

# M-GRAIN

15 ml Item No. 3387515



M-Grain was formulated to help clear negative emotions of anger or irritation. It will help you let go of negativity from the past, by understanding family patterns that create stress and tension in your life. It also helps to foster optimism and healthy patterns of work.



## KEY INGREDIENTS

- **Basil Essential Oil:** Refreshing the mind, restore mental alertness and soothes fatigued muscles
- **Marjoram Essential Oil:** Beneficial for occasional simple nervous tension; a key oil in the Raindrop Technique
- **Lavender Essential Oil:** Balancing properties creates an environment of relaxation and alleviates stress
- **Peppermint Essential Oil:** Soothes and helps assimilate information; a key oil in the Raindrop Technique
- **Roman Chamomile Essential Oil:** Calming oil that creates inner peace, soothing to all types of skin and helps relieve muscle discomfort when added to massage oils
- **Helichyrsium Essential Oil:** Restorative and provides excellent support to the skin and senses/sensory being

## BENEFITS AND FEATURES

- Has a fragrance that's equal parts crisp, floral, and spicy
- Ease stress in head and neck
- Invigorating and cooling
- Helps clear negative emotions of anger or irritation
- Opens the root and sacral chakras

# M-GRAIN



## PRODUCT BACKGROUND

Gary created M-Grain essential oil blend to help with relaxation in the head/mind or relieving stress in the head. It contains essential oils that have traditionally be used to relieve stress in the head. The most effective way to use it is to put a few drops in your hands and inhale it, then massage with your thumbs along the brain stem. Its also fantastically effective if you have someone who can massage you neck, shoulders, forehead, and vita flex points on the feet with it.

## SUGGESTED USE

- Apply several drops (2-4) on location to muscles or area
- Apply to temples
- Apply to chakras
- Apply as compress on spine area
- Directly inhale
- Diffuse.

## DIRECTIONS

Topical: Dilute 50 percent with V-6™ Vegetable Oil Complex and apply as needed.

Aromatic: Diffuse 1 hour 3 times daily or as desired.

## 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 healthcare professional prior to use.

## INGREDIENTS:

*Ocimum basilicum*† (Basil) oil, *Origanum majoran*† (Marjoram) oil, *Lavandula angustifolia*† (Lavender) oil, *Mentha piperit*† (Peppermint) oil, *Chamaemelum nobile*† (Roman Chamomile) oil, *Helichrysum italicum*† (Helichrysum) oil

†100% pure essential oil

## COMPLEMENTARY PRODUCTS



Thieves® essential oil blend  
Item No. 3423515



Purification® essential oil blend  
Item No. 3399515



R.C.™ essential oil blend  
Item No. 3405515



ImmuPower™ essential oil blend  
Item No. 3363515

🌀 Aromatic    💧 Topical    🍴 Flavouring    🕒 Dilute    ☀️ Photosensitive

\*Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

YOUNG LIVING®  
ESSENTIAL OILS