

ANAM CARA

Aromatherapy MISTS ENHANCED WITH VIBRATIONAL ESSENCES



Lighten-Up

Lift your spirit and brighten your day with this energetic blend. Benzoin, Bergamot, Clary Sage, Frankincense, Sandalwood and Ylang Ylang create a playful atmosphere. Encourages the free flow of energy, fosters joy and exuberance, supports letting go and attaining balance and awakens personal talents and abilities.



Freshen-Up

Stimulate your senses and bring out a smile with this enlivening blend. Lime, Orange, Sage and Sandalwood clear the air and purify your surroundings. Protects against negative influences, encourages light and hope, may help you to reconnect with nature, fosters cleansing and brings a sense of light and purity.



Wake-Up

Kick-start your day with this stimulating blend. Basil, Cinnamon, Ginger, Grapefruit, Rosemary and Tangerine create a spicy boost for tired mornings or weary afternoons. Supports vitality and personal power, opens channels to allow the flow of energy and reminds us of our strength, creativity and courage.



Cheer-Up

Buoy your mood with this happy blend. Frankincense, Jasmine, Patchouli, and Ylang Ylang create a playful and uplifting scent. Fosters connection with inner radiance and helps one to be gentle with the self and others. Eases one's fears and tension while encouraging tenderness.



Open-Up

Open your heart with this spiritual and romantic blend. Clary Sage, Jasmine, Rose, Rosewood and Sandalwood create an embrace for special evenings and deep conversations. Helps one appreciate daily miracles while finding unexpected treasures, restores inner radiance, fosters connection with higher love and care of self and others.



Clear-Up

Sharpen your mind with this penetrating blend. Basil, Eucalyptus, Lemon and Peppermint create a cool breeze that breaks through stuffiness and mental fog. Encourages balance and clarity to find the way through tangles, adds a warm glow, uplifts the spirit and helps gain clarity, fosters a sense of wholeness and natural resilience.



Settle-Down

Quiet your mind with this peaceful blend. Chamomile, Benzoin, Frankincense, Lavender, Mandarin and Rosewood help you to forget the cares of the day. Provides support during times of transition, aids relaxation into the present moment, encourages dreams, rest and recuperation, fosters meditation.



Calm-Down

Unwind with this soothing blend. Chamomile, Magnolia, Patchouli, Rose, Rosewood and Vetiver create an earthy tension breaker. Helps you to prioritize when there is too much to be done, encourages balance between action and relaxation so you can be centered and fully present, helps to integrate thoughts and feelings with wisdom.

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