

# Grounding

Product Size: 5 ml

Item No. 33378

Grounding essential oil blend combines White Fir, Black Spruce, Ylang Ylang, Pine, Cedarwood, Angelica, and Juniper in a harmonising aroma that invites a sense of stability, clarity, and inner peace. Specially formulated by D. Gary Young, this blend offers a supportive companion for emotional resilience, encouraging self-awareness during life's daily challenges. Add a few drops into a spray bottle filled with water for an uplifting spritz, or apply to pulse points for a restorative experience. Ground yourself in its rich, woody notes and feel empowered to approach each day with a calm, balanced perspective.



## Benefits and Features

- Combines White Fir, Juniper, and Ylang Ylang for an empowering and grounding aroma that can encourage confidence and drive.
- A balancing aroma of essential oils that supports grounded overall wellbeing.
- Proprietary blend formulated by D. Gary Young to accompany you on life's daily challenges.

## Suggested Use

- Gently inhale the comforting scents to promote feelings of confidence and clarity.
- Dab onto your pulse points and neckline when you are on the go and need a moment of calm.
- Apply it topically as you ground your day and work to cope with life's daily challenges.
- Add a drop to a spray bottle filled with water for an uplifting spritz.

## Directions

Apply to desired area. In case of sensitivity, dilute 1 drop in 5 ml of Young Living V-6®.

## Cautions

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use. Avoid direct sunlight or UV rays for up to 12 hours after applying product.

## Ingredients

Abies concolor\* (White Fir) branch/leaf/wood oil, Picea mariana\* (Black Spruce) leaf oil, Cananga odorata\* (Ylang Ylang) flower oil, Pinus sylvestris\* (Pine) leaf oil, Cedrus atlantica\* (Cedarwood) wood oil, Angelica archangelica\* (Angelica) root oil, Juniperus osteosperma\* (Juniper) oil.

May contain: Benzyl alcohol\*\*, Benzyl benzoate\*\*, Benzyl salicylate\*\*, Citral\*\*, Citronello\*\*, Eugenol\*\*, Farnesol\*\*, Geraniol\*\*, Isoeugenol\*\*, Limonene\*\*, Linalool\*\*.

\*Premium essential oil.

\*\*Natural constituents of essential oils.