



Balance

BUNDLE

How the Balance Bundle works...

- The Balance Wellbeing Bundle helps you feel balanced when moving through life's challenges
- The essential oils stimulate mind and body to relax, reset and rebalance. Benzoin relaxes the nervous system to help your body feel more grounded and mind feel clearer. Geranium lifts heavy thoughts, while cypress and sweet orange relax nerves, to help manage stress
- The energetic aromatic spray brings balance and calm. Lavender helps balance emotional energy and dampiera encourages a sense of openness. The orchid essences provide cleansing and protective energy, to reduce negativity
- The meditations work with the oils and aroma spray to help you feel more grounded & centred
- Blue sodalite crystal balances the endocrine system and helps to bring clarity and truth
- Sharing thanks and kindness via the Gratitude Card has enormous benefits for wellbeing.



What's in the Balance Bundle

- **Essential oils and massage oil blend:** Lavender, sweet orange (organic), sweet fennel, red thyme, cypress (organic), benzoin, geranium
- **Aroma spray:** Pure essential oils of lavender, mandarin, marjoram, geranium, thyme, chamomile, jojoba. Flower essence of dampiera (*Dampiera linearis*). Orchid essences *Pleuroballis Phalangifera* and *Dendrobium Spectabile*
- **Crystal:** Blue sodalite
- **MP3 player with meditations:** Body Mind Balance, Relax and Centre, Re-balance Relax and Recharge
- **Gratitude card and instruction booklet**

"I tend to overthink things"

"I want to cope better with change"

"I'd like to be more positive and think clearly"

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Relax

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How the Relax Bundle works...

- The Relax Wellbeing Bundle engages the mind, body and spirit into a deep sense of peaceful relaxation leading to restful sleep
- The soothing oil of marjoram is well known as an aid for insomnia. The warm spicy scent of hops has sedative, relaxing qualities. Chamomile has a relaxing, calming effect on the mind/emotions and is soothing and restorative for the body
- The aromatic spray brings relaxation and calm. Sandalwood purifies and relaxes, calming the heart. Boronia releases anxieties and obsessive thoughts, while hops bush essence alleviates frenetic energy, bringing rest and peace
- The guided meditations use mindfulness and powerful visualisation techniques to bring relaxation and calm for restful sleep
- Amethyst is said to bring calmness, contentment and peace, conducting energy to help enter and maintain a meditative state or go to sleep
- Sharing thanks and kindness via the Gratitude Card has enormous benefits for wellbeing.



What's in the Relax Bundle

- **Essential oils and massage oil blend:** Lavender, lemon, chamomile, marjoram, clary sage, mandarin, hops, vetiver
- **Aroma spray:** Pure essential oils of lavender, mandarin, sandalwood, bay rum, geranium, clary sage, ylang ylang, flower essence brown boronia, (*Boronia megastigma*) & hops bush (*Dodonaea sp*)
- **Crystal:** Amethyst
- **MP3 player with meditations:** Mind Body Relax, Restful Sleep, Deep Relaxing Sleep
- **Gratitude card and instruction booklet**

"My mind is often racing when I go to bed"

"I want to sleep more soundly"

"I can never truly relax"

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Calm

BUNDLE



How the Calm Bundle works...

- The Calm Wellbeing Bundle facilitates a deep sense of peace and calm at work, study or home
- The blend of soothing and sedating oils gently stimulates the nervous system and helps your mind focus so you can concentrate better
- Peppermint, in combination with other oils like myrrh, helps release scattered tired energy, restoring calm and deep revitalising relaxation
- The aromatic spray brings balance and calm. Juniper revives the mind and is a tonic for the nerves. Fragonia soothes the heart, alleviating emotional stress. Rosemary brings clarity and strength. Catspaw aids clear communication, while orchid essences cleanse & reduce negativity
- The guided meditations use visualisation techniques to bring calm, balance and wellbeing
- The Clear Quartz crystal dispels negativity, bringing clarity and focus for meditation
- Sharing thanks and kindness via the Gratitude Card has enormous benefits for wellbeing.

What's in the Calm Bundle

- **Essential oils and massage oil blend:** Lavender, basil, cypress (organic), bergamot, peppermint, myrrh, geranium
- **Aroma spray:** Lemon, fragonia, rosemary, sage, juniper, sandalwood, sweet orange. Western Australian flower essence catspaw, *Anigozanthos humilis*. Orchid essences *Pleuroballis phalangifera* and *Dendrobium spectabile*
- **Crystal:** Quartz Clear
- **MP3 player with meditations:** Calm Mind Calm Focus, Calm and Centre, Emotional Calm, Calm Relax and Nurture
- **Gratitude card and instruction booklet**

"I get distracted easily"

"Sometimes I feel depressed"

"Maybe I need to slow down a little"

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Heal

BUNDLE



How the Heal Bundle works...

- The Heal Wellbeing Bundle's blend of essential oils balances stimulating, euphoric and sedating oils to assist transformation and healing of the mind and body. Using this oil blend on specific accu-points opens the body to health and healing
- Sweet orange, uplifting and warming to the nervous system, creates strength to begin the healing process and brings a sense of soothing comfort. Hyssop is a purifying and cleansing oil bringing healing calm and balance
- The aroma spray brings an opening of the heart with the gentleness of chamomile, while patchouli supports connection and awareness of the body. The gem essence emerald and the healing light essence support the process of forgiveness, transformation and healing
- The guided meditations, when used with the essential oils and aroma spray, help bring healing and an increased sense of wellbeing
- The rose quartz crystal helps release emotions associated with healing – compassion and love
- Sharing thanks and kindness via the Gratitude Card has enormous benefits for wellbeing.

What's in the Heal Bundle

- **Essential oils and massage oil blend:** Sweet orange (organic), lemongrass, hyssop, vetiver, lavender, juniper, black pepper
- **Aroma spray:** Pure essential oils of lavender; cypress (organic), red thyme, chamomile, lemon, peppermint, patchouli. Flower and gem essence combination of emerald gem essence and healing light
- **Crystal:** Rose Quartz
- **MP3 player with meditations:** Relax and Heal, Healing with Heart, Deep Healing
- **Gratitude card and instruction booklet**

"I'd like to help my body heal itself"

"I want to care for myself more"

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