

Sacred Mountain Essential Oil Blend

Young Living Therapeutic Grade Essential Oil



Mountain aromas instill strength, empowerment, grounding, and protection with the spiritual feeling of being in a sacred environment.

Ingredients

Spruce

Opens and releases emotional blocks, fostering a sense of balance and grounding. Traditionally, it was believed to possess the frequency of prosperity.

Ylang Ylang

Increases relaxation, balances male and female energies, and restores confidence and equilibrium.

Idaho Balsam Fir

Has been researched for its ability to kill airborne germs and bacteria. As a conifer oil, it creates a feeling of grounding, anchoring, and empowering.

Cedarwood

Is high in sesquiterpenes, which stimulate the limbic part of the brain, the center of emotions and memory. It stimulates the pineal gland, which releases melatonin, thereby improving thoughts, cognition, and memory. Cedarwood is very stabilizing and grounding.

Applications

- Dilute 1 part essential oil to 1 part V-6 Vegetable Oil Complex (YL).
- Diffuse, directly inhale, or add 2-4 drops to bath water.
- Apply to crown of head, back of neck, behind ears, and on thymus and wrists.
- Dilute 1:15 with vegetable oil for body massage.
- Put 4-8 drops on cotton balls or tissues and put in or on vents.
- Add 2 drops to a wet cloth and put in clothes dryer.
- Caution: Possible skin sensitivity.