

Vetiver, Orange, Cocoa

Description

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Aromatherapy sprays are not meant to be directly applied onto the skin. This spray can be used in the shower as a delightful steam, used as a room spray, a light perfume, or on linens. Some people even like to carry it in their bag to spray during the day for a quick pick-me-up.

This Vetiver based aromatherapy is very grounding. Within the first breath you feel the energy in your head move to your feet and root you. Orange energizes you to improve focus. Bai Zi Ren is a Chinese herb which helps to lessen irritability, and is directed to the Pineal gland which some consider our Third Eye. The Cocoa is just plain delicious.

Always shake well. Use 4 days on 3 days off each week for best results.

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