

COME IN YOUR STRENGTH - With unique and pure natural fragrance frequencies

Spirituele regulation - essence

BESCHERMING / Protection Protection against all kind of negative energies.

Suitable for people who are aware to energies from people or environments. This oil will help you to shut off for these energies to make you feel tired or busy. Also helps to concentrate.

EIGENLIEFDE / SELFLOVE Not loving yourself makes you vulnerable.

You are inclined to search for love outside yourself and to make other people responsible for your happiness. This oil will help you to develop the ability to love yourself.

ENTITEITEN / ENTITIES Disconnect yourself from entities and other negative energies and send them away! Energies from others can attach to your energetic body. These energies can influence you unconsciously in many ways. This oil helps to release negative energies and it will protect you in the future.

FAALANGST / ANXIETY Anxiety to perform happens a lot during tests. This is a well known fact.

But anxiety to perform happens a lot more often unconsciously. It causes you to be passive, you won't take on new challenges because you will be scared to fail. This oil will help you to grow and make the best out of yourself.

BALANS / BALANCE Balance in duality.

Balance between the two hemispheres and balance between thinking and heart. We run are often stuck because there is imbalance between the feeling and the ratio. Where do you listen to? The feeling would be the guiding principle should be to reveal the path of life. Often is the head do not agree. What about you? you need to learn, but also take it. During moments of meditation or just reflection you can use this essence. But make it a delicious bath oil or massage oil. Balance in your life gives balance.

INCARNATIE / INCARNATION Many people are not well incarnated.

A subtle feeling of homesickness and a feeling that everything in life challenges you are common complaints people have. It makes difficult to make the best out of your life. Many little thoughts occur without being executed. This oil will help you to incarnate well, and to make you feel at home at this earth.

INTUITIE / INTUITION This oil will help you to trust your inner knowledge.

Listening to your inner knowledge and let it decide in stead of your analytical side.

KRACHT / POWER To give power to do what ever you want.

Gives decisiveness and the power to go for it. You can be afraid but you are not afraid, your dream is not big enough!

LOSLATEN / LETTING GO Easier said dan done. Letting go requires confidence.

This oil will help you to let go of things you don't need. It gives you insight and confidence and let's you create space for new experiences.

TRANSFORMATIE / TRANSFORMATION Especially for people who use can support the transformation process to go through. It's fast, that's a fact! With all the complaints that this entails. Fatigue, poor sleep or wake up in the middle of the night are small examples. At many people follow events in rapidly becoming each other. this essence helps the big jump in the energetic vibration line of the Earth to undergo.

VEILIGHEID / SECURITY Feeling secure in your live is something that's not for everyone.

There are a number of reasons the base security is gone. To help rebuild this safety again you can use this essence.

ZELFVERTROUWEN / CONFIDENCE This oil will support the proces for you to rebuild your confidence and trust. Suitable for children (and adults) who find it difficult to develop yourself in a positive way.

MOEDER AARDE / MOTHER EARTH Help you to be well-grounded.

Life can feel like a hopeless battle, caused by an unbalanced state of mind. When well-grounded, you will reach your base. Daily life with its challenges will be easier to manage. Poor sleeping is often caused by an unbalanced basis. Mother earth is very effective for restless and busy children and adults. Your energy comes good again by the grondende properties in your body. Mother Earth brings relaxation and a peaceful feeling.

Mother Earth oil will help you to restore the connection with the Earth. Many people lost contact with themselves and are not well grounded. This groundless can express themselves in a variety of ways.

- * You can feel unsafe and uneasy.
- * do you experience fears?
- * Energy stagnated, not well drained, leads to headaches, not focus properly/learn and forgetful.
- * If you can't add those things form to specify where your desires.
- * If you often have to contend with money problems or with other basic needs such as jobs and housing.
- * all kinds of physical complaints that are related to the first chakra.
- * sleep problems
- * live too much in your head?
- * are you a dreamer or a thinker?

Do you feel at the end of the day, exhausted and empty, mother earth will strengthen you energy. mother earth is a good choice to use in many situations. Also at restless sleep or very light sleeping can this oil help. Your energy comes good again by the grondende properties in your body.

Mother Earth brings relaxation and a peaceful feeling.

Mrs Menopause

By hormone swings by the transition or PMS complaints. ' for all menopausal women who sleep by different hormonal fluctuations cannot conceive. This delicious and comforting scent of Geranium, jasmine, grapefruit and Chamomile will help you to relax and sleep and staying asleep.

Working with essential oils

Essential oils can be processed in different ways:

- In aroma lamps or electric oil burners (5 to 8 drops)
- In massage oils (10 drops in every 50ml massage oil)
- A footbath is particularly effective (Himalaya salt and 5 drops)
- * Hands 1 or 2 drops in the hands, keep hands in face and take deep breath
- * Tissue/cotton pad: put a drop of oil on the chakra (on/in addition to pillow)
- * Pocket / mini bottle, pendant, stone: smell to the bottle, or Pebble pendant when you need it

Working with the roll on

The roll on is a product for on the go. The roller contains Jojoba oil combined with a unique frequency of essential oils. Put the roller on to your wrists and on the back of your head (in the dimple). Also an effective place to put the roller, is on the bottom of your feet.

It is also possible to order a personalized roller. The essential oil that applies specifically to you is then composed in one roller.

Warning. These products do not replace medicine and treatments that are given by a doctor or physician. The information that is given is no diagnosis and in case of doubt, always consult a doctor for advice. You are working with products that are very concentrated, so you will only have to use a little for effective use. Be sure not to put essential oil in your eyes or mucous membrane and do not use the oil on your skin undiluted. Be aware of any allergic reactions.

Price 10 ml essence € 15,- / £ 14,-

To order online please contact me by telephone or email info@jouwbalanscoach.nl