

# Grounding

Grounding™ is a relaxing and balancing blend of essential oils that provides a stabilizing influence. Emotional chaos can lead to poor decisions. Grounding helps you cope with reality in a positive manner.

## Single Oils:

Juniper – may help encourage feelings of health and peace.

Angelica – may help one release and let go of negative feelings.

Ylang Ylang – balancing

Cedarwood – may help to open the pineal gland

Pine – grounding, may help open the respiratory system, may help improve circulation throughout the lungs, It helps soothe mental stress, and relieves anxiety.

Spruce – grounds the body, may help to improve oxygenation.

Fir – grounding

**Aromatic Benefits:** grounding, balancing

**Body Systems:** Emotional

**Emotional Uses:** abuse, anger, emotion balance, depression, despair, disappointment, feeling overwhelmed, rejection, shock, transitions/changes

**Application:** Apply to the back of neck, temples, or bottom of the feet.

**Safety Data:** Possible skin irritant, Avoid if pregnant.



*For educational purposes only. This information is not intended to diagnose, treat, or cure any disease.*