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A favorite among massage/energy therapists because it strengthens one's own energy boundaries; effective after an illness or all the time if you are 'energy sensitive' and easily drained by people and situations; often useful with tension headaches and high blood pressure where picking up on the energies of others is a factor; affects our connection to others on many levels

Ingrediants: Myrrh, Angelica, Rosewood, Sandalwood, Rose, Spruce, Ylang Ylang, Geranium, Hyssop, Melissa, Lemon

Affinity for: energy system; emotional balance; throat and crown chakras

Aromatic Considerations: Aroma can increase integrity of auric field, strengthening our personal energy shield; can also be useful in times of deep thought or meditation; for feelings of loneliness - profoundly affects our connection to other people

Application: Place on shoulders or thymus area as a protective shield.

Resonance: physical and spiritual

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