

Valor® is an empowering combination of therapeutic-grade essential oils that works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity. Renowned for its strengthening qualities, Valor enhances an individual's internal resources. It has also been found to help energy alignment in the body.



### **Single Oils:**

**Spruce** – grounds the body, it may help dilate the bronchial tract to improve the oxygen exchange.

**Rosewood** – is soothing to the skin, appealing to the mind, relaxing to the body, and may create a feeling of peace and gentleness.

**Blue Tansy** – may help cleanse the liver and calm the lymphatic system to help deal with anger and promote feelings of self-control.

**Frankincense** – contains sesquiterpenes, which may help oxygenate the pineal and pituitary glands. It may help promote a positive attitude.

**Aromatic Benefits:** balancing, calming, grounding

**Body Systems:** muscles and bones, skin, nervous, and emotional systems

**Emotional Uses:** abuse, agitation, anger/hate, anorexia, apathy, argumentative, ashamed, bitterness, boredom, feeling boxed-in, feeling bugged, feeling over-burdened, confusion, courage, day dreaming, depression, despair, despondency, disappointment, discouragement, lonely, uplifting, self-expression, frustration, grief/sorrow, guilt, irritability, mood swings, obsessiveness, opposition, overwhelmed, panic, restlessness, sadness, self-esteem, shock, stress, trauma.

**Physical Uses:** aftershave, anorexia, recovery from anti-depressant drugs, arthritis (use with Harmony blend), ADD, back pain, forgetfulness, heart, jet lag, sciatica, spinal alignment

**How to use:** For topical or aromatic use. Apply on bottoms of feet and to throat, wrists, chest and the base of the neck.

**Safety Data:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age

**Self- Confidence Boost:** Apply Valor to the bottom of your feet and rub up your throat.

**For educational purposes only. This information is not intended to diagnose, treat or cure any disease.**