



# Solle Essentials™

## Balance



The Solle Essential Balance Blend has specific ingredients designed to restore harmony, balance, energy, mood, stress relief and sleep patterns. When used in conjunction with other Balance products like SolleVital™ SolleFlex™ and Adaptable™, they can help you to achieve overall balance – physically, mentally, emotionally and spiritually.

### **Lavender, *Lavandula angustifolia***

Restores harmony; protects against disharmony  
Historically used to stop spread of infection (Bubonic plague)  
Distributes/equalizes circulation and lymph  
Balances autonomic nervous system – nervous spasms  
Restores balance during exhaustion and fatigue  
Minimizes inner conflict, aids in meditation, cleanses the spirit  
Anti-inflammatory, antispasmodic, carminative, analgesic, antibacterial, antiviral, antifungal

### **Palmarosa, *Cymbopogon martinii var. motia***

Balances moisture and fluid within body and skin  
Balances thyroid, circulatory, immune, urinary  
Strengthens, stabilizes and balances emotions  
Strengthens adaptability  
Promotes love of self  
Antibacterial, antiseptic, febrifuge cytophylactic (increases cell activity)

### **May Chang, *Litsea cubeba***

Uplifting, stimulating to mood and cognitive function  
Digestive aid, promotes restful sleep, calms heart and nerves  
Balances/regulates temperature and fluids - reduces excessive perspiration, Calms nerves during times of change  
Relieves skin blemishes  
Balances excessive perspiration (pouring out of emotion)  
Antibacterial, antiviral, anti-inflammatory, antidepressant, tonic

### **Geranium, *Pelargonium graveolens***

Besides Stress reducing, hormonal balancing (female issues), adrenal fatigue  
Balancing and harmonizing effect on mind and body  
Adrenal cortex and neuro-endocrine system support  
Digestive and GI support; bone support (strength)  
Balances combination skin  
Protection when in negative environment  
Anti-inflammatory, antidepressant, antifungal, astringent, insecticide

### **Frankincense, *Boswellia carterii***

Aids in meditation; encourages spiritual connection  
Great to calm allergies, digestive imbalances (irritants)  
Deep wound healing (physical and emotional)  
Anxiety, nervous, fear, nightmares, excessive mental activity  
Purifies spirit and soul, encourages acceptance and understanding  
Anti-inflammatory, analgesic, anti-tumorous, anti-cancerous, anti-arthritis, digestive support, carminative, expectorant, immune support

## The Solle Difference

- 100% pure, unadulterated essential oils (ecocert when possible)
- Sourced from a certified organic laboratory with Eco-Certification and USDA Organic Certified
- Sourced from sustainable, environmentally conscious harvesting practices and reputable suppliers
- Specifically formulated to complement Solle's Balancing Products

## Three Home Uses

**Mood Ease:** Diffuse in central room of home. Carry Inhaler in pocket. (Inhaler - 7 drops. Diffuser – 10 drops)

**Exercise Recovery/Female Comfort:** Roll on target muscles/joints abdomen and take 2 SolleFlex PI. 10 drops in almond or coconut oil, 5ml roll-on container). Also, roll on bottom of feet.

**Allergy Relief:** Roll on feet or directly on sides of nose and chest (10 drops in 5ml roll-on bottle). Or add to some Epsom salt for a foot soak (10 drops); or allergy relief spray (mix in water—20-25 drops in 2 oz. bottle)

## Product Use

- For topical use only.
- Add several drops of Solle Essentials® Balance to a carrier or diffuser.
  - Roll-on (.33oz) – 10-15 total drops in carrier
  - Spray (2oz.) – 15-30 total drops in a carrier
  - Diffuser – 5-15 total drops (depending on size of area)
  - Aromatherapy inhaler – 1-5 total drops
- Keep out of the reach of children.
- Use caution if serious health issues exist or if pregnant.

## Complementary Product

Use SE Balance as part of a daily regimen along with Solle Vital®, Solle Flex PI® and Adaptable® to restore balance and maintain harmony.

