

# ALIGN

balance blend

10ml

**HBNaturals**  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## safety group #3

## ingredients

Abies balsamea (Balsam, fir), Picea mariana (Spruce, black), Boswellia carteri (Frankincense), Aniba rosaeodora (Rosewood), Tanacetum annuum (Tanacetum Annuum), Cocos Nucifera (Fractionated Coconut Oil)

## ingredient highlights

- Black Spruce: With a wonderfully fresh and uplifting aroma, Black Spruce possesses the ability to free and calm the mind while elevating the spirit. Like all conifer oils, it is an emotionally grounding oil, yet at the same time stimulating, making it an excellent refresher for both the physical and the mental.
- Frankincense: Julia Lawless states that the constituents found in Frankincense can assist with anxiety, asthma, bronchitis, extreme coughing, scars, stress, stretch marks. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 59-67.] There is a great deal of risky and inaccurate information being propagated about the application of Frankincense Essential Oil in cancer treatment and prevention. For more information, read *Frankincense Oil and Cancer in Perspective* by essential oil expert Robert Tisserand.  
(<http://tisserandinstitute.org/frankincense-oil-and-cancer-in-perspective/>)
- Tanacetum annuum: Tanacetum annuum, often referred to as Blue Tansy, is recommended by Dr. Kurt Schnaubelt and other holistic aromatherapy experts for its use as a powerful anti-inflammatory and for its anti-histamine, anti-allergen and anti-fungal applications.

## product summary

Align essential oil blend is one of our most popular products and a favorite of formulator Alexandria Brighton. Its earthy and uplifting scent comes from Alexandria's proprietary blend of Black Spruce, Frankincense, and Tanacetum Annuum.

*"This is structural alignment in a bottle. It is great as a foundation oil to be used before other essential oils due to its ability to relax and prepare the body to assimilate other oils more effectively."* ~ Alexandria Brighton.

## uses

- Add 8-10 drops to bath salts and mix into warm bath water and soak after body work, exercise or sports workouts.
- For topical use add 8-10 drops of Align and 4-6 drops Trauma Relief.
- Apply to feet and/or spinal area before a chiropractic alignment or a massage.
- To restore balance to your emotions add 8-10 drops of Align and 4-6 drops Lavender.
- 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.
- The blue color of this blend could potentially discolor clothing or bedding.
- 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.

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