## [Le]Letting Go

Excellent for release of anger and frustration; letting go of negative emotions to the cellular level; self-acceptance and self-forgiveness; depression and despair; rebellious spirit in teens and others; aids colon, kidneys and gall-bladder by helping us release the past and let go of resentment.

**Ingredients:** Geranium, Lemon, Ylang Ylang, Lavender, Sandalwood, Blue Tansy

**Affinity for:** digestive system; urinary tract; emotions

**Aromatic Considerations:** Create feelings of tolerance of the faults & foibles of the human race; feelings of trust

**Application:** Apply over the liver directly or on the bottom of the feet or behind the ears. Nice in the bath for relaxing

**Resonance**: physical and emotional


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