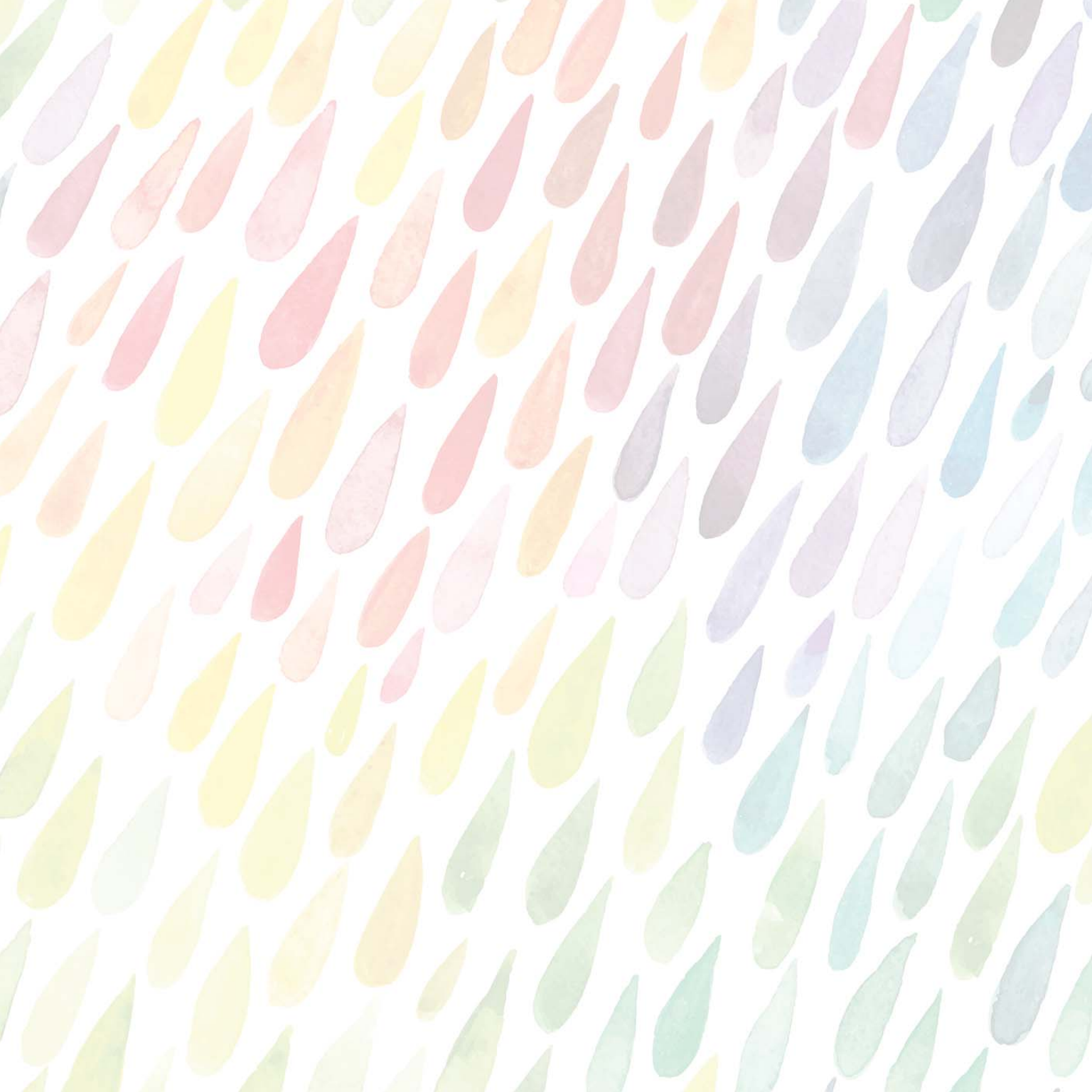




CHAKRA

SYNERGIES

ROLL-ONS
BY PLANT THERAPY

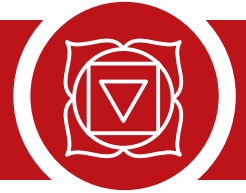


“BE GENTLE WITH YOURSELF,
YOU ARE A CHILD
OF THE UNIVERSE,
NO LESS THAN THE TREES
AND THE STARS,
IN THE NOISY CONFUSION OF LIFE,
KEEP PEACE IN YOUR SOUL.”

—MAX EHRLMANN

1st Chakra – Root (red)

GROUNDED FOUNDATION



Location: Base of the Spine

Description:

A rich, earthy blend with a hint of sweet spice comprised of oils considered sacred treasures.

Intention:

Use to help ground, soothe, calm and relax when you are feeling disconnected and distressed. Helps to create a sense of security, protection and hope. Firmly grounding and centering, while allowing a sense of expansiveness and higher connection.

Ingredients

Spikenard, Frankincense Carteri CO2, Palo Santo, and Vetiver, diluted in Fractionated Coconut Oil at 3%.



2nd Chakra – Sacral (orange)



JOYFUL CREATION

Location: Lower Abdomen

Description

A lushly layered and smooth floral scent that continues to unfold as it reaches the senses.

Intention

Use to help nurture inspired creativity, spontaneity, passion and expansion in the birth of new concepts. Encourages harmony, warmth, and enthusiasm in relationships. Helps to clear energetic blocks related to relationships and creative expression. Invites a sense of joy and enthusiasm in moving forward toward transformation.

Ingredients

Coriander Seed, Geranium Bourbon, Orange Sweet, and Jasmine Absolute, diluted in Fractionated Coconut Oil at 3%.



3rd Chakra – Solar Plexus (yellow)

SELF MANIFESTATION



Location: Solar Plexus

Description:

A softly sweet punch of power and spice.

Intention:

Use to help quiet the mind and go inward to tap into our own sense of self-definition and autonomy with clarity. Strengthens our sense of self-empowerment with enthusiasm, stamina and motivation. Nourishes our sense of self-worth with courage, confidence and optimism. Helps to release blocks, inviting positive, cleansing energy to support transformation. Encourages warmth and graciousness toward others.

Ingredients

Black Pepper, Cardamom, Davana, and Grapefruit Pink, diluted in Fractionated Coconut Oil at 3%.



4th Chakra – Heart (green)

LOVING COMPASSION

Location: Center of the Sternum

Description

A soothing and softly rosy and green synergy for the soul.

Intention

Comforting and calming, this synergy helps to ease wounds of the heart and nourish the spirit. Helps to clear and cleanse deep wounds and blocks, opening and uplifting the heart center. Invites positive energy and encourages a joyful outlook and outward connection. Promotes unconditional love for self and others with compassion and acceptance.

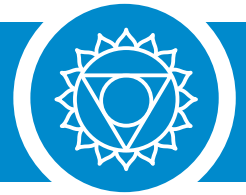
Ingredients

Grapefruit Pink, Rhododendron, Bergamot, and Rose Otto, diluted in Fractionated Coconut Oil at 3%.



5th Chakra – Throat (bright Blue)

TRUE EXPRESSION



Location: Center of Throat

Description:

Cooling, fruity and refreshing with an herbal undertone.

Intention:

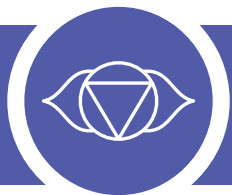
Use this synergy to support clear communication in integrity and harmony with yourself and others. Soothing, cooling and calming to the spirit, while nurturing a sense of self-esteem, confidence and strength. Helps to release energetic congestion creating a sense of opening and expansion. Helps to connect to our inner essence, as well as higher consciousness, so that we may know and outwardly express our authentic selves through truth.

Ingredients

Ho Wood, Lavender Fine, Spearmint, and Blue Tansy, diluted in Fractionated Coconut Oil at 3%.



6th Chakra – Brow/Third Eye (indigo)



CLEAR INTUITION

Location: Center of Forehead

Description

A softly intoxicating synergy of fresh and clearing scents.

Intention

Use this synergy to quiet the conscious mind and encourage introspection. Helps to connect to a higher state of consciousness while remaining grounded in peace. Promotes the ability to “clearly see” through intuition, insights and clarity. Invites creation energy and inspires possibility.

Ingredients

Grapefruit Pink, Clary Sage, Sandalwood Australian, and Spruce, diluted in Fractionated Coconut Oil at 3%.



7th Chakra – Crown (white or violet)

HIGHER CONNECTION



Location: Top of Head

Description:

A warm, shimmering and radiant heady scent gently wreathing the senses in its bloom.

Intention:

Use to help strengthen your purpose and ability to connect to higher spiritual consciousness. Pure, radiant and joyful energy allowing connection with our higher selves and with higher consciousness. Nourishes the spirit with a sense of wholeness throughout our whole being while helping to heal spiritual wounds. Gently encourages strength in our spiritual growth to know greater love and deeper purpose.

Ingredients

Frankincense Carteri CO2, Orange Blood, Petitgrain, and Neroli, diluted in Fractionated Coconut Oil at 3%.



USAGE INSTRUCTIONS:

1ST CHAKRA

ANOINT SOLES OF FEET,
OR BACK OF THE KNEES
WITH INTENTION.

2ND THROUGH 7TH CHAKRA

ANOINT AREA OF THE
CHAKRA BY GENTLY
TOUCHING OR MASSAGING
IN A CLOCKWISE
DIRECTION.

MINDFUL COMBINATION

INTENTION,
AFFIRMATION,
VISUALIZATION,
MEDITATION.



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