

Coaching from the Mat with The Spa Lady



Yoga, Essential Oils, Natural Products & More
"Pamper" Your Life with The Spa Lady
Aromatherapy, Spa Products & Wisdom Circles

Extreme Self Care Topic: Purify-"the oil of purification" Essential Oil

Bliss-a-plines" (That's disciplines that bring you bliss)

Possible Physical Benefits:

- Disinfectant & makes wonderful space cleanser
- Eradicates unpleasant odors and clears the air
- Protects against environmental threats

Possible Emotional Benefits:

- Assists individuals in releasing toxic emotions & entering a cleansing state
- Supports individuals who feel trapped by negativity and toxicity
- Cleansing Blend provides freedom from past habits and patterns
- Helpful in combating toxic feelings of hate, rage and in severing negative attachments
- Can clear negative energy from the household and the environment
- Cleanses the air of odor and harmful microorganisms
- Diffused in the air it can facilitate emotional breakthroughs

This is a blend of : Lemon, Lime, Siberian Fir, White Fir, Pine, Citronella, Melaleuca, Cilantro

Used for: Abscess tooth, airborne bacteria, air pollution, firs smell, bug bites, cleansing, deodorant, Infected burns, laundry, repel mice and bugs, mildew and skin ulcers. **Price \$18 (15 ML) or \$12 (5 ML)**

Facilitated By:

Roberta Fortune, The Spa Lady (Serial Entrepreneur since 1990)

Essential Oil site: <http://www.mydoterra.com/spalady/>

Spa Products: <http://www.beautipage.com/robertafortune>

Juice Plus Info: <http://thespalady.juiceplus.com> or <https://thespalady.towergarden.com>

ESCAPE...RELAX and have FUN!!