

CLEAR MIND

Mental Clarity Roll-On

Clarity changes everything.

Clear Mind is the blend we reach for when thoughts feel crowded and focus feels far away.

Some days the mind becomes full -

too many ideas,
too many decisions,
too much noise.

Clear Mind helps create space again.

Bright citrus lifts the atmosphere while focused herbal oils help steady the mind. The result is a blend that refreshes attention, sharpens thinking, and encourages calm clarity.

Not stimulation.
Not pressure.

Just a clearer head and a steadier mind.

THE DAILY PRACTICE

Before beginning focused work or planning the day...

- Roll onto temples or back of neck.
- Take one slow breath in.
- Exhale longer.

Let the mind settle.



THE BLEND

Lemon • Rosemary
Peppermint • Basil • Frankincense

Bright citrus awakens the senses while herbal oils support focus and grounded clarity.

Aroma that feels like:

- fresh air for the mind
- focus returning
- the moment when everything clicks again

WHAT IT SUPPORTS

Clear thinking changes how we move through the day.

When the mind feels clear, decisions become easier. Focus returns. Energy moves in the right direction.

Clear Mind supports that shift.

It helps lift mental fog, quiet scattered thoughts, and encourage a calm, alert state where focus can return naturally.

This is clarity the natural way:

Focused.
Steady.
Balanced.

TRADITIONAL AROMATHERAPY USES

The essential oils in Clear Mind have been traditionally used to support:

- Mental clarity and focus
- Decision making
- Calm concentration
- Emotional reset during overwhelm
- A refreshed sense of direction

Clear Mind does not push the brain harder. It simply helps clear the space where thinking becomes easier again.

HOW WE USE CLEAR MIND

Morning Focus

- Apply to temples, wrists, or back of neck when beginning the day.

Work or Study

- Use during periods of concentration or planning.

Mental Reset

- Apply when the mind feels overwhelmed or scattered.

Before Important Conversations

- Roll onto wrists and inhale slowly to steady the mind and speak clearly.

Daily Ritual

- Use as part of a daily focus practice to begin work with clarity.
- When the mind clears, the next step appears.

SAFETY GROUP 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

RESPONSIBLE USE

- For external use only.
- Keep out of reach of children and pets.
- Avoid contact with eyes.
- Discontinue use if irritation occurs.
- Store away from sunlight at room temperature with the lid securely tightened.

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