LeGrateful Heart

Promotes feelings of gratitude for all that we have and all that others do for us. Dissatisfaction and discontent are particularly destructive to the nervous and immune systems - provides support and healing for these areas; helps us achieve relaxation of mind and body; seems to help with hypoglycemia.
Ingredients: Coriander, Pine, Frankincense, Myrrh, Rosewood, Geranium, Melissa Blend, Ylang Ylang
Affinity for: nervous system, immune system, muscles, bones, emotional balance
Aromatic Considerations: relaxing, uplifting, tender feelings of benevolence, empathy and tolerance**Application:** Apply over the heart, forehead, temples; diffuse; wear as perfume or cologne.
Resonance: emotional, spiritual, physical

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