

Shortt's Shorts on Young Living's Valor (Oil 1 in the feelings kit)

Valor – blend of Black Spruce, Blue Tansy,
Camphor, Frankincense and Geranium

Formulated to balance energy, infuse courage, confidence, self-esteem

Supports the nervous system, creates relaxation & empowerment

Releases aggression, defensiveness, fear of conflict, inability to cope,
losing a battle, withdrawn, persecuted, resignation

**Apply 3-6 drops to the palms of your hands,
swirl clockwise with your peace fingers,
rub hands together**

**Apply Valor to the soles of your feet
Tent hands and breathe 3 times deeply**

Lie still for at least 3-5 min.