

Shortt's Shorts on Young Living's Into The Future

Into the Future – blend of

Clary Sage- hormone balance

YlangYlang- relaxation, balances male and female energies

White Fir - grounding

Idaho Blue Spruce-releases emotional blocks

Frankincense- holy anointing oil, elevates the mind

Jasmine- uplifting, hormone support, nicknamed 'Queen of the night'

Juniper- spiritual awareness

Orange- elevating to the mind

Cedarwood- focus, concentration, memory

White Lotus- overcoming self-defeating thoughts

Formulated to help us leave the past behind and move forward

Supports- moving forward with vision, determination, excitement, feeling of reaching one's potential

Release- past memories, traumas, that are holding us back and keeping us repeating the same things over and over

Apply 3-6 drops in your hands, apply to shoulders, tent hands take 3 deep breaths imagining the day ahead and the feelings you want to bring into it.

@sandishorttconsulting