

For a balanced life, try the Emotional Kit

A GOOD NIGHT'S SLEEP – TRY THIS

As you get into bed – smell the following oils and forgive yourself



FORGIVE

Will help unblock your past. Maybe circumstances in your life that have upset you. Relationship break downs or family turmoil, grief and sorrow



CONSOLE

This oil will help console you



PEACE

Helping you have a peaceful nights sleep

First thing in the morning, smell the following oils



MOTIVATE

This will get you motivate to enjoy the day and get moving



CHEER

Will cheer you up bringing



PASSION

Passion back in to your life

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