

# FIND YOUR MOTIVATION with Valor

Whether you want to nail an upcoming job interview or simply want to feel a little more courageous in your day-to-day, Valor's bold, woodsy aroma has your back!

Valor® is one of our most popular essential oil blends, and it's no secret why! This bold blend features Frankincense, Black Spruce, Blue Tansy, Camphor Wood, and Geranium. We selected these oils because historically, Roman soldiers were said to have applied plant extracts like these to instill feelings of courage before going into battle. Pretty neat, right? While you probably don't have plans to fight off the Gauls anytime soon, you can use Valor as you fight your own daily battles.

Apply Valor to the back of your neck and turn on your favorite hype song to prep for an important event or inhale it during a moment of worry as you focus on your breathing.

## **GO BOLDLY** Diffuser Blend

Use this zesty diffuser blend whenever you need a quick pick-me-up.



3 VALOR



ORANGE

## STAND TALL Signature Scent

Make Valor part of your signature scent with this recipe.

### WHAT YOU'LL NEED:

- 10 drops Valor
- 3 drops Peppermint
- 5 ml perfume or roll-on bottle
- V-6™ Vegetable Oil Complex

### WHAT YOU'LL DO:

- 1. Add Valor and Peppermint to the perfume or roll-on bottle.
- 2. Fill the rest of the container with V-6 and shake well to mix.
- 3. Wear daily as your bold personal fragrance!