

Product Summary

Believe™ essential oil blend has been formulated with Idaho blue spruce and ylang ylang from the Young Living farm in Ecuador and has a pleasing aroma that is both grounding and invigorating. This blend contains Idaho balsam fir and frankincense essential oils that may encourage feelings of strength and faith. With other complementary oils, the combination in this blend may help assist as you move to a higher level of awareness.

Primary benefits

- Encourages clarity and enlightening thoughts
- Brings a sense of peace and awareness and is spiritually grounding
- Promotes relaxation and confidence

Who should use Believe Essential Oil?

- Anyone seeking to balance the mind, body, and spirit
- People who are looking to increase a positive outlook
- People looking for a full sense of personal and spiritual meaning

Suggested use

- Topical: Apply 2–4 drops directly to desired area. Dilution not required, except for the most sensitive skin.
- Aromatic: Diffuse up to 1 hour, 3 times daily.



Complementary Products

- Frankincense
- Sacred Frankincense
- Orange
- Abundance™

Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Did You Know?

- The fir tree has been used for years in folk medicine for its supportive properties of the circulatory and respiratory systems. It was also used traditionally to aid sore and tired muscles, as well as for mood management.
- Traditional usage of ylang ylang was to relax the mind and balance emotions; this oil may also help control negative feelings such as frustration and anger.