspired lip balm
flavor of the month inspired by:

Liam

Peppermint Mocha

(Infused with the flavors of coffee, chocolate,
cream, and peppermint)



Trinity Healing

STACEY
FERRELL

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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

Email: info@anneangelheart.com

530-755-4767

Cindy Holt, Holt Holistic Healing

Medical Intuitive, Emotional Release Healing, Energy Healing

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