

COME IN YOUR STRENGTH

With unique and pure natural aroma frequencies

New products - 'In and around the House'

Speciaal for health conscious consumers who want a natural way to "The Groene Linde" has developed a unique fragrance. the fragrance IN AND AROUND THE HOUSE is made to help the body aches and pains, but also to create FEEL GOOD ,moments'. Delicious smells that put a buzz in your living room or bedroom. Also support the study and increasing the concentration can be found in this fragrance.

The fragrances are all made with **100% natural essential oils** of high quality and known to the mining does not cause harm to humans, animals and nature.

New proHow to use the oil, „In and Around the House' line?

(In some cases can prevent allergic reactions)

Footbath - 3 to 5 drops of essence, together with 2 tablespoons of Himalayan salt and a dash of base oil (eg almond oil.). For 15 to 20 minutes with your feet in the water.

Aroma-burner - use 5 to 10 drops of essence and add that to water. Electric diffuser - Read and follow the instructions. The scents from this fragrance can be used in an electric diffuser.

Steaming - add 4 to 8 drops of essence were added to a container of boiling water. steam with a towel over your head until you find it enough.

Inhalation - 3 to 5 drops of essence on a handkerchief or a tissue. Do this for your face and breathe deeply a few times in and out. This is ideal for steaming a bit too much, or if you want to quickly take you to the smell.

Bathtub - to mix the oil with the water, you need an emulsifier. For this use, or Himalay- azout, honey or whipped cream. Add 10 to 15 drops of essence and a dash of base oil. **Massage Oil** - add up to 25 drops into a bottle of 100 ml. Tip: start with some more far fewer drops and add if necessary.

Footreflexmassage or foot massage - a maximum of 10 drops in a base oil for the first treatment.

Stone smell or odor hanger - Use 3 till 5 drops an odor hanger and carry that around your neck.

In existing care - in neutral smelling care products such as lotion, Body Butter, day and night cream. add 3 to 5 drops increasing.

In the car - drop 4 to 8 drops of essence on a porous stones, piece of wood or something and put it on a cotton pad on the front grille of your car. odor spreads quickly in your car. Delicious!



Frequency Line, "In and Around the House"

Dawny Lavander

Lavender, Lavandin & Chempakalk

Give you peace and helps to bedtime. With burns and bumps caused by insects and itching.

Citrus Smile

Orange, Mandarin, Bergamot and Lemon

I make you happy! as a sun and a good odor for each moment.

High Immune

Rosemary, Thyme, Eucalyptus and Tea tree

Supporting the immune system of the person who is ill but also to protect the family. Effective prevention if there is a little cold.

Endo Femme

Lavender, Grapefruit, Geranium and Jasmijn

Bij fluctuating hormone levels such as during menopause or menstruation. is uplifting and comforting to all those pathetic moments. foot massage and foot work very effectively.

Clarity

Rosemary, Orange and Citroen

I dispel all the clouds out of your head. you've already been down for a clear head or you feel drowsy. take a steam bath or inhale the fragrance for a nice boost.

Brainpower

Juniper, Rosemary, Lemon, Basilicum

I give alertness and concentration at high mental effort. for those moments where you better not lose your concentration. inhalation is a good way to take this fragrance to you.

Sweet Dreams

Lavender, Mandarin and Scharlei

For children and adults who are plagued by nightmares and restless sleepers by intense dreams. It's fine to take a foot bath before bedtime or give a foot massage.

Deep Sleep

Mother Earth oil and lavender

If you kept your sleep by grinding or thoughts come into your head not your rest so you can not sleep? then this fragrance is a must. Take before bedtime a foot.

Happy Feet

Black seed oil, tea tree, thyme, cinnamon, eucalyptus

By foot gently. You can lubricate this oil directly to where the problem is.

Purity

Rosemary, juniper, sage and geranium

To purify your environment and the energy feels stuffy. refreshes and gives brightness.

The Happy Home

Petit Grain, Bergamot

Feel safe and secure in your home where you snug and can relax after a long busy day.

Hamony

Latschenkiefer, Petit Grain, Orange, Rosemary and Cinnamon

Create an atmosphere of harmony in your home. Fine if you get business, but even if you're wonderful together with your family members.

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 (Himalaya salt and 5 drops)
- * Direct from bottle or put some drops on your hands/pols
- * Tissue/cotton pad: put a drop of oil on the chakra (on/in addition to pillow) * Pocket / mini bottle, pendant, stone:

Price 10 ml essence € 12,50 / £ 11,50

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