LeAssurance

Especially suited when there is a need to overcome feelings of fear, procrastination or apathy and get oneself back to the task at hand or back to life in general; help in sorting out the reasons for the feelings of fear and reluctance that we sometimes have about achieving our goals and ambitions.

Ingredients: Spruce, Frankincense, Roman Chamomile, Lavender, Ylang

Affinity for: nervous system; the emotional realm\

Aromatic Considerations: Diffuse or wear as perfume (for yourself and others around you) to create feelings of confidence and assurance and desire to accomplish the tasks and goals at hand.

Application: Apply to the chest or nape of the neck to stimulate the mind; to the solar plexus, sternum, feet (top of big toe and K1 acupressure points), navel, wrist and palms of the hands.

Resonance: emotional, spiritual

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