Palmarosa

Palmarosa helps us to embrace change and let go, particularly of insecurities within ourselves. Clears the way so we can let go and let God. Palmarosa can help us enjoy being versatile and adaptable as we move through the changes that life always brings. This strength within oneself reduces stress and tension and eliminates the sort of nervous exhaustion that resisting life creates. Used in many skin care regiments. Stimulates new cell growth, making it an effective oil in the treatment of scarring from acne or injury.

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