

E-MOTION

Encouraging Blend

Movement changes everything.

When the body begins to move,
energy moves with it.

Thoughts clear.
Confidence returns.
Momentum begins to build.

E-Motion was created to support this shift.

Its uplifting aroma encourages emotional balance, clarity, and
the confidence to take action when life feels stuck or uncertain.

In the natural world, spring arrives with motion.

The ground warms.
The wind moves through new leaves.
Life begins again.

This blend carries that same encouraging energy.

It supports the moment when hesitation softens and forward
movement becomes possible.

Sometimes all we need is a little encouragement to put energy
back into motion.

SIMPLE DAILY RITUAL

- Diffuse or inhale the aroma.
- Pause.
- Take one slow breath in.
- Then one longer breath out.
- Let your shoulders relax.

Whisper:

I am steady. I can begin again.



AROMATIC PROFILE

Roman Chamomile • Thyme • Tea Tree
Lemongrass • Juniper Berry • Bay Laurel

Fresh. Herbal. Bright. Uplifting.

Energizing yet balanced, combining refreshing
herbal oils with grounding notes that help
maintain emotional steadiness.

It feels like:

- Renewed motivation
- Emotional lift
- The moment before the 1st step forward

APRIL DAILY PAUSE

April is the courage to begin again.

Fear softens.
The air clears.
And life begins to move forward.

E-Motion supports the moment when hesitation turns
into action.

Its aroma encourages confidence, emotional strength,
and the motivation to take the next step.

Not rushed.
Not forced.

Simply moving forward
with renewed energy.

TRADITIONAL AROMATHERAPY USES

The essential oils in E-Motion have been traditionally used to support:

- Emotional balance
- Mental clarity
- Uplifting mood
- Confidence and motivation
- Overcoming feelings of stagnation
- Renewed personal energy

This blend can be especially helpful during times when motivation feels low or when new action is needed.

WAYS TO USE E-MOTION

Diffusion

- Diffuse during the day when you need encouragement, mental clarity, or emotional lift.
- Ideal during planning, creative work, or decision-making.

Inhalation

- Place a drop on a tissue or inhale from the bottle when you feel overwhelmed or mentally stuck.

Bath

- Add 8–10 drops to bath salts and dissolve into warm bath water for a calming yet uplifting soak.

Massage

- Dilute with carrier oil and massage into the upper abdomen or shoulders to support emotional steadiness and motivation.

Reflexology

- Apply diluted oil to the solar plexus area or reflex points on the feet for emotional support and encouragement.

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

- Keep out of reach of children and pets.
- If pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight at room temperature with the lid securely tightened.

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