

CLEAR

balance blend

10ml

HBNnaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

ingredients

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Salvia sclarea (Clary Sage), Canarium luzonicum (Elemi), Pelargonium graveolens (Rose Geranium), Inula helenium (Inula), Cistus ladanifer (Rockrose), Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender Vera), Cananga odorata (Ylang Ylang Complete), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Salvia officinalis (Sage), Nardostachys jatamansi (Spikenard), Rosa damascena (Rose), Simmondsia chinensis (Jojoba), Santalum album (Sandalwood), Citrus reticulata (Tangerine), Copaifera langsdorffii (Balsam Copaiba), Tanacetum annuum (Tanacetum Annuum), Cocos nucifera (Fractionated Coconut)

ingredient highlights

- **Balsam Fir:** A powerful psychological influence, Balsam Fir helps release many of the emotional issues behind illness. It helps to open and free the mind and heart, giving exceptional mental clarity and assisting us in letting go of old mental patterns that are detrimental.
- **Clary Sage:** One of the essential qualities of Clary Sage is that it is rebalancing and antispasmodic. It fights depression manifestations and over-excitability, especially in young girls or sensitive women.
- **Elemi:** The name 'Elemi' comes from an Arabic phrase meaning 'above and below', and reminds us that the sacred resin in the tree supports our well-being on both the spiritual and the physical planes. The calming effects of Elemi make it a perfect aid for meditation and relaxation.

product summary

Clear is formulated to bring balance and harmony after bodywork of all kinds as it has been the experience of many massage therapists, body workers, practitioners, and individuals that manipulating, adjusting, and massaging the body can give rise to emotional experiences. Most effective when used as a massage immediately after a chiropractic adjustment, body work, or massage as it allows the body the opportunity to clear both stored physical and emotional experiences.

"Clear's positive, uplifting nature can also be gently energizing. The Rockrose will warm and invigorate you, the Elemi will revitalize and refresh you, and the Black Spruce will anchor and strengthen you."

~ Alexandria Brighton

uses

- Add 8-10 drops to bath salts and mix into warm bath water and soak after body work, exercise, or just to unwind.
- For topical use on large areas add 10-12 drops to 1 tablespoon of carrier oil and massage into targeted areas using a clockwise motion.
- Gently massage 5-6 drops neat (undiluted) along the spine. Apply a warm compress for 10 to 30 minutes.
- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed.
- Diffuse 10-12 drops in 15 minute increments throughout the day.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.