

## PRODUCT SUMMARY

Grounding essential oil blend is a unique combination of White Fir, Black Spruce, Ylang Ylang, Pine, and other essential oils. It complements feelings of stability, clarity, and spirituality. Grounding's warm and entrancing aroma can create an atmosphere that is perfect for finding self-awareness and confronting negative emotions. Diffuse or apply it topically as you stabilize and ground your day and work to cope with life's daily challenges.

## KEY INGREDIENTS

White Fir, Black Spruce, Ylang Ylang, Pine, Cedarwood, Angelica, and Juniper essential oils

## EXPERIENCE

The woody, warm aroma of Grounding is made more complex with slight floral notes. It creates a welcoming scent that's the perfect accompaniment to centering your heart and addressing everyday choices with awareness and wisdom.

## PRODUCT BACKGROUND

Grounding was formulated by D. Gary Young to accompany individuals on challenging emotional journeys. For this proprietary blend, Gary chose oils with aromas that inspire people to channel the emotional strength that helps them face their problems rather than avoid them.

The blend includes woody, welcoming notes—such as White Fir, Pine, and Cedarwood—and uplifting aromas—such as Ylang Ylang and Angelica—to help create an environment for confronting decisions big and small. With this anchoring tool, you can feel empowered to work through life's challenges with greater self-awareness.



Topical



Aromatic



Dilute



Photosensitive

## BENEFITS & FEATURES

- Features a woody, warm pine aroma with a floral hint
- Uses a balancing blend of essential oils that promote feelings of stability, clarity, and spirituality
- Includes the constituents alpha pinene, camphene, germacrene D, limonene, linalool, beta caryophyllene, and cedrol
- Has a powerful aroma that helps create a relaxing, calming, and comforting atmosphere when diffused

## SUGGESTED USE

- Diffuse it in the evening or during meditation for a relaxing, grounding aroma.
- Dilute and apply it directly behind the ears and on the wrists, nape, and temples to help you feel grounded and ready to face everyday decisions.
- Apply it topically in the morning to help start your day with a healthy perspective.
- Inhale it directly or add 2–4 drops to your bath for a warm, comforting aroma.

# GROUNDING™



## DIRECTIONS

Topical: Dilute 1 drop Grounding with 1 drop V-6™ Vegetable Oil Complex or olive oil and apply to desired area as needed.

Aromatic: Diffuse up to 30 minutes 3 times daily.

## 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 professional prior to use. Avoid direct sunlight or UV rays for at least 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) bark oil, *Angelica archangelica*† (Angelica) root oil, *Juniperus osteosperma*† (Juniper) oil

†100% pure, therapeutic-grade essential oil

## FREQUENTLY ASKED QUESTIONS

**Q. Can Grounding be ingested?**

A. No, Grounding is for topical and aromatic use only.

**Q. Does Grounding need to be diluted for topical application?**

A. Yes, dilute 1 drop of Grounding with 1 drop of V-6™ Vegetable Oil Complex or olive oil and apply to desired area as needed.

**Q. Is there a UV warning associated with Grounding?**

A. Yes, Grounding contains essential oils that can cause photosensitive reactions. Avoid direct sunlight or UV rays for at least 12 hours after applying product.

## COMPLEMENTARY PRODUCTS

Desert Mist™  
Ultrasonic Diffuser  
Item No. 21558



Valor® Essential  
Oil Blend  
Item No. 3430



Frankincense  
Essential Oil  
Item No. 3548



Present Time™  
Essential Oil Blend  
Item No. 3396

