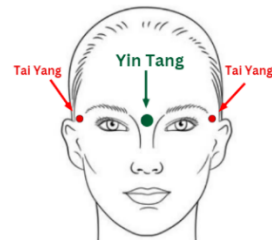
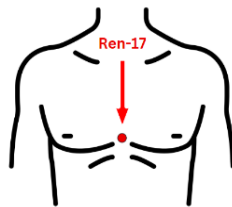
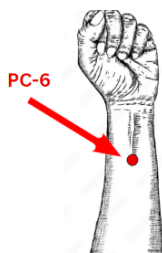


Stress & Anxiety Blend

*Oils & benefits:

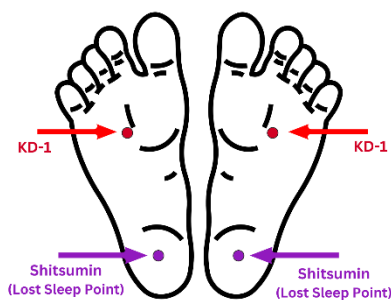
- **Orange:** Can be effective in reducing stress levels and anxiety and is known to have a calming effect on the body's nervous system.
- **Clary Sage:** Is known to have sedative like abilities which can induce feelings of relaxation, clarity and calmness with alleviating dizziness and irritability. Also known as a natural anti-depressant by acting as an anti-stressor, and a is also known as a very grounding essence.
- **Ylang-Ylang:** Can assist in alleviating anxiety and can also help lower blood pressure in some people through its relaxing properties. Can help reduce stress on exerted nerves, balancing blood pressure levels and can help stabilize heart rate.
- **Rosemary:** Can help lower levels of stress hormone cortisol in your blood. High levels of cortisol levels are caused by stress, anxiety or any thought or event that puts your body in "fight-or-flight" mode. Also known to have a calming effect on mood and memory pain.
- **Lavender:** Is known to help reduce stress and create relaxation through the limbic system, especially the amygdala and hippocampus. Can be effective in relieving anticipatory anxiety.
- **Cedarwood:** Grounding, relaxing the body, decrease hyperactivity, reduce stress, ease tension.
- **Vetiver:** Can soothe and calm anxiousness, can also help a tired and/or stressed brain feel more alert. Can help with emotional stress, trauma feelings and anxiety. Known to have a very "grounding" scent.
- **Carrier Oil:** Pure Organic Fractionated Coconut oil

Examples of meridian/acupressure points for these oils for stress/anxiety:

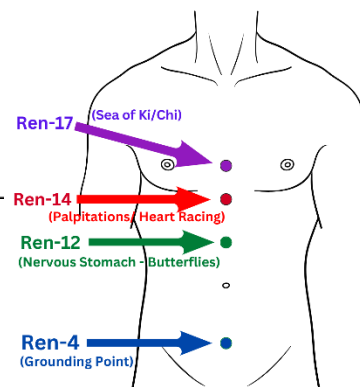


NOTE:

Severe Anxiety/Panic Attacks – Use these foot points



Chest tension/digestive symptoms – Use these chest & stomach points.



Caution: When applying oils to the face/head area, use extreme caution around eyes, not to get oils into eyes or any open wounds, as it can burn or cause discomfort. Wash hands after application to prevent accidentally rubbing eyes etc. Please consult your physician for personalized medical advice. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition/concerns

**NOTE: Oil benefits noted above are examples of benefits from the book "Essential Oils Desk Reference", by David Stewart and other various online sources*